

Leaside

Local Matters



Market Watch

LOCAL EVENT:
MEC Bikefest

Why Quartz is the new Granite

LOCAL HIGHLIGHT:
HelpMeRenovateMyHome.com



PRESENTED BY:

MICHAEL C. MCLACHLAN

Salesperson | Luxury Home Marketing Specialist

416 487 5131 | info@michaelmclachlan.com

www.michaelmclachlan.com



Re/Max Ultimate Realty Inc., Brokerage*
1739 Bayview Ave Toronto, ON M4G 3C1

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TREB
Regional Housing Market Tables

Toronto C09 (Rosedale/Moore Park)
MARCH 2015

| | Detached | Semi-Detached |
|------------------------------|--------------|---------------|
| Sales ¹ | 10 | 1 |
| Dollar Volume ¹ | \$19,507,000 | \$1,495,000 |
| Average Price ¹ | \$1,950,700 | \$1,495,000 |
| Median Price ¹ | \$1,748,000 | \$1,495,000 |
| New Listings ² | 13 | 3 |
| Active Listings ³ | 34 | 4 |
| Average SP/LP ⁴ | 98% | 100% |
| Average DOM ⁵ | 17 | 3 |

Toronto C11 (Leaside)
MARCH 2015

| | Detached | Semi-Detached |
|------------------------------|--------------|---------------|
| Sales ¹ | 8 | 0 |
| Dollar Volume ¹ | \$14,819,400 | - |
| Average Price ¹ | \$1,852,425 | - |
| Median Price ¹ | \$1,927,450 | - |
| New Listings ² | 13 | 3 |
| Active Listings ³ | 11 | 0 |
| Average SP/LP ⁴ | 101% | - |
| Average DOM ⁵ | 7 | - |

¹ Sales, dollar volume, average sale prices and median sale prices are based on firm transactions entered into the TorontoMLS system between the first and last day of the month/period being reported.
² New listings entered into the TorontoMLS system between the first and last day of the month/period being reported.
³ Active listings at the end of the last day of the month/period being reported.
⁴ Ratio of the average selling price to the average listing price for firm transactions entered into the TorontoMLS system between the first and last day of the month/period being reported.
⁵ Average number of days on the market for firm transactions entered into the TorontoMLS system between the first and last day of the month/period being reported.
⁶ Past monthly and year-to-date figures are revised on a monthly basis.
 Stats are from TREB March 2015 Market Watch.
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Quartz is the new and improved Granite!

Granite has long been revered as the most sought after countertop material, but recently it's encountered some tough competition.

Consumer reports show that there is a new countertop heavy weight in town that is knocking granite down a notch.

Quartz is the new and improved Granite for a variety of different reasons, and the key is in the manufacturing process. Quartz countertops are manufactured from a mix of crushed quartz stone (93%) and resin (7%) to produce super solid slabs with a consistent color, texture or pattern. This process makes it extremely resistant to scratches, burns and chips.

Although revered as one of the tougher countertop materials, granite is porous with small capillary channels between the

minerals. This means clumsy spills can seep in and stain your beautiful investment. The advantage of quartz counters is you don't have to continually seal it like you do with granite. Which cuts down on costs and maintenance to keep your countertops looking their best.

Also, Quartz allows you to keep a consistent look across all your surfaces. It's fabricated, so you can choose for it to mimic the look of granite or come in one solid color. Either way, this means you won't face the inconsistency that comes with cutting from various slabs of natural stone.

Last but not least, it's easy to clean with soap and water and is far more cost effective. So when looking towards your next kitchen or bathroom renovation, or any countertop surface for that matter, Granite may no longer be the obvious choice! ●



MEC Bikefest May 20th, 2015

Calling all bikers! Mountain Equipment Co-Op is holding their forth-annual Bikefest at their downtown King West location. The event will be full of educational and entertaining activities for the whole family. The special events include skill clinics, demos, workshops, as well as bikes for sale at Trinity-Bellwoods Park. There will also be sales on their regular selection of outdoor gear and environmentally friendly products. A great event to get you motivated this spring and put those pedals in motion! Visit www.mec.ca for more info.



LOCAL HIGHLIGHT: HelpMeRenovateMyHome.com

5 things you don't know about our team:

1. We're experienced and diverse: Collectively we have over 40 years experience in banking, design and home renovations.
2. We're local: We all live in North Toronto and our offices are located at Don Mills and York Mills.
3. We're charitable: A portion of our revenue is donated to the Make-A-Wish Foundation and World Vision.
4. We're growing: Interested in introducing us to your favourite designer, architect or contractor? Let us know!
5. We're looking forward to meeting you! Expect to hear more about our local "Fund Design Build" seminars.

We make renovations easy!

The home renovation business in Canada is a massive, fragmented and largely unregulated industry. HelpMeRenovateMyHome.com the first company to bring all aspects of home renovation under one roof with our comprehensive and cost-efficient 'Fund Design Build' approach.

Fund: Our company partners with licensed mortgage brokers, bank representatives, and financial planners to ensure that your home renovation is financed in the most cost-efficient manner.

Design: With an appreciation and understanding of both your style and budget,

our designers and architects will maximize the potential of your space.

Build: In order to deliver a professional, safe and high quality renovation project, we partner with only the most trustworthy general contractors, custom builders, and tradespeople. All partners must abide by our strict code of conduct.

Learn more about our services at: www.helpmerenovatemyhome.com



presents

GRILLING TIPS FROM GRILL BILL

How to Grill Perfect Chicken Breasts

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(416) 467-4745
www.grilltime.ca





1. Pat chicken dry. Lightly coat with oil and your favourite chicken seasoning.
2. Grill mark the chicken at 10 o'clock and 2 o'clock angles (approx. 1 min. per turn)
3. Flip the chicken and repeat grill marks on the other side.
4. Move chicken to the top rack of your grill. Turn burners to low and close the lid.
5. Check for doneness after 15 minutes.
6. Remove from heat and allow chicken to rest for 10 minutes.

5 Amazing Health Benefits of Meditation

Meditation is often thought of as a spiritual practice. But recent studies prove meditation can be helpful for anyone seeking self-improvement or trying to live a healthier, more balanced life. Meditation is becoming even more important as our fast paced lives don't leave much time for us to slow down and find inner peace and tranquility.

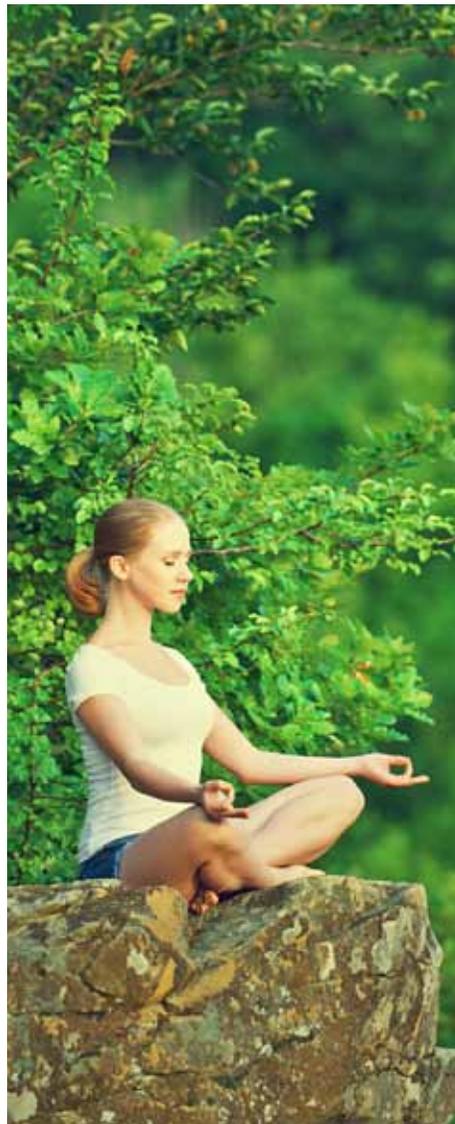
Health benefits of meditation include:

1. Improved concentration

Training your brain to focus and be aware has pleasant side effects on your concentration. Those who meditate are better able to focus on a single task and not get side tracked, creating efficiencies in both their work and personal lives.

2. A better night's sleep

The ability to calm your mind is an essential practice to getting to sleep and having a restful sleep. When compared to programs that focus on changing sleep habits and routines, meditation proved to be far more effective at improving sleep quality.



3. Relief from aches and pains

People who meditate experience less pain than those who don't. While they still show the same pain response in the brain, their ability to avoid engaging in thought processes that make it worse seem to minimize the brain firing off more distress signals. This, in turn, lessens their pain.

4. Quieting an overactive/anxious mind

An overactive mind tends to drift between thoughts of the past (which we can't change) and the future (which hasn't arrived yet). These types of thoughts are typically negative or stressful in nature. So being able to focus on the present moment brings a delightful level of stillness and peace to our minds.

5. Decreasing age related brain loss

Those who meditate and those who don't both experience a decrease in gray matter in the brain with age. This is the area of the brain where thoughts occur and memories are stored. The degradation is drastically less in those who frequently meditate. There are lots of programs and free tools online to help you get started with meditation. The goal is to start small, practicing in 10-15 minute increments. Once you become a meditation guru, you may be surprised to find out that meditation can be practiced at any time during any activity. It is simply a state of complete awareness and focus on where you are and what you're doing. ●

CONTACT ME FOR A COMPLIMENTARY HOME EVALUATION AND MARKETING PLAN



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