



Joseph's Update

On Real Estate



By **Joseph Barry Martin**

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SUMMER HEALTH

Here we are at the end of school and university terms and our long awaited sunny, fresh Victoria weather is with us! I wish each and every one of you a reinvigorating, happy and healthy summer.

We all work so hard in our daily lives; here are a few tips to help you feel rested, youthful and vital in your spirit, mind and body. Express appreciation for the sounds of the birds, and give thanks for being alive when you awake each morning. Attitude is everything. When you think positively, so you will also feel. Take a few moments to lie quietly and relax in the cool morning air before you jump out of bed. Breathe slowly and fully from your diaphragm. You may choose to meditate and find the peace inside you; or stretch and do some yoga. Taking a few minutes for yourself each morning will make a difference and carry you through a happy, creative day.

Recent statistics show that Victorians are the most active Canadian citizens, so this summer you can choose to be part of the fun! Get those endorphins flowing through you so you feel great, confident and in love with life. We're so grateful to be able to swim indoors and outdoors, cycle, kayak, walk, hike, golf, and play baseball and tennis. Whatever your passion, just get out there and do it with your friends or alone. Perhaps you'll try something this summer you've always wanted to learn, like horse-back riding, rollerblading, outdoor painting, or any other sport.

I recently was inspired to lose 26 pounds while doing the Master Cleanser Fast and bumping up the number of hours a day I spend exercising. Swimming, cycling and walking do it for me. Getting through my day is becoming easier as I feel more energized and fit in body and mind.

What goal do you have for yourself this summer? Write it down and stick with it on a daily and weekly basis. Have a partner with you to keep you focused and check on your progress. You'll enjoy the challenge and feel better.

In terms of diet, this is the season when a great variety of fresh fruit and vegetables are in abundance locally. Shop fresh daily and make yourselves heaps of delicious fruit salads for breakfast, and green leafy salads for lunch and dinner. Revisit your favorite summer recipes or try something different and tasty with new recipes you find online or at your local library or bookstore. Fresh fruits and legumes are the basis for a year-long healthy diet. For protein, you can snack on nuts like tamar almonds, walnuts and pecans. Turkey slices and fish supplement your protein needs.

Make this the summer to live the life you dream about!

PET CONCERNS

The dog days of summer are here now, and our loving pooches and felines deserve all our TLC with the weather changes. Here are some important things to remember for them. You may want to take your dogs and cats for walks earlier in the mornings and later in the evenings when it's cooler and more refreshing for them, and us. Always make sure they have lots of extra water in bowls both indoors and outdoors. They need to hydrate more with the heat and dryness. Do they have cool, comfortable napping places outside that are in the shade? Place their beds inside in a cool spot near an open window for cross-ventilation. Take your pets in the car only when necessary and either leave someone with them, or make sure that you park in the shade. Leave the windows down, along with some water for them.

In terms of diet, here are some tips for keeping them healthy. Feeding our furry friends fish is good for the protein and fish oils. Also fresh greens and fruits are healthy. If they don't eat these regularly, I would juice them and add it to their food. You may be aware that most dry and tinned pet foods are over-processed and contain toxic additives. Instead I cook basmati rice and mix in cooked fish, chicken or beef. You may also consider adding garlic, Ontario ginseng, blue-green algae, multi vitamins and minerals.

Of course, there is no substitute for your tender loving presence, at playtime and downtime, which will keep your pet living a long and healthy life, caring for you in the ways only they can. They deserve all your kind attention year-round.

The Five Buying Strategies I Recommend To My Clients:

STRATEGY #1: BE DOLLAR SMART

Step 1: to buying a house is to know how much you can spend. Don't go looking until we have established this figure; a) your current home sold or at least evaluated and b) your mortgage pre-approved. I can help you with both issues.

Make sure that you budget for all the costs involved in home purchase and ownership—not just the cost of the home. Some of these costs are one time fixed payments while others represent an ongoing monthly or yearly commitment. I can help you to determine these costs.

I recommend that you buy up rather than down to avoid another move in a year or two when you will then need to upgrade. Moving can be expensive.

Take your mortgage over as short a period as possible, ie. 20 years rather than 30 or even less. It will save you thousands in the long run. Call me for more details in this regard.

Pay extra into your mortgage every month—you will be surprised how much money this will save you and how many years you will knock off the end of your mortgage term.

Shop around for the best mortgage rates—if the banks know that you are shopping around they can usually be encouraged to sharpen their pencils. I can help you with this.

YOUR JOKE FOR THE DAY!

Answering machine at a mental clinic:

“Hello and welcome to the mental health hotline:

If you are obsessive-compulsive, press 1 repeatedly.

If you are co-dependent, please ask someone to press 2 for you.

If you are paranoid, we know who you are and what you want. Stay on the line so we can trace your call.

If you are delusional, press 7 and your call will be transferred to the mother ship.

If you are schizophrenic, listen carefully and a small voice inside the wires will tell you which number to press.

If you are manic-depressive, it doesn't matter which number you press, no one will answer.

If you are dyslexic, press 96969696969696.

If you have a nervous disorder, please fidget with the pound key until a representative comes on the line.

If you have amnesia, press 8 and state your name address, telephone number, date of birth, social security number, and your mother's maiden name.

If you have post-traumatic stress syndrome, s-l-o-w-l-y and c-a-r-e-f-u-l-l-y press 000.

If you have bi-polar syndrome, please leave a message after the beep or before the beep or after the beep. Please wait for the beep.

If you have short-term memory loss, press 9. If you have short-term memory loss, press 9. If you have short-term memory loss, press 9. If you have short-term memory loss, press 9.

If you have low self-esteem, please hang up. All operators are too busy to talk with you.”

If you are wanting to sell your home, or buy a home, please press (250) 361-8167 and ask for Joseph!



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