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# Michael's Home News

News To Help You Save Time And Money

June 2010

## Dad's Lessons Of Life

Tim Russert, moderator of NBC's *Meet the Press* from 1991 to 2008, did something that most of us will never do: He wrote a book expressing his gratitude for – and celebrating the wisdom of – his beloved father. The 2004 memoir was entitled *Big Russ & Me: Father and Son: Lessons of Life*, and it became a #1 bestseller.

*Big Russ & Me* did something else: It inspired more than 60,000 people to write and email Russert with their own memories of their fathers. In 2006 Russert turned some of those memories into his second bestseller, *Wisdom of Our Fathers: Lessons and Letters from Daughters and Sons*, giving others an opportunity to express their gratitude for – and celebrate the wisdom of – their own fathers.



Tim Russert died suddenly in June 2008 at the age of 58. In addition to being a son he was himself a father, a husband, and in the words of a colleague, “one of the premier political journalists and analysts of his time.” He received countless awards for professional excellence, and was clear on where credit for his many accomplishments was

due. In the introduction to *Big Russ & Me* Russert wrote, “I hope this book will encourage readers to think about the things they learned from their father. Whatever we achieve and whoever we are, we stand on their shoulders.”

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ARE YOUR COLLEAGUES INTERESTED IN  
WORLD-CLASS SERVICE?  
SEE FLYER INSIDE!

**You don't have to write a book to tell the  
dads in your life how much you appreciate  
them. And don't forget Father's Day on  
June 20!**

*Michael Cowling*

## What Is NIHL?

NIHL is *noise-induced hearing loss*, and men are at the greatest risk, according to a study of more than 5,000 people conducted by the

University of California-Irvine Medical Center. The likely cause: greater recreational and occupational exposure to noise, along with higher rates of military service. But men and women suffer equally when their hearing deteriorates.

Pay attention to these symptoms of NIHL so you can seek treatment (or encourage someone you love to seek treatment):

- Sounds seem muffled to you.
- Ringing in the ears.
- Sensation of pressure in your ears.
- Others complain more frequently that your TV or music is too loud.
- People feel you're not paying attention to them.
- Background noise makes understanding speech difficult.
- You hear better with one ear than the other while speaking on the phone.
- You have frequent earaches or ear infections.

Because hearing loss happens gradually over time, many people don't realize they're experiencing it. See a doctor and get your hearing tested if you have any of the warning signs listed above.

## I'll Take Romaine



Thinking of putting a salad together? According to nutritionist Pat Brown, romaine lettuce has the most nutrients of any salad green; iceberg lettuce has the least. In general, regardless of variety, the darker the green color, the healthier and more vitamin-packed the lettuce is.

## Reference-Gathering Guidelines

Do you have a list of professional references? These are people who can be helpful in many different situations: when you want to move up in your company; when you're applying for a job; when you want to join a professional association; when you want to speak at an industry conference or seminar. Here are some guidelines for your list:

### **WELCOME NEW CLIENTS**

Here are some of the new clients who became members of our "Real Estate Family" this past month. I'd like to welcome you and wish you all the best!

**Babu Sellathural**

**Lorna Riddell**

**Ravi Parman**

**Nishan and Shereen James**

**Frances Young**

**Les McAusland**

**And welcome back to**

**Mary Gelinis**

*We love giving recognition to our new friends and our wonderful existing clients who are kind enough to introduce their friends and relatives to us.*

1. Pick coworkers and former coworkers who have an intimate knowledge of your work – and whom you can trust to say the right thing.
2. Before you give out anyone’s name for a reference, make sure to ask that person if you may do so. No one should ever be surprised by a reference call. Even when you have permission, it’s a good idea to call your references and let them know when they might be contacted. The more warning they have, the better prepared they’ll be.
3. Brief your references. Suggest specific examples to talk about – situations where your unique skills and traits contributed to the success of an overall project or effort.

## A Father Is...



A father is neither an anchor to hold us back, nor a sail to take us there, but a guiding light whose love shows us the way.

A father is someone you look up to no matter how tall you grow.

A father is a truly rich man if his children run into his arms when his hands are empty.

A father is a man who expects his son to be as good a man as he meant to be.

A father is someone who carries pictures in his wallet where his money used to be.

## Tips For A Safe Walk

Walking is good exercise – unless you get hit by a car. The most common accidents between pedestrians and motor vehicles are caused by:

- Darting out in front of a vehicle in the middle of the block.
- Running rather than walking across intersections.
- Vehicles turning without seeing pedestrians in their way.
- Pedestrians crossing multi-lane streets.
- Vehicles backing up.

Stay safe wherever you wander by following these safety practices:

### ***May Quiz Answer***

**Question:** In what year did humans make their first flight over the English Channel?

**Answer:** 1785 (in a hot air balloon).

**Source:** pbs.org

**Congratulations to**  
Geraldine Svisdahl.

Your name was selected at random from all of the correct quiz entries and you’ll receive for a \$25 Gift Certificate to Starbucks

**Watch for your name  
in a coming month!**

## Client Of The Month

Congratulations to our Client Of The Month,  
*Joe Gaudet.*

This month, the Client Of The Month receives 2 tickets to an upcoming Vancouver Canucks game October 5, 2010.

Canucks Vs Blue Jackets

**Call me to find out how you can become Client Of The Month!**

**Use the walkways.** Stay on the sidewalk and cross at intersections with well-marked crosswalks.

**Stand out.** Make sure drivers can see you. Don't dash out into traffic suddenly. Wear bright, noticeable colors, especially at night, and consider garments and shoes with reflecting fabrics for nighttime walking.

**Follow the rules.** Obey traffic signals. Be aware of stop signs at intersections without traffic lights.

**Watch out for blind spots.** Big trucks with wide loads may not see you when turning or backing up. Smaller cars, too, can have significant blind spots. Don't assume any driver can see you just because you can see the vehicle.

**Give cars time to stop.** Don't take chances with moving vehicles. If the driver doesn't see you right away, or if you stumble, he or she may not be able to stop in time to avoid hitting you.

**Be careful in parking lots.** The traffic flow in a parking lot may not be obvious to either drivers or pedestrians, and visibility is more limited by the parked cars around you.

**Walk facing traffic.** If for some reason you must walk along the side of a road without sidewalks, walk toward the traffic so you can see and avoid cars better – and vice versa.

## June 6: National Cancer Survivors Day

Chances are someone you know is a cancer survivor, "survivor" defined as "anyone living with a history of cancer – from the moment of diagnosis through the remainder of life." Sunday, June 6 is the 23<sup>rd</sup> annual National Cancer Survivors Day, a worldwide celebration of life held in hundreds of communities throughout Canada, and other participating countries. It was the brainchild of Richard Bloch, a co-founder of H&R Block and cancer survivor himself, who wanted to demonstrate that a diagnosis of cancer is not an automatic death sentence.

The non-profit National Cancer Survivors Day

### See An Interesting Home?

No need to wonder about the price.

No need to call a high-pressure sales agent who will just make you feel obligated. My computers can send you the information quickly and easily, for any house, listed or sold, anywhere in town.

**Just ask me! It's all part of my free, no-obligation HomeFinder Service.**

Leave the address on my voicemail, anytime, 24 hours a day, and I'll fax, mail or e-mail all the information to you on that listing within 24 hours.

Foundation ([www.ncsdf.org](http://www.ncsdf.org)) supports hundreds of hospitals, support groups, and other cancer-related organizations that host National Cancer Survivors Day events in their communities by providing free guidance, education and networking. Its primary mission is to educate the public on the issues of cancer survivorship in order to better the quality of life for cancer survivors.

Visit [www.ncsdf.org](http://www.ncsdf.org) to learn how to honor these survivors and better their lives.

## What Am I?

1. I'm where yesterday follows today and tomorrow's in the middle. What am I?
2. I go all around the world but stay in the corner. What am I?
3. I have holes in the top and bottom, on the left and right, and in the middle, but I still hold water. What am I?
4. I get wetter and wetter the more I dry. What am I?

Answers: 1. A dictionary. 2. A stamp. 3. A sponge. 4. A towel.

## Careers For Creative Types

You may consider yourself a creative person, an innovative thinker, an unconventional performer – but you're not cut out to be a starving artist or wait tables while waiting for your big break. What are your options? Look into these careers:



**Teaching.** Teachers at any level have to be quick and creative when it comes to keeping their students' attention and presenting information in interesting ways.

**Interior design.** Helping people create the space where they'll live and work calls for a wide range of talents and skills.

**Catering.** Any kind of event-planning career requires skill in selecting and balancing the right ingredients, from the spices in the food to the arrangement of the venue.

**Graphic design.** With the growth of the Internet, the ability to create visually appealing graphics that are well-organized and attractive is something employers are eagerly seeking.

**Copywriting.** From advertising to in-depth Web content, words are still important. Putting together readable, useful copy is a valuable skill even in an age of multimedia.

### June Quiz Question

**What is the green pigment in plants that's vital for photosynthesis?**

Everyone who faxes, emails or calls in the correct answer by the last day of this month will be entered into a drawing for a \$25 Gift Certificate to Starbucks

### **Free Reports!**

- How to Sell Your House for The Most Money In the Shortest Possible Time

### **Free Information!**

- What did that house across the street sell for?

### **Free Subscription to My Newsletter!**

**See page seven for all this and more.**

## **What's A "Portable Clock"?**

The portable clock – that is, the watch – was invented by Peter Henlein in Nuremberg, Germany, in 1504. He used a coiled mainspring with a ratchet, which, unlike the weights and pulleys that drove larger clocks, could be placed inside a much smaller space. The first watches were worn on a belt or on a chain around the neck, measured about four inches wide and three inches thick, and were called "Nuremberg Eggs" because of their oval shape. They had no minute hand and no protective glass over the face, a feature that didn't appear for another 200 years.

The first person to wear a watch on his wrist was the French mathematician and philosopher Blaise Pascal, who, in the mid-1600s, attached his pocket watch to his wrist with string. True wristwatches – those attached with fabric or leather straps – didn't become commonplace until the First World War.

## **Do You Know Your Teen's Friends?**

Parents never stop worrying about their children. And it gets worse if your child starts keeping company with friends who don't seem to be good influences. Before any problems begin, follow these tips:

1. Be involved. Pay attention to your teen and what he or she is doing, but don't be overbearing. There's a difference between supporting your child's interests and controlling his/her life.
2. Set limits. Most teens want reasonable limits for their own security. Concentrate on doing your job as a parent first and foremost.
3. Get to know their friends. Before you make any conclusions about friends, have them over a few times. Get to know what they value. And try to get to know their parents, too.
4. Provide direction. Find something your child feels passionate about, and direct him or her toward it. This allows your child to have another peer group outside of school. And when the peer pressure gets too high, your teen has other options and sources of support.

### **Go Green: Recycle This Newsletter!**

After you've enjoyed my newsletter, please recycle it by passing it along to a family member, friend, neighbor or coworker.

\*

Do you have a business that would benefit from being listed in our Business directory. It's Free. email us your information.

# MICHAEL'S HOME NEWS

## Free Information Request Form

Please complete the box below and place check marks next to the free reports and information you'd like to receive.

Fax this form to 604-271-2311 or mail it to:

Michael Cowling, #160—6086 Russ Baker Way, Richmond BC, Canada, V7B-1B4 or just call me at 604-276-2335

[www.michaelcowling.com](http://www.michaelcowling.com)      [email: mc@michaelcowling.com](mailto:mc@michaelcowling.com)

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ Email: \_\_\_\_\_

City: \_\_\_\_\_ Province: \_\_\_\_\_ Postal: \_\_\_\_\_ Fax: \_\_\_\_\_

Please send me the requested free information selected below via ( ) Mail ( ) Fax ( ) Email.

### Free Reports

- ( ) Protect Your Home From Burglars
- ( ) Five Deadly Mistakes Home Sellers Make
- ( ) Making the Move Easy On the Kids
- ( ) How Sellers Price Their Homes
- ( ) How to Stop Wasting Money on Rent
- ( ) How to Sell Your House For the Most Money In the Shortest Possible Time
- ( ) The 10 Dumbest Mistakes Smart People Make When Buying or Selling a Home

### Free Information

- ( ) Send me information about your free, no-obligation HomeFinder service.
- ( ) Send me the special computer report showing the features and sale prices of up to 15 of the most recent home sales near the following address:

\_\_\_\_\_, City: \_\_\_\_\_

or in the \_\_\_\_\_ area.

- ( ) Please let me know the listing price and features of the home at the following address:

\_\_\_\_\_.

- ( ) Please let me know the selling price of the home at the following address:

\_\_\_\_\_.

- ( ) Please call me to arrange a free, no-obligation market valuation on my house.

**Do you have a family member or friend who would enjoy a free subscription to MICHAEL'S HOME NEWS? Just provide me with their contact information, and I'll add them to my mailing list.**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Province: \_\_\_\_\_ Postal: \_\_\_\_\_



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**MICHAEL COWLING**  
 www.michaelcowling.com  
 604-276-2335

**RE/MAX**  
**Michael Cowling & Associates Realty**  
 110 - 6086 Russ Baker Way, Richmond, BC V7B 1B4  
 Office: 604-276-2335 Fax: 604-271-2311  
 mc@michaelcowling.com / www.michaelcowling.com

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**Michael's Home News**  
 RE/MAX Michael Cowling And Associates Realty  
 #110 - 6086 Russ Baker Way  
 Richmond BC, V7B 1B4  
 www.michaelcowling.com