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Michael's Home News

News To Help You Save Time And Money

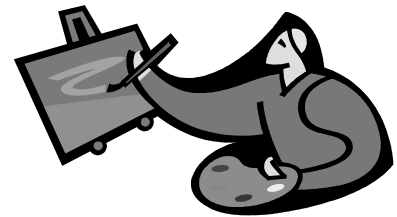
May 2010

The Power Of A Mother's Kiss

When American-born painter Benjamin West (1738-1820) was seven, he was put in charge of his infant niece while his mother and sister went for a walk. As the baby lay in the cradle, Benjamin fanned flies away from her – and the baby laughed. Grabbing paper and a pen, Benjamin set to work trying to capture the baby's charms. As he finished, his mother and sister returned.

Benjamin, caught off-guard, tried to hide his drawing so as not to upset his mother. But instead, his suspicious behavior drew her attention. "What have you been doing?" she asked.

Benjamin begged his mother not to be upset and handed her the paper. She looked at it and said to her daughter, "I declare, he has made a likeness of Sally." Then she smiled and gave Benjamin a kiss.



The following year a cousin sent a box of pencils, paints, and canvas. Benjamin disappeared one morning with the supplies, forgetting all about school. His mother, upset that he was neglecting his

schooling, found him in the attic and was about to scold him when her eyes fell on the compositions he had created. Instead of reprimanding him, she picked him up, covered him in kisses, and promised to explain to his father what had kept him from his studies.

Later, the famous artist was often heard to say, "It was my mother's kisses that made me an artist."

Thank a mom on May 9 – Mother's Day!

Michael Cowling

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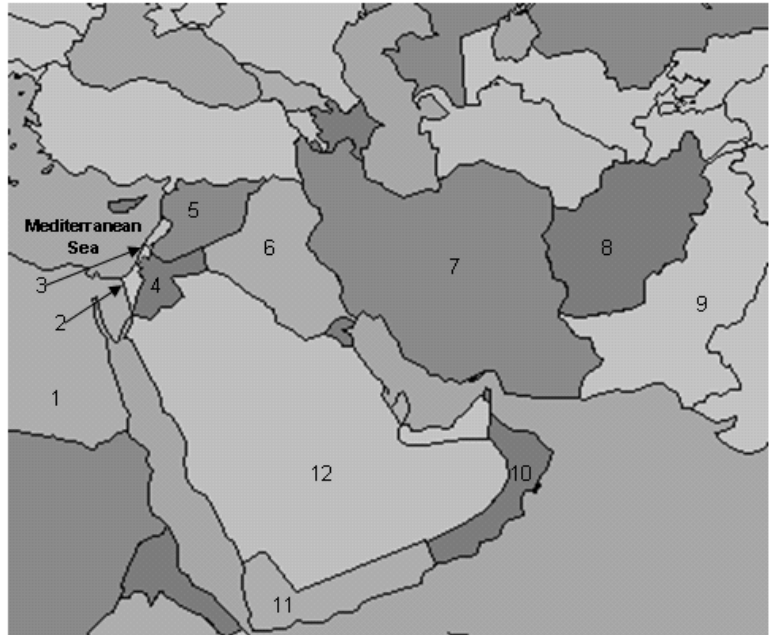
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ARE YOUR COLLEAGUES INTERESTED IN
WORLD-CLASS SERVICE?
SEE FLYER INSIDE!

Can You Name These Countries?

Cover the answers below and see how many of these countries you can name. Use the Mediterranean Sea as your landmark.

1. Egypt
2. Israel
3. Lebanon
4. Jordan
5. Syria
6. Iraq
7. Iran
8. Afghanistan
9. Pakistan
10. Oman
11. Yemen
12. Saudi Arabia



How To Go Far In Life

How far you go in life depends on you being tender with the young, compassionate with the aged, sympathetic with the striving, and tolerant of the weak and the strong. Because someday in life you will have been all of these.

– George Washington Carver

De-clutter Your Psychic Space

Client Of The Month

Congratulations (again) to our Client Of The Month, Lewis MacDonald.

This months Client Of The Month received free tickets to the Vancouver Canucks Vs LA Kings April 17, 2010

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

Your office and attic aren't the only places in need of periodic cleaning and organizing.

The stuff you carry around in your head – and heart – does more than take up mental space; it can stop you from being content. Here are some ways you can de-clutter your insides:

Let go of grudges. Why carry a grudge to the grave? Put the past behind you. Try writing a letter to the person you're angry with. You don't have to send it, but just putting the incident down in black and white (or pastel-colored ink, if that's your style) can help you get past it.

Unload burdensome friends. Take an honest look at

May Quiz Question

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

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

the people in your life. Break ties with those who don't support you, or who are incompatible with your values and goals.

Put the gavel away. Being judgmental only closes you off from learning something from others. Don't judge too quickly; listen first.

Be willing to be wrong. Don't be afraid to make the occasional mistake. When you do, acknowledge it. You can waste a lot of energy trying to keep up the façade that you're always right (or perfect).

Yes, You're A Multilingualist!

You speak other languages though you may not realize it. Check out these foreign terms that are quite common to us:

- ad hoc (Latin): impromptu, spur-of-the-moment.
- aficionado (Spanish): a fan or enthusiast.
- alma mater (Latin): literally, "nourishing mother," applied by students to former schools.
- angst (German): dread and anxiety.
- carte blanche (French): unrestricted authority or freedom.
- et cetera (Latin): "and the rest."
- mea culpa (Latin): literally, "I am to blame," an expression of responsibility or guilt.
- pro bono (Latin): without charge; free service.
- quid pro quo (Latin): an equal exchange of one good or service for another.
- verboten (German): forbidden, prohibited.
- versus (Latin): against.

How's the Market?

Here's a quick note to let you know how I can help you or anyone you feel comfortable introducing me to.

Many people — from the media to your neighbor and probably to you — are asking, "How's the market?" and "Has the real estate market stabilized?"

Experience shows that it depends on where you live. I would love to do some research for you and send you an email that will tell you what homes are for sale now, what homes have sold recently and how long homes are taking to sell in your neighborhood, so you can feel secure in the knowledge that you have the most accurate information. This timely information will tell you right away how your market is right now.

Just take out your cell phone, look up my mobile number (604-241-7653), call me, and I'll email or get the report to you.

This information would be valuable to anyone you know who's considering buying or selling a home, or just wants information specific to their area. Be sure to give me a call so I can help them, as well.

What Is Armed Forces Day?

Armed Forces Day is a day to recognize, honor, and thank the men and women in all branches of the service who are protecting our country and our freedom. Observations may include parades; fireworks; air shows; open houses at military bases; collecting items for and mailing care packages to overseas military personnel; and something as simple as giving blood.

Over 30 countries observe this event; this year Canadian Forces Day is June 6. In the U.S. Armed Forces Day is May 15, 2010.

<p>Free Reports!</p> <ul style="list-style-type: none">☑ How to Sell Your House for The Most Money In the Shortest Possible Time <p>Free Information!</p> <ul style="list-style-type: none">☑ What did that house across the street sell for? <p>Free Subscription to My Newsletter!</p> <p>See page seven for all this and more.</p>

Want More Energy In Your Workday?

Maintaining your energy level all day can be a challenge. Don't ignore physical or mental fatigue, but don't surrender to it, either. Try these tactics for recharging:

Move around. Take a walk, even if it's just a quick stroll around your office several times throughout the day. Getting your blood flowing speeds delivery of oxygen and nutrients to your body.

Take a deep breath. Several, actually. Sit up straight to open your chest cavity and get more oxygen into your lungs. Here's an exercise: Breathe out through your mouth completely. Then inhale through your nose for four seconds. Hold it in for seven seconds, and then exhale for a count of eight seconds. Do this four times to refresh yourself.

<p>Go Green: Recycle This Newsletter!</p> <p>After you've enjoyed my newsletter, please recycle it by passing it along to a family member, friend, neighbor or coworker.</p>

Drink sufficient fluids. Water, like air, delivers oxygen throughout your body. If you're dehydrated, you'll feel tired. Drink plenty of water or a low-calorie sports drink.

Get outside. Sunshine and fresh air can have a rejuvenating effect, along with the exercise benefits of taking a short walk.

Learn something new. Spend a few minutes with a book or on the Internet researching a subject that's of interest to you. You'll stimulate your mind and make new mental connections.

Computer Reality Warp

Many of us can't imagine life without computers. And many of us can't imagine using computers in real life vs. what we see on our movie screens. In the movies...

- A writer can type out a sentence the length of a Shakespearean soliloquy without once hitting the space bar.
- Anyone can infect a computer with a crippling virus simply by entering the words DOWNLOAD VIRUS on a keyboard.
- Good guys and bad guys alike can infiltrate any computer in the world. Even when it's turned off.
- A hacker can guess any password in two or three attempts.
- The most complex operation, involving massive amounts of data, can be accomplished in three seconds or less.
- Every laptop in the world has real-time video phone capabilities and the performance of a Cray supercomputer.
- Destroying the monitor prevents the entire computer from functioning.
- The hero can immediately use any computer he or she finds, no matter how specialized or advanced.
- The hero always finds the important email right away – it's always at the top of the inbox, and no one ever has to wade through spam.

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, and I'll fax, mail or e-mail all the information to you on that listing within 24 hours.

Thinking About A Trip?

If you're considering a vacation that includes travel to a foreign country, here are some tips to help you stay safe, have fun – and even save a few shekels:

Before you depart, do some research. That way you'll know what typical weather patterns to expect and what kind of clothes to pack. You'll also want to read up on the exchange rate and learn a few local phrases.

Develop at least a general itinerary of what you want to see and do. Don't waste your

precious time in Paris trying to choose between the Eiffel Tower and the Left Bank – decide before you arrive.



Be ready to learn. For example, not every culture is a smiling culture. Not every culture runs on a tight, linear schedule. And some cultures have dress codes that should be respected.

Pack lightly. You'll have less to lose if something goes wrong, and less to drag from place to place. When it comes to your wardrobe, choose a color and get pieces that are simple and coordinated – shorts, slacks, shirts and jacket.

Buy the most comfortable shoes possible that look good (or at least OK) with the clothes you bring. Shoes that might be comfortable for running errands at home might not cut it when you're standing in line for hours in Florence, Italy, to see Michelangelo's *David*.

Realize before you leave that your trip is not going to be perfect. Prepare mentally for delays and mishaps. Try to look at it all as just part of your adventure. Chances are when you get home and tell the tale of your journey, some of the annoying things will turn into funny stories that you'll cherish for life.

Avoid restaurant chains. Ask around to find out where the locals eat and give their suggestions a try. The food will be better and you'll probably spend less.

Consider yourself a mini-ambassador. That means remembering that *you* are the foreigner and showing good manners while traveling. If you do something rude or out of line, it reflects badly on you *and* your country.

Bring a small flashlight and keep it by your bed at night. You're already in unfamiliar surroundings; you don't want to be "in the dark" in the event of a power loss.

Leave your expensive jewelry at home, and travel with only one or two credit cards. Carry your credit card information separately in case you have to report the cards lost or stolen.

Always be aware of your surroundings. If you don't feel safe, get out of the location or situation.

Learn more from the experts at www.tsa.gov, www.catsa.gc.ca, www.alltraveltips.com, and 1000tips4trips.com.

April Quiz Answer

Question: What is another name for an apiarist?

Answer: Beekeeper.

Source: merriam-webster.com

Congratulations to
Mark Westerlaken

. 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!

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

Name: _____ Phone: _____

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City: _____ State/Province: _____ Zip/Postal: _____ Fax: _____

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

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- 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: _____ State/Province: _____ Zip/Postal: _____



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