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SEAN DONLEVY
REALTOR®
O: 780-431-5600
C: 587-986-9545
sdonlevy@royallepage.ca
www.sdonlevy.ca

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HOMEOWNER NEWSLETTER

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Herb Stuffed Tomatoes

Courtesy of www.food.com

INGREDIENTS

- ✓ 5 beefsteak tomatoes
- ✓ 1 cup flat leaf parsley, chopped
- ✓ ¾ cup Italian seasoned breadcrumbs
- ✓ 1 cup provolone cheese, grated
- ✓ ¼ teaspoon ground black pepper
- ✓ 1 teaspoon butter, softened
- ✓ 2 tablespoons extra virgin olive oil



DIRECTIONS

Preheat the oven to 375 degrees F.

Cut the tomatoes in half, horizontally. Seed by gently squeezing the tomato halves. Use a small spoon to gently hollow out the inside of the tomatoes, being careful not to puncture the outer shell. Reserve the pulp.

Chop the reserved pulp and put in a medium bowl. Add the parsley, bread crumbs, cheese, optional garlic, and pepper and mix gently to combine.

Place the tomato halves in a buttered casserole dish, and fill with the bread crumb mixture.

Drizzle the top of the tomatoes with olive oil. Bake until the tops are browned, about 20 minutes.

SALES ACTIVITY SLOWS IN JUNE WHILE PRICES STAY LEVEL

The number of residential units reported sold in the Edmonton Census Metropolitan Area (CMA) were flat month-over-month but down 11.1% year-over-year for June. There were 1,117 single family sales reported in June 2016. That number is down 10.1% from June 2015, but on par with the 1,119 reported sales in May. Reported condo sales at 465 were up 11.5% month over month and down 18.7% from the previous year. Duplex/rowhouse sales at 173 are up 9.8% from last year but down 14.8% from May.

All residential average sale prices remained virtually the same as June of 2015, up only 0.1%. At \$435,366, single family homes experienced a decline in average price of 1.1% from May and 1.8% from June last year. The average condo price was bolstered by the sale of several luxury properties. At \$263,326, it was up 3.5% from May and 2.5% from last year. The average duplex/rowhouse sold for \$352,7785 (up 4.6% y/y, up 0.7% m/m).

“Although June’s residential unit sales are up slightly over May, we did not see the numbers set in June of 2015. Also notable is that the sustained lull in sales we have seen over the past two years has not been reflected in average price. Continued sales of higher priced properties in the region have helped keep average prices strong,” says REALTORS® Association of Edmonton Chair Steve Sedgwick.

Total new residential listings in June were 3,041, down 6% from May and down 4.7% from the previous year. There were 8,179 residential properties available in the Edmonton CMA at the end of June. That is up from 7,177 in June of 2015 and 5,609 in June of 2014.

“Inventory remains high and buyers continue to have good selection,” Sedgwick said. “This is welcome particularly to those looking in the popular \$350,000 to \$450,000 single family price range.”

In June, the all residential average days-on-market was 53 days, down 1 day from May and up 4 days relative to June 2015. On average, single family detached homes sold in 50 days in June, while condominiums sold in an average of 58 days and duplex/rowhouses sold in 53 days.

ereb.com

Average Residential Sale Price: **\$384,078**

Average Single Family Sale Price: **\$439,672**

Average Condo Apartment Sale Price: **\$253,396**

Average Duplex/ Row house Sale Price: **\$347,746**

CAPITAL REGION ACTIVITY

30 Day Averages as of July 19, 2016

Average Days on Market: **54** YTD Sales: **9,829** (-2.75% compared to last year)

Visit us at www.royallepagenoralta.ca for currently listed homes in and around the Edmonton area.

This newsletter is not intended to solicit properties already listed for sale.

5 TIPS TO FOR A STRESS-FREE BACK TO SCHOOL EVE

(NC) Do you get more worked up about BTSE (Back to School Eve) than New Year's Eve? Approximately two thirds of Canadian parents say the first day of school is the time of year when their family's routine and schedule changes the most, according to the recent Centrum Small Steps Survey. And for parents with children under 18 at home, back to school trumps the New Year as the biggest period of change.

But don't let September changes sideline your family's health goals. Leading nutrition expert Theresa Albert says there are small steps parents can take to support their health during the hectic fall season.

"It is not uncommon to fall off track with our healthy habits when we get busy — whether they're related to nutrition, exercise or sleep," she warns. "For many parents, getting back into the routine of things may mean skipping breakfast or grabbing takeout food between school activities. Developing the habit of taking a daily multivitamin can help parents support their energy and overall health needs, like immunity — a key to surviving the back to school season."



Theresa recommends 5 ways parents can stay on track for a smoother back to school eve this year:

1. **Make your own breakfast a priority.** Parents often spend more time preparing kids' lunches in the morning and forget to make time for their own meals. Set the right example by eating a nutritious breakfast that includes protein, fresh fruit and a multivitamin to support your daily health needs.
2. **Pack a lunch.** Take a few extra moments to make your own lunch while preparing them for your kids.
3. **Make a meal plan you can recycle for the first month back.** Pull out your slow cooker and make double batches of stews, soups and spaghetti sauce. Your freezer is your best friend.
4. **Get everyone on a schedule.** Making a plan with time for homework, activities, downtime and exercise can go a long way towards keeping stress low and smiles up. Get kids involved in making the schedule so they feel empowered and stick to it.
5. **Turn in early.** Staying up late can wreak havoc on your body. Make it a priority to finish up your to-do list early so that the night before school starts is less stressful.

How to Keep Your Kitchen Reno Headache-free

(NC) The thought of a kitchen renovation may cause your eye to twitch and your sweat to trickle. You've heard the horror stories — work costing more than expected, lasting too long, or not ending up the way you expected. While you can't predict everything, there are ways to keep the road to a shiny new kitchen relatively stress-free.

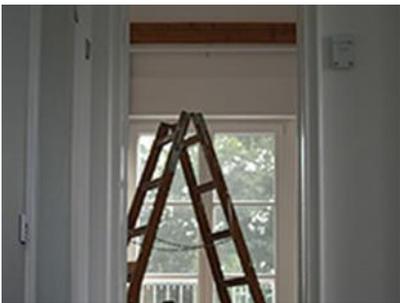
Robin Saxberg, principal designer at Hamilton, Ontario's DESZA Design, advises that leaving the project to a professional may save you headaches in the long-run. "Occasionally, the client will want to do the demolition themselves either for cost-savings or for fun, which it is. However, there may be a risk of accidentally damaging something important," she reveals. "Most demos require the rental or purchase of tools, safety equipment and waste bin rental which could eliminate much of the potential savings."

If you're thinking of taking on the demolition yourself in hopes of saving a few bucks, look at other options. Contact your local Habitat for Humanity ReStore to see if they are able to remove your old kitchen for you. Also keep in mind that the contractor you hire usually includes this in their quote.

If you feel like you're drowning in sawdust, Saxberg says to keep in mind that your kitchen won't always be gutted. "Though your renovation may seem overwhelming at times, it is temporary. Any stress and chaos will pass and when the dust settles, you'll have a beautiful, perfectly unique space that functions the way you need it to."

In the meantime, follow her five tips for a smooth and successful kitchen reno.

1. **Get everything in writing:** Read and understand all contracts with designers, contractors and anyone else you hire.
2. **Keep an emergency fund:** Set aside around 10 per cent of your renovation budget as a contingency fund. If a pipe bursts or the electrical needs to be rewired, you won't panic knowing you have enough to cover it.
3. **Plan as much as possible:** Lay out your renovation roadmap before the project begins, and don't be afraid to ask your contractor or designer lots of questions. Placing orders before work starts will also cut down on wait time for deliveries.
4. **Invest in key pieces:** Putting money into a quality stone surface countertop and Canadian-made solid wood flooring will ensure your kitchen will stand the test of time.
5. **Reduce, reuse, recycle:** Do some good by donating your old kitchen items to a local charitable organization, like Habitat for Humanity ReStores. Many contractors also work with them. This will keep your old kitchen out of the landfill and help others in the process.



"That beautiful season the Summer!
Filled was the air with a dreamy and magical light;
and the landscape
Lay as if new created in all the freshness of childhood."
- Henry Wadsworth Longfellow