

Chaplin Estates Newsletter

Welcome Home!

CHAPLIN ESTATES

2014 Sold Prices (Jan 1st to Dec 31st, 2014)

East of Avenue Road	High	Low	Average
Detached	\$3,150,000	\$980,000	\$2,027,370
Semi-Detached	\$859,000	\$859,000	\$859,000
Duplex	\$1,750,000	\$1,230,000	\$1,490,000
West of Avenue Road	High	Low	Average
Detached	\$3,350,000	\$1,015,500	\$1,545,059
Semi-Detached	\$0	\$0	\$0
Duplex	\$1,240,000	\$1,240,000	\$1,240,000

* The above statistics were compiled with the use of MLS and Brokerage data.

Shades that save!

Looking to cut down on your energy bills but don't have the budget for re-insulating the house or putting up pricey solar panels? Well there are other more low cost solutions that are easy on your pocket and the environment. One solution that continues to impress with its return on investment is thermal shades. There are a variety of different insulated curtains on the market so make sure to do your research. However, they all tote the benefits of preventing heat transfer, blocking out light and even lowering noise. The insulating effect means that heat is kept in on those cold winter days and alternatively cool air is kept in during the blistering summer weather. The obvious benefit is lower utility bills for you, but there are a couple other benefits to consider. Ever wondered how light effects your sleep? Artificial light after dark can send rise and shine signals to your brain, suppressing your sleep-inducing melatonin, making it harder to both get to sleep and stay asleep. Thermal shades can help block out that annoying streetlight giving you a restful nights sleep. And for those environmentally conscious individuals out there, you understand the benefits of energy savings beyond your wallet. Energy savings means relying less heavily on oil, natural gas and coal that pollute our environment and



Lower your energy bill: Have you considered investing in insulating curtains for your home?

release more CO2 into the atmosphere. So there you have it, a simple and cost effective solution that will save you money, improve your lifestyle and help preserve our planet for the next generation of home owners!



#1 AGENT IN CHAPLIN ESTATES
2007-2014

TOP 2% IN DOLLAR VOLUME SOLD IN TORONTO
*BASED ON 2014 VALUE OF LISTINGS SOLD FROM TREB MLS.

WELCOME HOME!

THEY SAY THAT HOME IS WHERE YOU HANG YOUR HAT. IF YOU FIND THAT YOURS NO LONGER FITS, GIVE ME A CALL - I'D LOVE TO HELP YOU TRY A NEW ONE ON, A NEW HOME THAT IS.



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Featured Property Listings



113 HIGHBOURNE ROAD
SOLD in 1 DAY Family-Friendly Location
 Prime Chaplin Estates Home Awaits Your Family
 Move in & Enjoy! 4 Bedroom, 4 Bath.



75 SCOLLARD STREET
Offered at \$3,750,000 The Regency Yorkville Town Home
 The Very Best in Urban Living. AAA Location
 Stunning Floor Plan & Finishes. 4 Bed, 4 Bath, 4 Car Pkg.



235 ST. CLAIR AVENUE WEST, PH#3
COMING SOON! South Hill Condos
 Large Suite with Excellent Floor Plan. South Views
 Boutique Building. 3 Bedroom, 2 Bath.

Your New Morning Ritual

This simple and tasty little recipe should become a part of your morning ritual for its amazing health benefits alone. It jumpstarts your digestion, cleanses and detoxifies your system, balances your pH and boosts your immunities.

- 1 cup of warm water**
- 5 mint leaves**
- ½ a lemon**
- 2 small ginger cubes**

Mix it all together, and for the best effects this should be consumed first thing in the morning. That means before you brush your teeth, before you check your emails and comment on your friend's Facebook post. Your body is made up of 70% water so it's crucial to re-hydrate your muscles and most importantly your brain which is made up of 85% water. Studies show that drinking 4 glasses of water when you first wake up can cure a variety of mild to serious health problems. After your morning water ritual is complete you can brush your teeth and then try to wait 30-45 minutes before having a healthy balanced breakfast. After breakfast you should then wait 2 hours before eating or drinking anything else. Seems pretty specific, I know, but there is a science around the benefits and its easy to keep up with once you are in the routine.



This refreshing beverage with mint, ginger & lemon is the perfect addition to your morning.

CHAPLIN ESTATES - *It's My Home Too!*



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