



GALE TRACEY AMP- YOUR MORTGAGE PLANNER FOR LIFE

News To Help You Save Time And Money

# THE DREAM HOME MAKER!

Ph: (604)575-1843 • Fax: 1-866-280-9427 • Email: gale.tracey@mtgarc.ca • www.ownyourdream.ca



Ph: 604-575-1843

## Inside This Issue...

Achieving Debt Freedom!..... 1  
 Client News..... 2  
 Coconut Fish with Mango..... 2  
 Interest Rate Differences..... 3  
 Salt Doesn't Harden Arteries ... 3  
 Quiz of the Month... .. 4  
 Free Credit Repair Guide..... 4

## Quote of the Month

*"Happy are those who dream dreams and are ready to pay the price to make them come true."*

~Leon J. Suenes

## Yes, you can achieve debt freedom!

Chances are, your mortgage payment is your single, biggest after-tax expense. Unfortunately, thanks to the way lenders calculate interest, most of your payments go to interest instead of principal. Which is why, if you ever actually pay off your mortgage, you end up paying two to three TIMES the value of your home. No wonder 70% of homeowners never live long enough to own their home free and clear!



Historically, the fastest way to pay off your mortgage and reduce interest payments was to increase your income, reduce expenses and make extra lump sum payments on your mortgage. The problem is, most people cringe at the idea of sacrificing short-term pleasures for long-term treasures.

But there IS a way to eliminate all your debts—credit card, car loan, even your mortgage—two to three times faster, thus saving you tens of thousands of dollars in interest, WITHOUT affecting your household budget! Imagine how great it would feel to be completely debt-free, giving you the cash flow and freedom to provide for your family, save for retirement and even go on vacation.

With our new debt-elimination system, you can:

- Save tens of thousands in interest payments
- Pay off your mortgage in half the time (or less!)
- Eliminate all your debts, including credit cards, car loans, etc.
- See the impact of financial decisions in advance
- Plan, maintain and track your monthly budget
- Accelerate your progress to financial freedom!

By not managing debt properly, the average homeowner pays over \$100,000 in unnecessary interest. NOW is the time to take action! Our free, no obligation Financial Analysis will show you exactly how much you're paying in unnecessary interest and how much faster we can help you become mortgage-free without changing your household budget. Call for your free analysis today, and start transforming your tomorrows!

## Client News

Here are the new and loyal repeat clients who we've assisted with their mortgage needs in the last month! We'd like to welcome and thank you publicly, and send you our best wishes!

**Amy B. of Coquitlam, BC “I Did It On My Own!” – First Time Buyer referred by Joanne Scott, Remax Sabre, Port Coquitlam**

Walter B. of Cloverdale, BC “Set For Decade”! – Referred by Loyal Client Sandra C. of Surrey

**Terry & Naomi S. of Port Moody – “Big New Home – No lawn mower required!” – Referred by Judy Sehling, Sutton West Coast, Coquitlam**

THANK YOU!



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

*We're all helping each other, which is the whole point of all this! Right?*

## Seasonal Article of the Month

### Coconut Encrusted Fish with Mango Salsa

A healthy and delicious recipe with an exotic tropical flavour.

#### **Salsa Ingredients:**

- 1 ripe mango, diced
- 1/4 cup chopped red pepper
- 1/4 cup chopped red onion
- 1 tbsp sugar
- 1 tbsp vinegar
- juice of 1/2 lime
- 1 tbsp olive oil
- 2 tbsp chopped cilantro
- 1/2 tsp curry powder
- salt and pepper to taste

#### **Preparation:**

Combine ingredients and let sit for 30 minutes.

#### **Fish Ingredients:**

- 4 fillets of your favorite white fish
- 2/3 cup flour
- 1 cup shredded coconut
- 1/2 tsp cumin
- 1 tsp curry powder
- salt and pepper to taste
- 4 tbsp olive oil
- 1 egg

#### **Preparation:**

1. Mix coconut, cumin, curry, salt, pepper, and half the flour on a plate.
2. Spread the remaining flour on a second plate.
3. Whisk egg with 1 tbsp water in a shallow bowl.
4. Coat fish in plain flour, then egg mixture, then coconut mixture.
5. Heat oil over medium high heat. Sauté fish until browned on both sides, about 2-3 minutes each side.
6. Serve immediately with rice and salsa.



## Financial Freedom Tip of the Month

### Nominal vs. Effective Interest Rate: What's the Difference?

It's important to know what type of interest you're paying when you take out a mortgage. There are basically two types, but each of them is sometimes known by more than one name.

- **Nominal Interest Rate.** Also known as simple interest rate. Nominal interest is calculated on the original principal only. If you borrow \$100,000 for one year at 7%, you end up paying back \$107,000.
- **Effective Interest Rate.** Also known as compound interest. With effective interest, the interest rate is applied to the original principal AND all the accumulated interest. If you borrow \$100,000 for one year at 7% and the interest is compounded semi-annually, you end

## Holistic Health Tip of the Month

up a check for \$107,122.50. Therefore, the effective interest rate is actually 7.1225%. In Canada, this is known as the Annual Percentage Rate (APR) and it's the rate that Canadian mortgage lenders are required to quote.

Of course, actual mortgages are more complicated than this because payments are made monthly (or even more frequently), rather than at the end of the year. But the result is still the same: the effective interest rate is slightly higher than the nominal interest rate. If you find mortgage rate calculations confusing—and who doesn't!—feel free to give me a call. I'd be happy to sit down with you, explain what you should be looking for and make sure you get the lowest rate available!



### Salt doesn't harden your arteries. Refined salt does!

A moderate amount of salt is an essential part of our diets. However, refined salt (the "table salt" you buy at the supermarket) contains a lot more—and less!—than natural salt. During the refining process, all the trace minerals are removed and the following anti-caking agents are typically added: ferrocyanide, tricalcium phosphate, aluminum-calcium silicate, sodium aluminosilicate, and more. These anti-caking agents help keep salt flowing smoothly from the salt shaker by slowing its ability to mix with water or moisture in the air. Unfortunately, anti-caking agents do the same thing in our bodies, which prevents salt from doing its most important function: regulating hydration.



Consuming refined salt dehydrates us so our blood gets thicker and leaves behind hardened deposits, which can be associated with hardening of the arteries. In addition, our body has to increase blood pressure to push the thickened blood through arteries and capillaries.

Natural sea salt or crystal salt provide all the minerals and trace elements needed by the body in very similar proportions to what's required for optimum blood plasma. Natural salt also helps us stay hydrated because it electrically charges our body so we can use water more efficiently. This results in blood of natural consistency which flows easily, promotes normal blood pressure and prevents hardening of the arteries. Look for natural salt in most health food stores.

## Quiz Question of the Month

### May Trivia

In 1923, airplane pilots and boat captains started

### Answers to Last Month's Quiz

What is the latest date that Easter can occur on?

a) April 25

### How does this contest work?

The first person to respond with the correct answer will win a FREE Dinner at the VAULT Restaurant or Washington Avenue Grill, \$25 value!

### 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!

### How do I submit my answer?

To respond with your answer, email us at: [gale.tracey@mtgarc.ca](mailto:gale.tracey@mtgarc.ca) or fax **1-866-280-9427** in your answer. The contest deadline is May 31st.

### ANNOUNCING LAST MONTH'S WINNERS!

Congratulations to **Tammy J.** of Langley for winning April's quiz contest! She has won a FREE dinner at The Vault Restaurant. Enjoy!

## K I D S

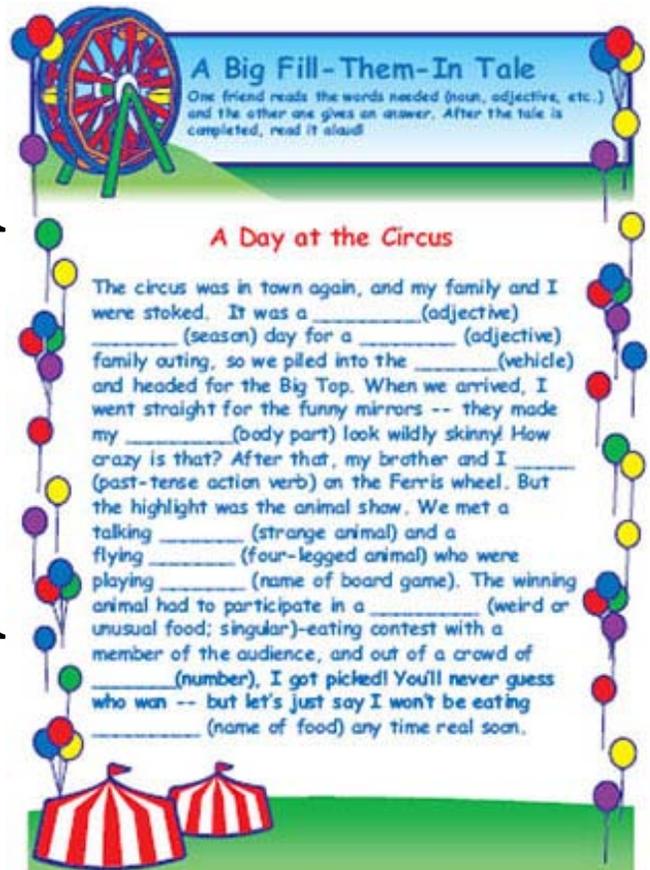
# O

# R

# N

# E

# R



Puzzle provided by: [www.familyfun.go.com](http://www.familyfun.go.com)