



# Christine HAUSCHILD

Sales Representative

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[www.ChristineHauschild.com](http://www.ChristineHauschild.com)



Letter from Christine

Ranked #96 out of 15,000 Royal LePage Agents in Canada 2013

Welcome to 2014, the year of the professional! Just kidding, however, I would like to reinforce the benefits and necessity to work with professionals in our everyday lives. We work hard every day. We get married, have a family, enjoy our friends, we travel, take part in sports and work, work, work. With that being said, I also think it's safe to say that we are always looking for ways to further enhance our lives.

When I need something done, I always look to the professionals to help guide me. Time is precious and resources are always important. I know that many people like taking the D.I.Y route and that's okay, if you really can do it, BUT, when it comes to your largest investment (your home), please do not take chances. Many people will tell you that the cost to 'do over' a poor job far exceeds the initial cost of a good job.

We are incredibly fortunate that surrounding us in our own neighborhoods are some of the best professionals in the business. In my role as an advisor to my clients, I am constantly called on to provide advice and share my professional resources whether it be a Handyman, a Plumber, a Financial Advisor, a Lawyer, Decorator, Doctor or even the name of a kennel for my clients animals!

I love to refer and I love to do business with professionals in my community. As a member in good standing with the West Ottawa Board of Trade I like to stay informed, current and relevant. Please feel free to contact me should you require the services of a

professional. It would be my pleasure to provide you with the best names in the business ... from A to Z and soup to nuts! This issue of my newsletter focuses on some of the best tips to start the New Year off right. Enjoy and please know that I am only ever a call away.

## Let's grab a coffee!

Our current market is **challenging** and **dynamic** and it is **evolving**. Some of the most frequent questions I get from people...whether in line at the grocery store, at a restaurant or in the privacy of a clients home are 'what is happening in the market right now? Is it a good time to buy? When should I sell my home?'

There are no simple answers but I would like to offer you the opportunity to have a quiet conversation to discuss the market and what it may mean to you. If you are thinking of Buying or Selling, now or in the future, or if you just want to understand what is happening in your market...the coffee's on me. **Let's talk!**



Interested in a confidential and no obligation conversation? Please feel free to contact me directly at 613.799.5570 or by email at [Christine@ChristineHauschild.com](mailto:Christine@ChristineHauschild.com)

### INSPIRING INDIVIDUALS IN OUR COMMUNITY

A truly touching and inspiring story about a woman's battle with cancer and how she became stronger because of it.

[Read more](#) →

**NUTRITION TIPS** from Fitness & Nutrition Consultant - Mike Sheridan

**IMPORTANT WINTER MAINTENANCE TIPS** from Registered Home Inspector - Mark Hodgson, CET, RHI

[Read more](#) →

### CURRENT MARKET STATS

Market information from the Ottawa Real Estate Board

### UNDERSTANDING THE IMPORTANCE OF PRE-APPROVAL

Find out what Mortgage Agent Chris Troughton has to say...

[Read more](#) →

### CURRENT LISTINGS

Click [here](#) to view our current listings

### ASK THE EXPERT

[info@ChristineHauschild.com](mailto:info@ChristineHauschild.com)

[Read more](#) →

Building a foundation of trust ... one home at a time

*A truly touching and inspiring story about a woman's battle with cancer and how she became stronger because of it.*

Within the span of a year and half, I had surgery for an ovarian cyst, a lumpectomy, a double mastectomy and a hysterectomy. Never in my life did I imagine that I would hear the words "you have cancer". My Mother had told me stories of how both my Grandmother and Aunt had died of breast cancer at a very young age and here I was ... a single Mother of two, being told that I had cancer.

As a precaution, I had been having mammograms since the age of 30 because of the history of breast cancer in my family. The mammograms always showed cysts in both of my breasts; however my doctor told me that he wasn't particularly worried about this. One day, I discovered a lump in my left breast and immediately followed up with my doctor. Within a week I had a lumpectomy. He told me once again not to worry and it was probably that the cyst had grown to be a little larger. Two weeks later while in the Doctor's office having the stitches removed, my test results arrived. My heart dropped when the doctor said 'you have breast cancer'. I thought I would die right then and there. All I could think about were my two boys. What would they do? Who would raise them? Then I thought of my Mother; she had already lost her own Mother, her Sister and now her youngest Daughter was diagnosed with breast cancer. I asked my Doctor 'where do we go from here?' After all of the news I had just received, I was now sitting down listening to him tell me I was going to lose my breast... he scheduled me for a mastectomy in 10 day.

Telling my family was one of the hardest things I've ever had to do, and my Mother's reaction was more than any of us could handle. After seeing how much pain this caused my Mother and my children, I knew that I needed to do whatever it took to fight this horrible disease. I started researching breast cancer on the Internet; that only made things worse. Upon the advice of my sister, I spoke to her friend who is an Oncologist in Los Angeles. After reviewing my reports the Oncologist said that I should definitely have the mastectomy as the cancer is invasive, very large and growing at a rapid pace. She also said that because my breasts were dense and with a cyst in the right breast along with my family's history, the chances of the cancer spreading are very high. She asked me "Do you want to take that chance of keeping your right breast, or remove both breasts?" Take my chances? I really didn't want to lose both of my breasts. They were a part of me and this gave me a lot to think about. I did have a family history of breast cancer. "What do I do?" ... I asked myself that question over and over. I knew that I would never be the same woman as I had been before being diagnosed. I was neither better nor worse than before, but I knew deep down, that I was going to be different after all of this was over. I had faith in God. He would not give me anything I couldn't handle.

I made the decision to have a double mastectomy and as a woman who was about to lose both of her breasts, I couldn't help but feel like I was losing my womanhood. This was not an easy decision for me to make, however, deep down I knew that I had no choice. It was the right decision for me. I wasn't saying that it would be the right decision for everyone, but for me it was right.

For two years after my surgery I avoided looking at myself topless or touching my chest. I wanted reconstructive surgery, however, my Doctor advised me to wait a full year to make sure the cancer wouldn't return. After that year, I had to go for a full abdominal hysterectomy as the Doctors thought I had ovarian cancer (when would it end?). I had so many surgeries that year and I just wanted my life back. I still remember when the Nurse came in to remove the bandages. I was about to see my chest for the very first time. I was reluctant to get up and hesitant to go look at myself in the mirror. After I finally mustered enough courage, I rose from the bed and walked over to the mirror. I looked at a complete stranger. Who was this person? She has no breasts and a long, horizontally scar across her chest. I was not prepared for this. A woman could never be prepared for this. Having no breasts meant that I was no longer a woman, I was disgusting from that moment on and I knew that I would never look at myself the same or allow anyone to get close to me.

About two years after that, I found myself needing to heal not only my body but also my mind. I started juicing wheatgrass, exercised more and attended a 3-week 'Life Change' program at Hippocrates Health Institute\*, a wellness center in West Palm Beach, Florida. This is where I learned to throw away my fear of not being accepted as a woman. In one of my sessions, there was a doctor speaking about lymphatic massage. I shyly raised my hand and told him that I had a double mastectomy and that my chest was swollen, he then asked me to come down to where he was and he would examine me. He asked me to remove my shirt with 75 other people in the room. I have not looked at myself in two years and now he is asking me to remove my shirt in front of all these people. I took a deep breath, removed my shirt, and at that moment my life was changed. I was a new woman! I was stronger and found myself in a position to help other women discover their empowerment. I am proud to say that I am a cancer survivor. Being a woman is not about having breasts; it is about overcoming adversity and being stronger for it. It's about being comfortable in your own skin, no matter how difficult that might be.

My journey has allowed me to write a book called **The Courage To Look Beyond** which explains my three-year journey with cancer, my battle with

difficult relationships, custody issues, and how I ultimately choose to accept myself with or without breasts. My life is now filled with purpose and vision; I have opened a mastectomy boutique & juice bar on the 3rd floor of **The Spa Day Retreat** in Kanata and I am working on a lingerie and bathing suit line for women who have had a mastectomy or a double mastectomy that are designed so that we do not have to wear our prosthesis. I am offering classes on health and nutrition, intimacy (led by a sex therapist), body image and how to love yourself. I also recently led a seminar on body image and sex after cancer at the Maplesoft Center in Ottawa (Cancer Survivorship Centre).

Having breast cancer has helped me look at life with a different perspective. My attitude towards my life and my priorities has changed drastically. I had difficulties accepting my new image and lived in constant fear but now I can say that I have become a stronger person because of the cancer. I want to share my story with those who are or have been in a similar situation. I want to inspire, empower, and encourage women to never give up on themselves, because we are not alone.



## About Linda

After surviving a double mastectomy, Linda Morin emerged a new woman and now shares her experiences with other cancer patients, inspiring them on diet, exercise, choices regarding reconstruction and empowerment.

Linda lives in Ottawa with her two sons.

[www.thecouragetolookbeyond.ca](http://www.thecouragetolookbeyond.ca)

Visit Linda at the **Look Beyond Boutique Wellness Centre & Juice Bar** located at **The Spa Day Retreat** 26 Castlefrank Road in Kanata [www.thespaottawa.ca](http://www.thespaottawa.ca)



**the SPA Day Retreat**  
TOTAL WELLNESS AND BEAUTY EXPERIENCE

## Mint Foam

Pineapple, Banana, Romaine Lettuce, Coconut Water, Mint Leaf & Hemp Seed

*try Christine's favourite Fresh Juice & more at the Look Beyond Boutique & Juice Bar*

\* Dr. Brian Clement of the Hippocrates Health Institute in Florida is travelling to Canada to speak on April 7th, 2014. Contact Linda for more details!

January is traditionally the time of year when people like to set resolutions for themselves or goals they want to achieve in the New Year. With that being said, the Christine Hauschild Team has reached out to our network of professionals and gathered tips and suggestions from the pros on how to start your 2014 off on the right track!

## MIKE SHERIDAN

FITNESS & NUTRITION CONSULTANT  
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### HEALTHY HOME: COOKING WITH THE RIGHT FATS

Canola, Soybean, Cottonseed, Sunflower, Safflower, Peanut, and Corn oils, are **ALL** polyunsaturated fatty acids (or PUFA's). You've probably seen them listed on some of the packaged products you purchase. They're regularly used for cooking in restaurants and in the preparation of pre-packaged products, because they're **CHEAP!**

The biggest problem with PUFA's is that they're very unstable, making them especially susceptible to oxidation. When these PUFA's are exposed to heat, light, or oxygen, they become **TOXIC** and when ingested can cause oxidative stress, which leads to free radical damage in our bodies. This not only raises the risk of developing cancer and other degenerative diseases, but it actually accelerates the rate of aging (we don't want that)! Unfortunately, these oils have been popularized since the early 70's as a substitute for saturated fat, which many are **FINALLY** realizing is a critical, not harmful, component to our health and longevity.

#### So, what can we do?

**1. Cook with Coconut or Palm Kernel Oil:** The saturated fat in Coconut and Palm oil is mainly a medium chain triglyceride which has been shown to increase fat burning and metabolism, likely because of it's ability to produce heat and provide immediate **NON-SUGAR** fuel! For you baby boomers, and seniors, research suggests that MCT's are especially beneficial for the brain, as fuel can be provided regardless of your cells resistance to glucose.

**2. Dress with Olive or Avocado Oil:** Although most of us regard olives and avocado's as vegetables, these **FRUITS** are especially useful as oils, because unlike nut and seed oils they're much lower in polyunsaturated fats and don't require processing to extract. These oils are packed with nutrients and antioxidants and have been shown to improve insulin sensitivity, boost metabolism, and protect the liver from oxidative stress. Of utmost importance, their fat content improves the absorption of key nutrients, which is why adding it to salads is extremely beneficial.

**3. Pay for Quality:** When purchasing these fruit & tropical oils, look for key words; Extra Virgin, Cold-Pressed, Unrefined, Unfiltered, and 'Less than 1 year old'. The products I've mentioned may cost \$2-4 extra per bottle, but think of it as an additional life, disability, and critical illness premium!



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## MARK HODGSON CET, RHI

REGISTERED HOME INSPECTOR  
THE FULL STOREY INC - MARK@THEFULLSTOREY.COM

### TIPS FOR MAINTAINING YOUR HOME DURING THE WINTER

*Yes, even in the winter we still must do some things around the house to ensure we prevent problems from happening. Simple tasks can help to avoid things like Furnace failure, concrete damage and nasty spring water issues.*

**1. Keep Snow away from the House Walls:** During winter months, snow has a tendency to build up against your foundation walls. Some may think it has some insulating properties, however, you should clear this snow away from your foundation to avoid moisture problems during the spring thaw. If you are capable, try to maintain a snow cleared pathway of about 2-3 feet around your foundation walls.

**2. Maintain your High Efficiency Furnace Vents:** High efficiency Furnaces depend on having a clear exhaust vent at all times. If you have a high efficiency furnace, the furnace has built-in diagnostics that run prior to the furnace gas valve opening and the furnace starting up. High efficiency furnaces are easily identified by simply looking at the exhaust pipes. If they are plastic vent pipes (white, black or grey plastic) then you have a high efficiency furnace. If this is the case, you must ensure that ice does not build up on the exterior of the house where the vent pipe terminates. If ice has formed, the vent can become restricted and when the furnace runs diagnostics, it will not allow the furnace to start. Simply and gently remove the ice formations from under the exterior pipe on a regular basis.



**3. Choosing the Right Salt Products to melt Ice:** Using harsh salt on concrete or interlock walkways and steps can cause damage to the surfaces. Regular salt mixtures can be damaging to concrete and stone products over time. If you have these landscaping products around your home, be sure to use a product that is safe for that particular surface and read the label prior to purchasing. These ice melting products are more expensive to purchase but it pales in comparison to the cost of repair or replacement of your landscaping.

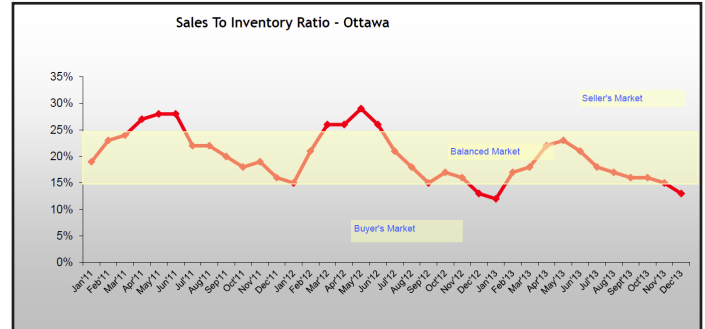
**4. Tackling Snow & Ice Build up on Roofs:** Our winters in Eastern Ontario are slightly different from those in Southern Ontario. We have more snow and ice which can lead to heavy build up on our roofs. Thankfully, your Ontario Building Code requires stronger roof designs in Eastern Ontario for snow load. If you feel that you have a significant amount of build up on your roof, find a qualified contractor who is in the business of clearing snow from roof lines. It is a dangerous and enormous task, so leave it to the professionals.

CONTACT MARK: (613) 324-2832

## Ottawa Remains Stable in 2013

Article/Statistics provided by: Ottawa Real Estate Board <http://oreb.fusionmlx.com> - written January 7th, 2014

The total number of homes sold through the Board's MLS® system in 2013 was 13,873, compared with 14,326 in 2012, a decrease of 3.2 per cent. The average sale price for residential properties, including condominiums, sold in 2013 was \$357,348, an increase of 1.6 per cent over 2012. "Looking back at the 2013 market, home sales in the first part of the year were, for the most part down, in comparison to the year before," said new President of the Ottawa Real Estate Board, Randy Oickle. "The introduction of tighter mortgage rules in July 2012 largely affected the market well into 2013. However, as the year progressed the market began to pick back up, and then leveled out in November and December. Impending mortgage rate increases may have caused the increase in the second half of 2013, as many first-time home buyers jumped into the market in advance of these increases."



The average sale price of residential properties, including condominiums, sold in December in the Ottawa area was \$340,021, an increase of 0.9 per cent over December 2012. The average sale price for a condominium-class property was \$245,349, a decrease of 5.1 per cent over December 2012. The average sale price of a residential-class property was \$369,543, an increase of three per cent over December 2012. The Board cautions that average sale price information can be useful in establishing trends over time but should not be used as an indicator that specific properties have increased or decreased in value. "Although, the government succeeded in its plan to "cool down" the market over the past year and a half, Ottawa remains steady and balanced, devoid of large fluctuations in resale activity," says Oickle. "We are truly fortunate to live and work in such a stable market area, and it seems buyers and sellers agree that Ottawa remains a great place to call home."

## UNDERSTANDING THE IMPORTANCE OF PRE-APPROVAL

The spring real estate market is the busiest time of the year for buyers, sellers and of course, your Realtor. The question is; are you prepared and one-step ahead of the next person who is also ready to make an offer on the home you want? The pre-approval process is the most important element in making an offer. It will allow you to understand what you qualify for and know with confidence that you and your trusted Realtor can proceed with an offer if and when you find your dream home. With that, knowing your options, understanding the terms and making sure it is done properly is extremely important when obtaining a mortgage. Just like anything in life, if you have the knowledge, understanding and are properly informed of what is expected, you eliminate guess work, surprises and unnecessary stress. As your Mortgage Agent, my responsibility is not just about the interest rate; it's about communicating and educating you through what will likely be the most important investment in your life. I take that very seriously and will guide you through the process from start to finish!

The pre-approval process takes approximately 20 minutes and can be done online at [www.chstroughton.com](http://www.chstroughton.com)

There is no cost, no commitment and no documents required at this point.



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