

Welcome to our Fall Newsletter! This is our way of once again keeping in touch with all of you. We look forward to pleasant Fall weather, as we all prepare to settle in for the winter winds ahead. We appreciate your inquiries and your confidence. Feel free to contact any one of the three of us, either by phone or email.

~ Don, Dorothy, & Andy

Dawn Munden - Part of the Designers Showcase

In recent years, there has been an emphasis on "staging" a home to prepare it for sale. Staging can have a transformative effect on how potential buyers view your home, and The Sawler Team works with award winning interior design expert Dawn Munden of Update Designs. Ask us about receiving a free one hour staging consultation - something we're pleased to provide all new listing & buying clients.

UPDATE

This Fall, you can see Dawn's exceptional work in action as part of the East Coast Living Designers Showcase in support of the Kids Help Phone. Dawn will be one of 20 featured designers and decorators who will transform two condominiums located in Bishop's Landing on the Halifax Waterfront. The Showcase runs from October 23 to November 16, and all proceeds will benefit the Kids Help Phone.

Congratulations to Dawn - we're proud you're part of the extended Sawler Real Estate Team!

Healthy Living

The importance of a good breakfast cannot be overemphasized! Can we expect our cars to perform well on an empty tank? Of course not, and our bodies need food to run well. To keep the body fueled and blood sugars balanced, try this good breakfast of 1-3 eggs or egg whites, mixed with chopped colorful veggies, cooked in olive oil, whole wheat toast, peanut butter, milk and away you go. Not only does breakfast give us energy, it gets our metabolism going, an important factor in losing or maintaining weight.



Courtesy of Anne Campbell, Dartmouth Adventure Boot Camp

Want to shed a few extra pounds before the holiday season and increase your fitness level? Make this your new motto: "Squeeze to please"! Your gluteus maximus... affectionately known as the 'butt'... is the largest muscle group in the body. Fire it up and you'll burn calories. In your next walk, add some intensity - think about squeezing your glutes and taking longer strides. At the end of your workout add some squats and lunges to make your body stronger. Finish with a good stretch to reduce muscle tension, improve circulation, sharpen mental alertness and relieve any stress you may be feeling. The fresh air and physical activity is addictive so what are you waiting for? A good fitness plan includes incorporating your body, mind AND spirit!

Courtesy of WaterWays Fitness



Fall Market

The real estate market here in Metro Halifax is experiencing a few challenges. Following the all time record set in 2007, we expected some softening of activity, but didn't expect the economic drama unfolding South of the border. A recent review of 2008 MLS sales showed a decline in the number of homes sold by 5 - 7% but a continuing increase in average selling prices to \$226,000.

Strong consumer confidence is one of the key enabling factors. While our local economy benefits from its diverse makeup and remains strong, the constant bombardment of negative reports from the US and parts of Western Canada are taking a toll. Uncertainty of the economic future make some potential buyers postpone their home buying plans which translates to a slowdown. We expect the unprecedented American bailout announced recently will bring back the stability needed to get those buyers back to the market.

In general our market has become more balanced in the mid to lower price ranges with a somewhat limited inventory in some areas. Higher end homes have become a buyers market with a higher number of listings and longer time needed to sell. As predicted, 2008 continues to be a good year for trading up to a larger home.

Courtesy of Al Demings, FRI, RE/MAX nova

Visit Our New Web Site

We've been working on our web site, and testing some new online marketing initiatives. Check us out on the web:

web: www.sawler.com
email: homes@sawler.com



Cranberry Buttermilk Scones

Preheat oven to 425 degrees. Baking sheet, ungreased.

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|---------------------------------|-------------------------|
| 2c flour | 2½ tpsps. baking powder |
| ½ tsp. salt | ½ tsp. baking soda |
| ½c butter | 1c buttermilk |
| ½c dried cranberries or raisins | lemon or orange zest |
| or something "fallish" | |

Combine dry ingredients in a large bowl. Using a pastry blender, cut in the butter until mixture resembles coarse meal. Add the cranberries and zest. Add buttermilk all at once and stir with a fork until a soft dough forms. Knead gently on a lightly floured surface 8-10 times. Roll to ¾ inch thickness and cut into 1¾ circles. Bake 12-15 minutes until golden. Best served warm!



Compliments of Roberta Ireland

