



GALE TRACEY AMP- YOUR MORTGAGE PLANNER FOR LIFE

News To Help You Save Time And Money

# THE DREAM HOME MAKER!

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## Quote of the Month

*"Life is 10 percent what you make it, and 90 percent how you take it. "*

**-- Irving Berlin,  
Composer**

### New credit card rules help, but the best advice is to wean yourself off credit card debt.

On January 1<sup>st</sup>, the Canadian government implemented new credit card regulations, which it says increase transparency and protect consumers. Here are some of the new regulations now in place:

- Credit contracts and application forms must have a "summary box" that clearly explains interest rates, fees, and how long it would take to fully repay a balance if only minimum monthly payments are made.
- Banks must give advance disclosure of interest rate increases, even if this information is already in the credit contract.
- You must give your consent before your credit limit can be increased.
- If you transfer your balance to a lower-interest card, your payments now have to be allocated in your favour.
- There's now a limit on certain debt collection practices used by financial institutions.
- Banks can't charge over-the-limit fees resulting from holds placed by merchants.
- One of the most significant changes has been delayed until September 1<sup>st</sup>. As of that date, you'll have a minimum 21-day interest-free grace period on all new purchases if you pay your outstanding balance in full by the due date.



Critics of the new rules say they don't go far enough. However, at least the government is trying to make an effort to help consumers avoid predatory lending practices. And that's a good thing.

However, an even better strategy is to start weaning yourself off of credit card debt. Unlike taking out a mortgage to buy a home or revenue property, buying stuff with your credit card at high interest rates doesn't yield any returns—it simply gets you deeper in debt. Instead of making the minimum monthly payment, put yourself on a budget, take a part-time job (or start a home business) and eventually get your credit cards paid off. You'll be astonished how much extra money you'll have to invest in assets that actually appreciate in value and put cash in your pocket!

## Client News

Here are the new clients who became members of our firm's family in the last month! We'd like to welcome you publicly, and send you our best wishes!

**Melody L. of Surrey, Existing Client – Great new coach house!**

Marie P. & Sean G. of Chilliwack – Wow, new home in the country!

**Mario & Anna R. of Richmond - Great new rate! (Referred by Lily S. ! Thanks!)**

Adam M & Mandy B. of Maple Ridge – First New Home together! (Referred by Debbi Filipelli, Re/Max Thanks!)

**Steve & Brittany B. of Surrey, Existing Clients – New first House!**

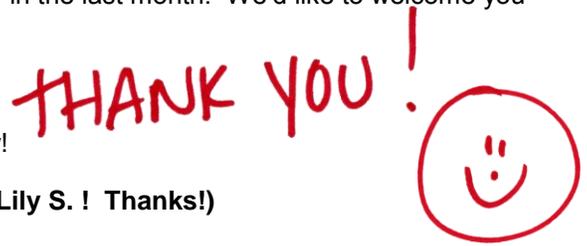
Amara G. & Marc S. of Coquitlam – Beautiful new home with big yard for kids to play! (Referred by Audrey Olin, Re/Max. Thanks again!)

**Chang & Kwan J. of Surrey, Existing Clients – Great new rate!**

Rod L. of Richmond, Existing Client – Great new rate!

Adam M & Mandy B. of Maple Ridge – First New Home together! (Referred by Debbi Filipelli, Re/Max Thanks!)

**Simon N. & Nathalie L. of Surrey, Existing Client – Great new rate!**



## Seasonal Article of the Month

### Fun camping ideas for the whole family.

Camping's a great way to escape the fast-paced life of the city and introduce your kids to nature. Here are some fun ways to keep everyone entertained while you enjoy the simple pleasures of an outdoor getaway.



- **Stargaze.** One of the best parts of being in the wilderness is how dark it gets. Have everyone lie in an open field and watch for stars, constellations and planets. Make it even more interesting by bringing a star chart or binoculars.
- **Hit the water.** Most campsites have swimming onsite or nearby. But don't just go to a pool. Take the family to a lake or brook and let them experience wading, splashing and swimming the old-fashioned way.
- **Have a cycling adventure.** If you can't take your own bikes, rent some and plan a day's excursion on the trails around your campsite. Pack a picnic lunch, plenty of water, a map and make sure you can easily get back before dark.
- **Spot some wildlife.** Pick up a brochure or field guide then set out on a wildlife walk, seeing who can be first to spot and identify a bird or animal. Check with the park warden to make sure there aren't any dangerous animals in the area.
- **Play card games.** Whether you're playing together around the picnic table or inside your tent while it's raining, playing cards can provide loads of fun, laughter and enjoyment for the whole family!



### **A REALTOR YOU CAN TRUST!**

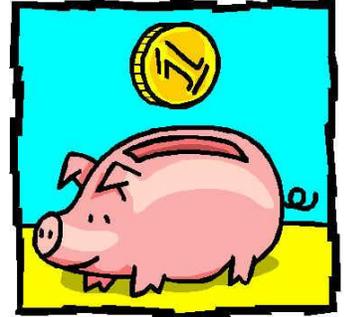
If you're considering buying or selling please call me if you would like a referral to a professional, experienced, trustworthy Realtor. I've dealt with several realtors in the Surrey, Langley/Tri-Cities areas for over 8 years and can guarantee you will be happy with the results from all of these "Over Achievers". Why call a stranger, when you can be referred to a professional I "know" "like" & trust"!

## Financial Freedom Tip of the Month

It's not how much you make, it's how much you save.

Instead of just working harder to make more money, why not make the money you have work harder for you. Here are some strategies.

- **Pay another monthly bill—to yourself.** With all your bills, it's tough to save. That's why you need to think of saving as another monthly bill. Choose an amount you can afford and have your bank deduct it from your chequing account automatically every month.
- **Multiply your savings.** Don't let your money stay parked in your bank account. Invest it where you can generate higher interest (i.e., money market account, mutual fund, mortgage investment corporation, etc.) By benefiting from compound interest, you can double or triple what you contributed over time. And if you invest (up to \$5,000 per year) in a Tax-Free Savings Account, you won't pay any taxes on the income, so you create wealth even faster!
- **Pay down your mortgage.** Use your savings to make lump sum payments on your mortgage. Not only will you save thousands of dollars in interest, you'll build up equity faster, which can be used to make other investments.
- **Save for a down payment on a revenue property.** Once your savings or equity have grown enough, you can invest in a revenue property that will pay returns in both monthly rent and capital appreciation. To see if this strategy is right for you, call me today at **604-575-1843**.



## Holistic Health Tip of the Month

How to naturally boost levels of the miraculous GSH molecule.

Glutathione (GSH) is a molecule found in almost every cell of your body. Considered a “Super Food” for the immune system, GSH performs these vital functions:

- Potent antioxidant that protects cells from “free radicals” that damage or destroy key cell membranes and DNA.
- Powerful detoxifier that helps your body neutralize and get rid of undesirable toxins, pollutants, ionizing radiation and heavy metals.
- Boosts your body's immune response by killing undesirable cells, including cancers and viruses.



Since GSH is manufactured inside your cells, it can't be taken as a supplement to any clinically beneficial extent. The only way to increase GSH is to provide your cells with its building blocks: amino acids, glycine, glutamate and cysteine. Fortunately, eating a healthy, natural diet is an effective way to boost GSH. This is especially important as you age since GSH levels naturally decline with age. Here are some foods known to increase your level of GSH and its precursors:

- Undenatured whey protein. This is a non-heated product that preserves bioactive amino acids like cysteine.
- Vegetables like asparagus, garlic, broccoli, beets, avocado and spinach.
- Poultry, raw eggs and fresh unprocessed meats contain high levels of sulfur-containing amino acids.
- Tart cherries are high in melatonin, which increases GSH levels.

## Quiz Question of the Month

What is the name of the largest mountain in the Solar System?

- a) Mount Olympia
- b) Olympus Mons
- c) Mount Martian
- d) Mount Everest

### **How does this contest work?**

The first person to respond with the correct answer will win a FREE Dinner at the VAULT Restaurant, \$50 value!

### **How do I submit my answer?**

To respond with your answer, email us at: [galetracey@shaw.ca](mailto:galetracey@shaw.ca) or fax **1-866-280-9427** in your answer. The contest deadline is August 31, 2010.

## Resource of the Month

### **Is Your Credit Less Than Perfect? Here's How To Fix It...**

Your credit score is the single biggest factor that lenders use in determining your interest rate when you apply for a mortgage. Yet most people don't even know what a credit score is, let alone whether they have a high score or a low one. The sad truth is if your score is unnecessarily low—due to errors or lack of professional advice—you could end up paying thousands of dollars extra over the life of your mortgage!

How would you like to learn the shocking truth about how your credit score is calculated and more importantly, how to improve it almost overnight?

As your trusted mortgage advisor, I've prepared a special Credit Repair Guide titled, "*12 Simple No Cost Methods to Repair Your Credit.*" **It's a MUST READ for anyone with a credit score under 650.** Here's just a portion of what you'll learn:

- **How credit reporting agencies keep track of your financial situation.**
- How your credit score helps determine what your mortgage rate will be.
- **How to protect yourself from identity theft!**
- 12 insider secrets for repairing your credit - FAST!

To get your free copy of this informative guide, call me today at: **604-575-1843**. Call now while supplies last.

## **Answers to Last Month's Quiz**

July was originally called Quintilis. The "quint" prefix means five because Quintilis was the fifth month of the Roman calendar, which started in March. In our current calendar, the month was renamed for Julius Caesar. Since July is named after Roman royalty, it has a rare and valuable birthstone. Which is the birthstone for July?

- a) Amber
- b) Emerald
- c) Opal
- d) Ruby

Answer: d) Ruby

## **ANNOUNCING LAST MONTH'S WINNERS!**

Congratulations to **Gillian P.** of Langley for winning last month's quiz contest! She has won a FREE dinner to the VAULT Restaurant. Enjoy!

