

**Spring Wishes:** After an especially easy winter, we are all happy to be enjoying unusually warm and fabulous spring weather! Ever so early, our gardens are definitely showing signs of life. The real estate market is showing signs of early activity as well. We welcome your inquiries and invite you to visit our web site at [www.sawler.com](http://www.sawler.com). Have a wonderful spring. Don, Dorothy, Andy

### Market Update

With the Spring Market starting to heat up, many of our clients are wondering what to expect for 2010. Based on CMHC data, the volume of sales, year to date, is up significantly when compared to 2009. In fact, the number of residential units sold across the province through the Multiple Listing Service (MLS) from November 2009 to January 2010 was up 27.5% compared to the same three months of last year. During this same period, pricing of residential units in Halifax-Dartmouth increased 1.9%.



Looking forward, expectations are positive with prices in Halifax-Dartmouth expected to increase by 2.5%. As well, with the expected interest rate increase in June/July, this could create a flurry in the first time buyer market before that interest hike happens.

Andy Sawler

### Getting Your House Ready For Spring

It is so important to remember not only curb side appeal, but to keep a pretty back garden as well. Often, that is what our neighbours see out of their kitchen windows year 'round. If you are not using a particular tool, garden implement, scaffolding, toys etc. - put it away. Keeping your lawn groomed and tidy will help keep everyone happy!

### Sawler Team News

It is hard to believe but Andy has been an important part of The Sawler Team for almost five years. This coming summer, he expects to receive his F.R.I. designation. He will then be a member of the respected Real Estate Institute of Canada. This will conclude nearly five years of study and industry experience. Our team continues to work well together, each having our roles and areas of expertise.



### Win Craig Flinn's New Cookbook

Chef & author Craig Flinn of Chives Canadian Bistro has brought together more than 30 of Canada's leading chefs to share 80 of their own home-tested recipes in his new cookbook "Fresh Canadian Bistro". We will be making a draw from our client list on April 1st for a lucky winner of a cookbook!



### In The Heart of Old Dartmouth

Always a beautiful area, with historic landmarks such as Christ Church and Quaker Landing. Established businesses have continued to grow and prosper. Some of the new kids on the block: Beo Spa, Two If By Sea Café and The Nectar Social House are runaway successes. Various condo projects continue to appear, the most recent being Founders Square at The Old Masonic Lodge Site. In the offing is the exciting Kings Wharf, with all of its spin offs, sure to add to the vibrancy of "Old Town". As well, apartments nearing completion at the old Greenvale School Site are very attractive and respectful of it's history.



### Fitness and Fun

**Dartmouth Adventure Boot Camp** is a holistic 4 week fitness program. It is designed for all women, all sizes, and fitness levels, who need to shed a few pounds, learn healthy eating habits, and discover what you need to do to be successful in achieving your fitness goals. Your success comes from your workouts. We perform exercises that incorporate compound movements rather than simple ones. This will not only help in burning more calories, but will also tone more muscle at once! What a great way to start your day and the rest of your life. For more info, please visit [www.nsbootcamp.com](http://www.nsbootcamp.com) or call 465-1082



Courtesy of Anne Campbell, Dartmouth Adventure Boot Camp

### Quick Easter Cinnamon Buns

½ pkg. frozen dinner rolls	½ cup packed brown sugar
½ cup melted butter	½ cup chopped pecans
1 pkg. (4 oz.) vanilla cook & serve pudding	1 Tbsp. cinnamon



Arrange frozen rolls in well-greased bundt pan - do not overlap rolls. Combine melted butter, pudding mix, brown sugar, pecans and cinnamon in small bowl.

- Pour evenly over rolls
- Cover with t-towel & let stand overnight to thaw & rise (double in bulk)
- Bake at 350 degrees for 20-30 minutes
- Cool in pan few minutes, invert over plate and serve