

The Dianna Mandzuk Team

May 2011

Caught in the Act
below:
Dianna Mandzuk
arranges towels at a
new listing.



Team Member Profile

Colleen Miller

Licensed Administrative
Assistant

Colleen began her career in real estate in 1996 while living in Southampton, Ontario.

Starting out as a receptionist in a small independent office, she covered a variety of duties. When she became an assistant to a very busy Broker in 2001, she completed her courses to become a licensed Sales Representative and maintains her qualifications today.

Since moving to Durham Region, she has enjoyed being a Licensed Administrator. Her duties are varied; but whether she greets you on the telephone, or aids Dianna in pricing your home, she takes pleasure in assisting clients!

You can contact Colleen directly at:

colleen@dmandzuk.ca

DRAR'S® LATEST MARKET WATCH

The resale housing market in Durham Region remained stable through April with 949 sales through the Multiple Listing Service® (MLS®), a reduction of 3.25% from March's 981 and reflects a further drop from the record high of 1185 sales in April 2010. President of the Durham Region Association of REALTORS® (DRAR®), Dierdre Mullen commented that "This number is only slightly lower than the 5 year average of sales for the month of April".

The good news for homeowners/sellers is that the average price in April was \$321,042

up 6.4% from \$301,668 in March and also is a full 5.4% higher than April 2010's \$304,436.

The number of available listings on MLS® continues to rise, offering a total of 2033 homes for sale, up 6.3% from the 1912 last month but down 16% from 2426 on the system at the same time as last year.

"While the spring market has been slow developing, now that the Federal election is over and weather conditions are improving we expect sales to remain balanced through the spring", said President Mullen.

Spring Safety Checklist

As we enjoy the spring temperatures, we should always keep safety in mind. We're all eager to get out and enjoy the sun and tackle the to-do lists that have grown long over the winter. The following is a list of spring safety reminders:

Safety in the Yard

When planning projects that require digging, like planting a tree or building a fence, don't forget to check for utility lines, it's the law to locate and buried natural gas lines before you dig. Contact Ontario One at 1-800-400-2255 or www.on1call.com at least one week before you start. They'll come to your home to locate underground lines, mark them and leave a locate sheet providing instructions on how to safely proceed.

Make sure you landscape carefully near gas meters and regulators. Never raise the level of a garden so that soil touches your meter or regulator. Doing so could result in corrosion and cause a gas leak.

Safety by the Pool

Before pool season gets into full swing, it's the perfect time to have your pool heater serviced. Pool

heaters, like other fuel-burning equipment, need to be maintained regularly to work safely and efficiently. Contact a licensed heating, ventilation and air conditioning (HVAC) contractor for service and questions.

Safety Before You Barbeque

With grilling season beginning, it's a great time to review your manufacturer's instructions for the maintenance and use of your barbeque. For many of us, the barbeque has been out of use for the winter, so it's also a good time to give it a thorough inspection.

Safety in a Flood

Spring showers and high water tables can increase the possibility of a flood, this can increase the possibility of water main breaks and sewer backups. With your safety in mind, never enter any flooded areas. If you're experiencing a flood, don't attempt to restart your natural gas appliances until you've had them inspected. This would include furnaces, boilers, and water heaters as well as kitchen appliances. If they have come into contact with water, or had their controls come into contact, they are considered unsafe and must not be used until inspected by a licensed HVAC contractor.

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FEATURED PROPERTIES

2-120 Port Darlington Rd.,
Bowmanville



\$289,000!



For more details, please call or visit:
www.dmandzuk.ca/4027.htm

99B Concession Rd. E.,
Bowmanville



\$234,900!



For more details, please call or visit:
www.dmandzuk.ca/4028.htm

6119 Gilmore Rd.,
Kendal



\$1,445,000!



For more details, please call or visit:
www.dmandzuk.ca/4023.htm

5 Hidden Chemicals in Your Home!

Our relationship to chemicals is changing as new research draws a connection between health problems and exposure to certain compounds. Your home may be more toxic than you realize because of hidden chemicals in cleaning products. Here are five common cleaning products that may be polluting your home.



1. Tub, Toilet and Shower Cleaners

Why: Bathroom cleaners are the number one source of pollution in the average home, particularly since they are often used in small spaces that don't have windows. Hydrochloric acid, sulphuric acid and lye are often combined with glycol ether and a caustic chemical known as monoethanolamine (MEA). Both have been linked to asthma and cause liver damage. Additional exposure occurs when chemical residue on tiles is released by the hot steam from showers.

Safer Option: Remove toilet bowl stains with pure vinegar. Dilute with water to remove soap.



2. Antibacterial Cleaners and Soap

Why: These cleaners contain triclosan, a form of dioxin linked with weakened immune systems, decreased fertility, hormone disruption, and birth defects.

Safer Option: Good old regular soap – the more natural the better. Regular soap kills 99.4 percent of germs while antibacterial soap kills 99.6 percent.



3. Air Fresheners

Why: The main ingredient in most commercial air fresheners is formaldehyde, a known carcinogen linked to allergic reactions, dermatitis, headaches, mucous membrane irritations, joint and chest pain, depression, fatigue, dizziness and immune dysfunction.

Safer Option: Try essential oils in the form of aromatherapy burners, or open the window and let some fresh air into the room.



4. Dishwasher Detergent

Why: Almost all the other detergents have been phosphate and chlorine free for over a decade. Not dishwasher detergent, which usually still has both compounds. We know what phosphates do to our lakes and rivers. Chlorine is equally serious – the dry form used is highly concentrated poison, known to produce skin irritations or burns, and to cause eye injuries and damage to other mucous membranes.

Safer Option: There are now more choices than ever on the market for enviro-friendly dishwasher detergents that are phosphate and chlorine free.



5. Carpet and Upholstery Shampoo

Why: The main ingredient of any rug cleaner is perchlorethylene (the same chemical used in dry cleaning). One of the most carcinogenic chemicals to humans, it can damage the liver, kidney, and nervous system.

Safer Option: Salt will take out wine or fruit stains. Club soda will remove lighter stains. Baking soda and cornstarch will deodorize your carpet. When having your carpet professionally cleaned, ask if they are using cleaning solutions that are Green Seal Certified.

Are you thinking of listing your house?

Don't know where to start to make it market ready?

Give **The Dianna Mandzuk Team** a call, 905-433-2579. We would be happy to have a look and give you some tips. Dianna is a REALTOR® with over 25 years experience, a Certified Canadian Staging Professional and a Certified Luxury Home Marketing Specialist. She also employs the services of other Professional Stagers due to the current demand to have listings ready to market. Dianna and her Team have the knowledge and practiced eye needed to offer you suggestions and recommendations to help make sure your home is stunning when it hits the market and make sure that you get the best return on your investment!

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

Succulent Zucchini Bread



A Diabetic Friendly Recipe

Ingredients:

cooking spray
 3 large eggs or 3/4 cup egg substitute
 1/3 cup canola oil
 7 packets sugar substitute
 1 tablespoon natural vanilla
 1 8oz can crushed pineapple (packed in natural juice), well drained
 2 cups grated zucchini
 1 1/2 cups all-purpose flour
 1 1/2 cups whole-wheat flour
 2 tsp baking soda
 1/2 tsp baking powder
 1 1/2 tsp ground cinnamon
 3/4 tsp ground nutmeg
 1 tsp salt (optional)
 1 cup chopped walnuts or pecans (optional)

Directions:

Preheat the oven to 375°F. Lightly coat two 8-inch loafpans with cooking spray. In a large bowl, beat the eggs. Add the oil, sugar substitute, vanilla, pineapple, and zucchini and stir well to incorporate. In another large bowl, sift together the dry ingredients and add nuts. Mix the dry ingredients into the wet until just combined. Spoon into the prepared loafpans. Bake for 40 minutes or until a tester inserted near the middle comes out clean. Let cool 5 minutes and then turn out onto wire cooling racks.

Makes 20 servings: 1 serving = 118 calories

Diabetic exchanges: 1 carbohydrate (1 bread/starch), 1 fat

Foods to Help Fight Diabetes



1. Fruits and Vegetables:

Not only does a sweet, juicy orange or crunchy carrot taste great, especially when your energy seems to have leapt out the window, but those foods are full of fibre that slows down digestion. What may be equally important is that they're loaded with antioxidants.



2. Whole Grains and Beans:

Whole grains and other complex carbohydrates deserve top billing on any anti-diabetes menu. Oats, beans and some fruits and vegetables are loaded with soluble fibre, which dissolves in water, forming a gel in your stomach. That slows digestion, which is critical for heading off blood sugar spikes.



3. Cinnamon:

Care for some cinnamon on your oatmeal? Studies have found that cinnamon lowers blood sugar, cholesterol (including bad cholesterol, or LDL), and triglycerides (heart-threatening fats in the blood stream) and boosts the efficiency of insulin, all factors important in fighting diabetes and heart disease.



4. Peanut Butter and nuts:

It's time for the return of the peanut butter sandwich (this time, on whole wheat). In the Nurses Health Study of more than 80,000 women with no history of diabetes, those who ate nuts five times a week lowered their risk of type 2 diabetes by 30 per cent compared to women who never ate nuts; eating peanut butter five times a week cut the risk by 20 per cent.



5. Olive oil:

One of life's great justices is that olive oil tastes wonderful and improves health conditions, including diabetes. A number of studies have shown that it lowers blood sugar as well as heart disease risk.

Tips for Long-Lasting Flower Arrangements

The smile that a fresh bouquet of flowers brings you is always priceless, but how do you keep those flowers fresh and keep the smile on your face longer?

Whichever flowers you choose, use stems with vigorous foliage and fresh blooms; put them in water immediately. If picking from the garden, take a bucket of water with you. If buying blooms, take them home at once.

Trim stems with gardening shears at a 45-degree angle so the lowers can take in more water. For woody branches such as lilacs, cut an asterisk in the base or crush the last few inches of the branch with a hammer. Strip leaves that would sit below the waterline. Fill the vase with lukewarm water, and add a drop of bleach. Arrange the bouquet, and set it in a cool spot out of direct sunlight. Every couple of days, change the water, and re-trim stems.



Smile & Enjoy!

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

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 APRIL 2010	AVG. SELL PRICE APRIL 2011	CHANGE	AVG. SELL PRICE MARCH 2011	AVG. SELL PRICE APRIL 2011	CHANGE
WHITBY E15	323,670	324,570	+0.3%	318,211	324,570	+2%
OSHAWA E16	231,446	264,446	+14.3%	239,356	264,446	+10.5%
N. WHITBY N. OSHAWA E19	365,855	386,635	+5.7%	410,373	386,635	-6.1%
BOWMANVILLE COURTICE E17	265,369	265,540	+0.1%	269,602	265,540	-1.5%
NEWCASTLE E20	339,804	313,161	-8.5%	298,060	313,161	+5.1%

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

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Seven Dirt-Cheap Tips for Your Garden



Spring has sprung — the good news is the snow has finally melted. The bad news is you can now see how badly your garden was neglected over the winter. But this year you don't have to spend a fortune bringing it back to life — the following are seven tips for building a garden that won't break the bank year after year and will help feed you over the summer months.

1. Get a plan: Before you put shovel to soil, you need to carefully plan out what you're going to plant and where. If you don't do this, you risk overbuying at the garden centre and/or putting plants in places where they won't thrive or live. That's a huge waste of money not to mention your time. Planning means looking carefully at which areas of your garden get what exposure to sunlight and what kind of soil you have. Make a map of your gardens, mark on it the size of your gardens and the amount of sunlight each area receives and take it with you to the garden centre.

2. Divide and conquer: You don't have to start from scratch in your garden. Instead, look at what you have and make the most of it. If you don't like where a tree is, move it. Or if that rosebush at the side of the house is looking sad and neglected, just shift it to a different place and it might thrive and get gorgeous. Also, dividing your perennials should be at the top of your gardening list — it's the best way to make the most of your plants. After all, why buy new if you already have it in your garden?

3. Get cheap dirt: You don't need to spend a fortune on bags of soil. Compost is the best way to improve your dirt. Think about getting a composter if you don't already have one — this is the best and cheapest way to produce the richest soil you can, all with your own garbage. If there are areas of your garden where the soil can't be helped, then work with what you have — there are some great plants that thrive in poor-quality soil. Thyme, rosemary, lavender and other herbs do really well in depleted dirt.



4. Think perennially: I hate planting annuals every year — they're expensive and a lot of work. Sticking to perennials (especially in your flower beds) will save you money and time. Save the annuals for your planters and pots (you won't need to buy as many that way).

5. Get seedy: Seeds are by far the cheapest way to buy your plants. Seasoned gardeners will germinate their seeds indoors in the weeks leading up to planting time. If you don't have the space or time for that, there are plenty of seeds that are easy to plant directly in the soil — think carrots, beans, marigolds and morning glories. Seeds are also a great way to get kids involved too.

6. Grow your own food: My favourite summer moment involves biting into that first ripe tomato picked right from my own garden. Growing your own food is one of the best ways to put your garden to work and save money on groceries all through the summer months. Nothing tastes better than homegrown produce and you can grow your own food in the smallest of spaces, even a balcony — basil, cherry tomatoes, and strawberries can be put in small pots just about anywhere.

7. Make your own planters (and more): You don't need pricey pots to make your garden look great. Instead, look for everyday items around the house that you can transform into pretty planters (think colanders, metal tubs and coffee cans). And don't bother picking up tomato stakes or plastic ties — use old broom handles and cut up pieces of old tights or panty hose to tame your rosebushes and green beans.



In this month's newsletter

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