

Eco Lifestyle And Home

Offering Real Estate & Lifestyle News For Albuquerque, Santa Fe, Taos Ski Valley & Beyond

Inside This Edition:

Thankfulness

❖ Our Monthly Newsletter Theme	2
❖ Events Around New Mexico	3
❖ Take a Hike: La Luz Trail	4
❖ Feng Shui For Real Life	5
❖ November Numerology	6
❖ Affirmation for November	6
❖ Creating Clarity in Your Life	7
❖ Your Inner Rock Star	8
❖ Attracting Perfect Customers	9
❖ Love Your Healthy Lifestyle	10
❖ GaiaQuest: Thankfulness	11
❖ Mortgage News with Francis Phillips	12
❖ Special Offers: Lowe's 10% off	13
❖ Shared Dreams Design	14
❖ Comet Studios: Custom Home Design	15
❖ Special Offers: Fragrance & Light	16
❖ Real Estate Market Report	17
❖ Albuquerque Real Estate	18
❖ Santa Fe Real Estate	19
❖ Home Selling Tips: Go Mobile	20
❖ Taos Ski Valley Real Estate	21
❖ Aeowyn's Dog Treats	22
❖ Free Reports	23
❖ Contact Us	24



Thankfulness

Cultivating a spirit of thankfulness honors and strengthens our relationships with ourselves and other people.

Being thankful is the feeling or attitude of gratefulness, appreciation and acknowledgment that can be cultivated. A positive outlook and feelings of thankfulness can have a direct and beneficial effect on the brain and body.

Real Estate News Pages 11,12, 13,14,15,16,17,18,19,20,21 & 23

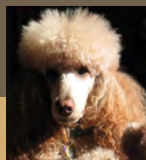


Read about some of our favorite homes for sale in Albuquerque, Santa Fe & Taos Ski Valley. Each month we will feature real estate properties that we love and other pertinent real estate information.



"Dog Treats – Pumpkin Peanut Butter Crisps"

22



Our Monthly Newsletter Theme For November Thankfulness



Cultivating a spirit of thankfulness honors and strengthens our relationships with ourselves and other people.

Being thankful is the feeling or attitude of gratefulness, appreciation and acknowledgment that can be cultivated. A positive outlook and feelings of thankfulness can have a direct and beneficial effect on the brain and body.

Even in difficult times, we can find moments where we can be thankful. Sometimes it is the little things that we experience or observe that stirs the spirit towards gratitude. Watching the fallen leaves swirl around, moving in groups, dispersing and intermingling, captivated my attention recently. I was brought into the present moment, when observing the autumn colors in the swirling dances of the fallen leaves. They seemed to dance in spontaneous groups all around the street in colors of reds, golden yellows and brown tones. I was so pleased to see this, to take the time to just watch and be present. As I looked around my live/work office in Aldea, I was so thankful to be here in this very moment, in this very time. I thought of those that have passed on and sent them blessings, feeling especially grateful to be here right now, with my standard poodle, Aeowyn and my husband John. I felt a sense of gratitude towards my family, friends, colleagues, business associates and clients.

It has been a challenging year for many, it has been a year of growth and loss, a year of rebirth and change. I am grateful for all that I have, all that I dream and visualize for the future.

I, along with the Eco Lifestyle and Home News contributors, am thankful that we can come together and share our thoughts, opinions and knowledge with you, the readers.

Thank you for reading our newsletter. – *Dianne McKenzie, Cecile Bodman, Aeowyn and our content contributors.*

Events Around New Mexico

1. First Saturday Tours at the VLA Socorro(Very Large Array) Saturday, November 08, 2014, Saturday, December 13, 2014

The Very Large Array hosts FREE, 30 minute, Guided Tours on the first Saturday of each month at 11:00a.m., 1:00p.m., and 3:00p.m. No reservations required, simply show up at the VLA Visitor Center 15 or so minutes before the desired tour time

2. 1st Two-Day Albuquerque Peoples Festival Balloon Fiesta Park, Saturday, November 08, 2014, Sunday, November 09, 2014

The Peoples Festival Movement designed to connect to people and then connect those people to information. This 2 day State wide event invites all audiences to meet New Mexico in Albuquerque this Veterans Day Weekend November 8th & 9th, 2014 at Balloon Fiesta Park.

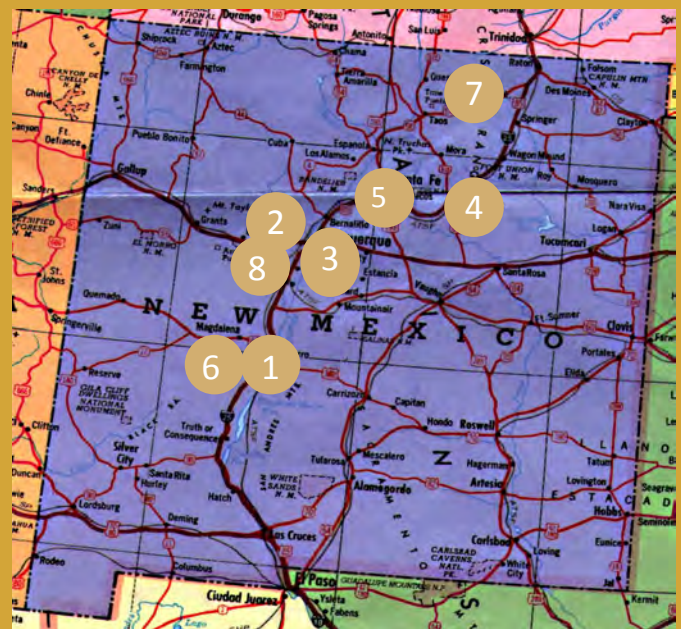
3. Weems International Artfest, 300 San Pedro NE Albuquerque, 87110 - EXPO New Mexico Friday, November 14, 2014, Saturday, November 15, 2014, Sunday, November 16, 2014

What began as a local small arts and crafts fair 30 years ago has blossomed in to New Mexico's most prestigious and exciting international event featuring over 279 artisans.

4. Bach Fall Festival, Highlands Campus, Las Vegas, 87001, **Ilfeld Auditorium**, Sunday, November 16, 2014, 1:00 PM - 5:00 PM

The Bach Fall Festival is an all-day event that includes several of Johann Sebastian Bach's Cantatas and the Magnificat, as well as a piano concerto.

5. 33rd Annual Placitas Holiday Fine Arts & Crafts Sale Nov. 22 – 23, Village of Placitas, 10:00 AM - 5:00 PM - On the weekend before Thanksgiving, Nov. 22-23, warm hospitality and high quality fine arts and crafts can be found in Placitas at the 33rd Annual Placitas Holiday Fine Arts and Crafts Sale.



6. 2014 Festival of the Cranes 1001 New Mexico 1 Socorro, 87832 - Bosque del Apache Wildlife Refuge, Sunday November 23, Tuesday, November 18, 2014, Wednesday, November 19, 2014, Thursday, November 20, 2014, Friday, November 21, 2014, Saturday, November 22, 2014

The largest event in Socorro County, held the week before Thanksgiving, featuring workshops, birding and plant tours, keynote speakers, a cowboy breakfast and the Wildlife Art Show.

7. Opening Weekend Torchlight Parade & Fireworks at the Red River Ski & Summer Area Saturday, November 29, 2014, 7:00 PM - 8:00 PM

The First Torchlight Parade and Fireworks of the 14/15 Ski Season. Join us at the newly remodeled Lift House for appetizers, a meal, and your favorite cocktail or beverage. Starting at approximately 7 PM.

8. River of Lights ABQ Bio Park-Botanic Gardens, Saturday, November 29, 2014, Sunday, November 30, 2014, Monday, December 01, 2014, Tuesday, December 02, 2014, Wednesday, December 03, 2014 Experience millions of glowing, sparkling lights and over 150 dazzling light displays, animated sculptures and synchronized music light show at New Mexico's largest walk-through holiday production.

Take A Hike: La Luz Trail with Cecilie Bodman



Lets meet at the trail head on Nov 16 at 9am.

La Luz trail gives you panoramic views of Albuquerque. As you hike you are treated to ever-changing views of cliffs.

After hiking up the trail we will take the tram ride down and drive back to the trail head.

At the crest we can also have a meal, snack or drink at the High Finance restaurant.

How to get there:

Take Tramway to the Juan Tabo turnoff. Turn right and follow signs to the parking area. There is a parking fee of \$3 per car. (bring cash)

About The La Luz Trail



Trail Length: 8-9 miles

Level of difficulty: Strenuous. Bring plenty of water and high- energy food.

Altitude range: 7,000 to 10,378 (At the junction of La Luz and Spur Trail 84, you can choose to go left to the Sandia Crest House, the highest point in the Sandias at 10,678 feet.)

Be prepared for unexpected weather changes and a full day of hiking if you plan to reach the crest. Take rain gear and warm jackets. We could hike part way and turn around if you do not want to hike the entire trail.

Take plenty of water and high- energy food, and give yourself plenty of time to descend before darkness.

Feng Shui For Real Life with Carol Olmstead



Carol M.
Olmstead,
FSIA



Feng Shui Master
Practitioner

www.FengShuiForRealLife.com
carol@FengShuiForRealLife.com

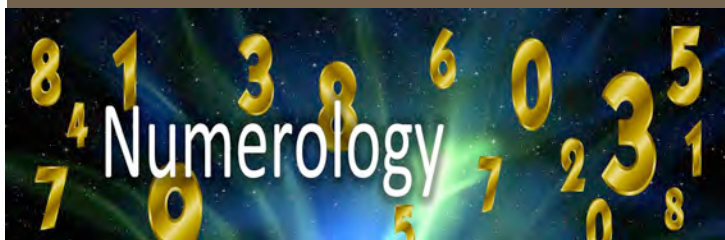
*Carol Olmstead, Feng
Shui Master Practitioner
answers your questions.*

Creating Thanksgiving Harmony

Q: Thanksgiving is my favorite holiday and I love my family, but when we all come together around a table sometimes it's stressful. Are there any Feng Shui tips that can help?

A: The colors, aromas, and tastes of Thanksgiving are strongly associated with positive Feng Shui, but you're not alone in having to deal with the stress and demands of this family and food-filled holiday. These five Feng Shui tips can help make it a harmonious holiday this year:

1. The dining room is considered a place of wealth in Feng Shui, so be sure to use it. Bring out the china, crystal, silver, and all of the other pieces you have been "saving." What are you saving them for if not for happy family gatherings?
2. Round or oval is the best table shape because the absence of sharp corners and hard edges helps conversation flow gently. If you don't have these shapes, avoid seating your guests near corners, which can cause a feeling of unease during the meal, or drape live greenery across the corners to soften them.
3. Use a centerpiece of orange flowers to encourage conversation, or fresh fruit and vegetables to represent good health.
4. Entertaining guests is associated with wealth in Thanksgiving Feng Shui, so hang a mirror that reflects your table and you will symbolically double your wealth.
5. If your family is prone to arguments, keep the yang energy to a minimum by keeping shiny surfaces to a minimum and stow the carving knife out of sight after you carve the turkey.
6. Try to invite an even number of guests, keep the lights low, and decorate with soothing, earthy colors like pumpkin, goldenrod, or evergreen.
7. Avoid seating overbearing guests at the head of the table where they would monopolize the conversation.
8. Remove photos of deceased relatives or animals from the dining room because these can create health problems if you dine in their presence.
9. Balance the yin (darker, lower, colder) energy of winter by adding the strong yang from foods like spices, chile, ginger, garlic, and chocolate.
10. Feng Shui is all about balance, so serve lighter colored foods in brightly colored plates and bowls.



Life By The Numbers

- Cecilie Bodman

November Numerology

The Month of November is a 9

November 2014 is driven by the number 9. The energy is focused on completion and fulfillment. Do not start anything new. Release all that no longer benefit you: things, habits, relationships. Number 9 is about being a Humanitarian. What you give out comes back to you, so only give your best. It is also a wonderful time to clean out your closets and drawers, give things away. Be creative and artistic. As the cycle is completed, meditate on the miracles of your community showing up as great love and abundance.

Colors: Pastels

Gems: Opal and Gold

Oils: Frankincense, Myrrh, sandalwood: diffuse or apply diluted oils to acupressure points.

Yoga Pose: Child's Pose, Supported Bridge

Affirmation For November:

“The world is my family and we are all one with the divine, loving source.”

Affirmation for the Month November

*“Why am I thankful
for the wonderful people
in the world
who are part of my life now?”*

“Affirmations”, ask empowering questions that cause your mind to focus on what you REALLY want and what you HAVE, and stop focusing on what you don't want and don't have.





Creating Clarity Thankfulness

by Lainie Grimmer

Last weekend my husband and I were in a restaurant, seated near a couple with two young girls. The mother was intent on teaching her daughters to say 'thank you' at the appropriate times, which they dutifully did. Throughout dinner, I watched as the girls began to comprehend the meaning of those two little words.

Being courteous is a part of our social fabric. We often thank others, but what does it mean to be thankful? As the two girls were learning, thankfulness is the act of feeling, then voicing or showing our gratitude.

Feeling gratitude and expressing our thankfulness reaps a cornucopia of benefits:

- Research shows that feelings of thankfulness improve your physical health, including boosting your immune system and increasing blood supply to your heart. Guided exercises or keeping a gratitude journal can increase your alertness and energy, and improve your sleep;
- Thankfulness helps counteract human beings' natural negativity bias by focusing our attention on the positive. People who describe themselves as feeling grateful show a tendency to experience less stress and depression than the rest of the population. And thankful people also have more enthusiasm, joy and optimism;
- When we take the time to marvel at life's gifts and give thanks for them, we activate opportunities to increase their influence on our lives;
- Being thankful is a way of connecting with what is important to us, and additionally a path that connects us to other people and the world around us.

It's easy to begin to incorporate thankfulness into your daily routine when you create small, simple opportunities to express your gratitude:

- If you are stopped at a red light, take that moment to be thankful for the technology which is keeping you from harm;
- Take a bite of food and REALLY taste it as you chew. Salty, sour, sweet, be thankful for the nourishment that comes with every bite;
- Look at the person whom you are thanking. This simple act connects the two of you, and helps the other receive your gratitude;
- As you get ready for bed, reflect back on your day and think of three good things that happened. Then take a moment and be thankful for each.

I'd like to thank those two little girls for reminding me of the grace we create when we take the time to be thankful for the people, the experiences, and the desserts that flow into our lives.



Lainie Grimmer, CPCC, ACC- **Creating Clarity, LLC** Certified Personal and Professional Coach, Facilitator

Telephone: 505.820.7989 Cell: 505.690.7989 Email: lainiejg@gmail.com Web: <http://creatingclaritycoaching.com>

Your Inner Rock Star by Patty Walters

Thankfulness



It's all about the gratitude. A recognizing all of our blessings -- looking at all of the 'good' in life. Even when things are challenging.

For me, gratitude is the most amazing process going. The simple practice of being grateful for everything in your life. YES, everything – the way it is and the way it is not.

Oprah was very instrumental for me in recognizing the simplicity of gratitude. She suggested keeping a gratitude journal every day. Just write down 5 things every day to be grateful for.

It's now part of my daily routine. And when I try to skip my daily gratitudes, I feel it.

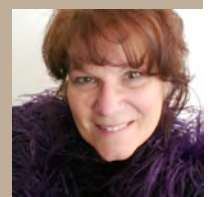
Every morning –

- 1. Relax and breathe – let your body relax, enjoy the moment.**
- 2. Write at least 3 things you are grateful for today. Your home, your friends, your opportunities to interact with others, your life.**
- 3. Put a smile on your face to start your day!**

Over time you will see a shift. Things will begin to turn around where they may have been stuck, people may begin to shift as well, new opportunities show up.

Have fun with your practice of gratitude.

Patty Walters
713.582.9551
Team Development & Public Speaking
<http://rockstarbusiness.weebly.com>



Facebook: <https://www.facebook.com/ImprovPatty>

Attracting Perfect Customers

The #1 Strategy for Creating Lucrative Loyal Raving Fans



Coaching . Training . Speaking

Activate Your Day using EFT Tapping

by Jan Stringer

When life is giving you challenges, it's a perfect time to activate your day using EFT Tapping in just 1 to 5 minutes!

EFT Tapping is a simple technique that involves tapping meridian points on your body while affirming new thought patterns. Simultaneously, you will surface hidden emotions and replace them with a more positive statement to shift your thoughts and your energy. You don't have to be an expert in EFT to get an immediate result and you can do EFT at any moment that you need this powerful tool.

In a recent class, one of my students was encountering a roadblock to hiring an assistant in her business. Another student admitted that each day when he woke up, he resisted getting out of bed because of fear.

Here are two successful, professional people who are dealing with everyday situations and emotions that can paralyze a business. I worked with each one of these two people on their issues using EFT Tapping. It sounded something like this:

Using two fingers start by tapping on the outside edge of your other hand (as if you were doing a karate chop). Tap – Tap – Tap

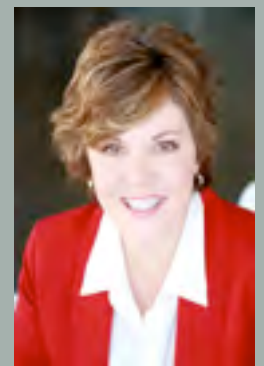
An example of what you might say to yourself:

- Even though I don't know if EFT can work for me...if it can, let it work for me now.
- Even though I am fearful and don't want to get out of bed.....I choose to start my day in a new way.
- Even though I am resistant to hiring an assistant....I love and accept myself.

As you tap your way through each of the 9 Tapping Points, emotions surface, releasing stuck energy and thoughts. In just one or two rounds, new feelings of possibility arise with each self-empowering statement. Reset your day by tapping away.

Jan H. Stringer, Author/Speaker/Founder,
lives in Santa Fe, NM
PerfectCustomers, Inc.

www.perfectcustomers.com
Email: jan@perfectcustomers.com



Love Your Healthy Lifestyle

with Julie Hansen

"If [thankfulness] were a drug, it would be the world's best-selling product with a health maintenance indication for every major organ system," *Dr. P. Murali Doraiswamy, head of the division of biologic psychology at Duke University Medical Center*

Recent studies show that practicing thankfulness everyday for a week can have positive impacts on your heart for up to six months. Keeping a gratitude journal, praying, meditating or even sending a thank you note are all great ways to be more mindful of this practice.

When you need extra support for your heart, consider supplementation, especially if you are over 50. Around that age, your body's ability to produce CoQ10 declines. This nutrient is known to support energy production in the heart and boost arterial health. Low blood levels of this substance are indicated in heart failure, high blood pressure and it is



now even being studied for benefits in Alzheimers and ALS. Shaklee has a great CoQ10 product, with added resveratrol.



Our newest product in the heart health realm is Shaklee Blood Pressure. Quercetin and grape extract are two of the main ingredients in this supplement designed to protect and maintain this key component of overall health by promoting blood circulation and healthy blood vessels.

Shaklee's other members of the heart health team are Cholesterol Reduction Complex, Vivix, Garlic Complex and OmegaGuard (our fish oils are the safest available- find out about the ongoing fish oil lawsuit here:

<http://www.cbsnews.com/news/lawsuit-disclose-pcb-levels-in-fish-oil/>) Get serious about heart health with the safest supplements on the market.



Wishing everyone a wonderful holiday season!

To loving your lifestyle!
~ Julie



Julie Hansen has a passion for helping people reach their full potential. Call for a complimentary wellness consultation and start loving your lifestyle more today.

Hansen + Company *design lifestyle*

505-660-1777
loveylifestyle@gmail.com
www.HCSI.myshaklee.com

Emmons RA, et al. "Counting Blessings Versus Burdens: An Experimental Investigation of Gratitude and Subjective Well-Being in Daily Life," *Journal of Personality and Social Psychology* (Feb.





A NOTE OF THANKS FOR ALDEA ECO-COMMUNITY PERMACULTURE SUPPORT

GaiaQuest's adventure to provide regeneratively-sustainable Eco-Community services and support to the Aldea community started years ago when I started volunteering community efforts that have been ongoing in some fashion ever since. About two years ago, the GaiaQuest Center for Global Health and Well-Being was formally created as a New Mexico based non-profit corporation dedicated to eco-community permaculture planning, design, lifestyle-programming and education. As part of this mission, GaiaQuest has donated a comprehensive eco-community master planning effort to the Aldea Community. This year GaiaQuest has achieved the following major milestones that everyone involved should be very thankful for:

Global Outreach - GaiaQuest's direct international relations have grown to about 1,300 people this year. This represents outreach connections to over 250,000 people all over the world who share a common vision to manifest regeneratively-sustainable communities, global health and well-being. With these connections, Aldea and GaiaQuest now have access to the best international eco-community permaculture information and resources available today.

Professional Certification - This year, we received professional certification from the official International Permaculture Institute of Australia. With this certification, GaiaQuest provides professional Eco-Community "Permaculture Science" based planning, design, consulting and education services.

Aldea Permaculture Class - As part of GaiaQuest's mission to introduce Eco-Community Permaculture solutions for Aldea, GaiaQuest offered an introductory Permaculture class to all Aldea Residents and Owners earlier this year. 10 owners and residents took the class and are now members of the GaiaQuest sponsored Aldea Permaculture Group. Aldea owners and residents can join this group by sending an email request to gaia@gaiquest.com

Permaculture Planning and Design: This year GaiaQuest has donated planning and designs for seven permaculture projects at Aldea. These demonstration projects include an Eco-Community Master Plan, Aldea Commercial Center planning, two new residential projects, a wildlife habitat permaculture demonstration park and two demonstration gardens.

New Aldea Owner Involvement - GaiaQuest successfully introduced Eco-Community Permaculture principles and opportunities to two different Aldea lot buyers who are now pursuing GaiaQuest designed Permaculture solutions for their new homes and neighboring open space commons. Owners of both projects have offered to fund and provide community permaculture projects, as a demonstration of how Aldea Owners can productively contribute to regeneratively-sustainable community growth and prosperity.

Permaculture Demonstration Projects at Aldea - GaiaQuest designed and built Aldea's first demonstration Permaculture garden, located within Aldea's Village Center. A second demonstration permaculture garden in this area is under construction. And two more demonstration projects designed by GaiaQuest will be reviewed by the Aldea HOA this month.

Tours and Events - Educational Permaculture tours and events have been provided at Plants of the Southwest, Tooley Trees, Museum Hill Botanical Garden and Santa Fe's downtown plaza area.

As Thanksgiving approaches, GaiaQuest offers thanks to everyone involved with GaiaQuest projects, especially for the following businesses and people who have kindly offered their substantial support:

- Aldea Owners who have volunteered to provide and fund demonstration projects.
- Aldea residents and owners who joined GaiaQuest's introductory Permaculture class and the Aldea Permaculture Group.
- Local Businesses, including Plants of the Southwest, Tooley Trees, Rich Silva of Homewise, Design Ingenuity, the Santa Fe Botanical Gardens, Center of Light and many more.

Moving forward, GaiaQuest will be providing more events and education opportunities for Aldea residents and owners. For more information about GaiaQuest's eco-community planning efforts, related initiatives, the Aldea Permaculture Group and related upcoming events please visit our website (www.gaiquest.com) or stop by our GaiaQuest office, located at 19 Plaza Nueva. Aldea residents and owners are also encouraged to join our Aldea Permaculture Group by sending a request to: John Halley: gaia@Gaiquest.com



By Francis Phillips

National vacation home sales at highest level since 2006!

Santa Fe has traditionally been a popular choice for second home buyers. The combination of art, scenery, culture, food, history, weather, shopping, and outdoor activities (I could go on and on) makes Santa Fe an attractive destination.

There's a new buzz coming from Creative Santa Fe, an organization committed to advancing cultural and creative economic development.¹ Some of their ideas include: affordable live, work, performance, and exhibition spaces for creative workers; a creative corridor along Cerrillos Road between downtown and the Plaza and along St. Michaels Drive between Cerrillos Road and St. Francis Drive; high-speed broadband infrastructure throughout Santa Fe and Santa Fe County; supportive entrepreneurship training for creative workers and market access for locally produced creative products and services; promotional strategies to showcase the richness and diversity of Santa Fe's arts, science, and cultural industries and to increase the number and quality of visitors to Santa Fe; and encouraging federal, state and local elected officials to support funding for the arts and cultural programs.

That's only part of their agenda, and it brings new energy and enthusiasm to draw even more interest in our town.

Santa Fe relies on healthy primary home markets in other states to provide the buyers for second homes here. The 2008 national housing slump had a major effect on our second home market. So where are we now? Traditionally, we hear about buyers coming from Texas, California and New York, but in our office, we're also seeing second home clients from Oklahoma, Washington, Illinois, Maryland and Connecticut, to name a few. It's a good trend!

Nationally, the housing market has stabilized. And as I write this in late October, we are still seeing annual percentage rates for home loans in the 3s and 4s. If you will need to take out a loan, remember that a second home loan requires a minimum ten percent down payment, and an investment property loan requires twenty percent down.

The National Association of REALTORS® *2014 Investment and Vacation Home Buyers Survey*² (2013 data released earlier this year) showed an uptick in 2nd home purchases and a slight drop in investment property buying, but both categories were stronger than in 2010, and are almost exactly the same as 2007 levels. **In fact, vacation home sales were at their highest level since 2006.** Nationally, vacation home sales were up almost thirty percent over 2012. Forty-one percent of vacation homes purchased last year were in the South, 28 percent in the West, 18 percent in the Northeast and 14 percent in the Midwest.

Specific Santa Fe second home trends are harder to quantify. The Santa Fe Association of REALTORS® released their 3rd Quarter Report³ in October. Overall, it showed a slightly cooler market than the same period the year before. Closed sales year-over-year were down almost 5 percent.

Continued next page »

« *Continued from previous page*

The median sales price was down almost 1 percent. And inventory was up slightly by more than a half a percent. Second home sales are not broken out in this report, but my view is that it shows that there are second home and investment opportunities in our market. Coupled with current low interest rates, Santa Fe is an attractive place to buy. If you've been thinking about a second home, this may be the right time to do some serious looking – and purchasing.

¹ creativesantafe.org

² <http://www.realtor.org/news-releases/2014/04/vacation-home-sales-surge-in-2013-investment-property-declines>

³ http://sfar.com/wp-content/uploads/2013/02/SFAR_QMI_2014-Q31.pdf



Francis Phillips, NMLS #193642, is a Senior Mortgage Loan Originator with **First Choice Loan Services Inc.** and resides in Santa Fe, NM. He has served as National Director of Business and Branch Development for national mortgage companies. He and his mortgage partners have funded and built three homes for Santa Fe Habitat for Humanity. You can reach him at fphillips@fcbmtg.com or 505.982.3400.

First Choice Loan Services Inc. is a wholly owned subsidiary of First Choice Bank (First Choice Bank NMLS # 177877, First Choice Loan Services Inc. NMLS # 210764) and is registered or exempt from state licensing in the states it originates mortgage loans.

Special Offers & Discounts

A Gift For You From Your REALTORS® - Cecilie & Dianne

Lowe's Home Improvement has offered our real estate clients a special discount for 10% off any purchase up to \$10,000. Limit 1 coupon per transaction.



For Our Buyers

With a few updates your new place can really start to feel like home. By participating in a special program for REALTORS®, we are able to offer you this discount from Lowe's to help you make those small updates. Enjoy your new home! And thanks for trusting us with your real estate needs.

For Our Sellers

A quick refresh can make almost any home more appealing. By participating in a special program for REALTORS®, we are able to offer you this discount from Lowe's to help you make those small updates. Thanks for trusting us to serve your real estate needs.

Lowe's only requirement is that we provide them with your email address & full mail address: email address, street number, street name, city, state & zip so email us with your information and Lowe's will send you our 10% discount card. So please contact us and we will sign you up!

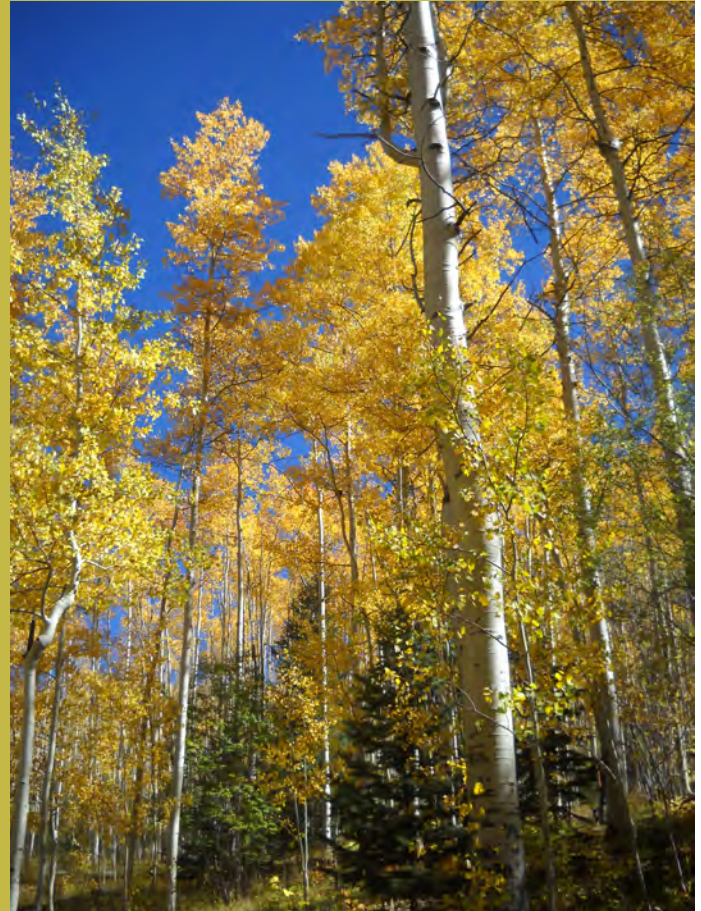
Shared Dreams Design

with Karen Klavuhn

THANKFULNESS

Some things that I am thankful for include:

- All the various consignment shops in town
- Beautiful gardens that attract butterflies and birds
- All the opportunities for inspiration: from Pinterest and Houzz, to the art on Canyon Road, to what Mother Nature serves up every day.
- The range of choices from less expensive and perhaps do it yourself projects to more expensive projects using competent professionals.
- Plumbers who crawl under my house to repair things, contractors who I can consult with about the cost and feasibility of moving walls around, and skilled upholsterers that allow me to keep my couch and have it redone if I choose.



As a Designer I am always looking at spaces and evaluating their potentials and answering the question, "What could be done to improve the function and beauty of this space?". However, it is also important to take time to be thankful for all that we do have and all that works well.

When you work with a professional designer (or realtor, contractor, architect, etc.) because you want to change your space it is important to take the time to evaluate it. We all know what annoys us or what we don't like about a space we use. But what are you thankful for in the space? Be proactive, take a look around, and make a list. Do you like the compactness that allows for efficient use or the openness that allows you space for dancing? Write down all the little things that work for you. For instance, the drawer in the vanity is the perfect size for my makeup or having the space in the entry for a bench next to the coat closet is useful for taking off our shoes easily. Make sure you add what is important to you such as using no VOC paint or local craftsman for the furniture pieces. When you pay attention to what is working for you and you pass that information along you end up with a design that works best for you.

Notice what you have that you are thankful for and watch the blessings expand in your life. Thanks for allowing us to serve you.

Karen Klavuhn - Shared Dreams Design "Making your environment work for you"
 Telephone: 505-424-3527 Email: shareddreams@outlook.com



ENVIRONMENTALLY CONSCIOUS PLANNING, DESIGN & DEVELOPMENT

New Custom Single Family Home Opportunity in Santa Fe Starting at \$450K

Enjoy authentic contemporary Santa Fe style,
views and privacy!

Over the last several years, I have had numerous conversations with home buyers looking for the perfect single-family Santa Fe vacation home or primary residence in the price range of \$450,000 to \$550,000. They want to live the gracious upscale Santa Fe Lifestyle in a safe neighborhood that our west side location offers in Aldea, Tessera or Las Campanas. They also often come from out-of-area real estate markets where the home values are substantially less than the average price of a Santa Fe home. Or they would like to downsize from a larger home to a more affordable high-quality smaller home that requires less upkeep.



Answering this call, our professional team now offers to-be-built single-level homes that are custom designed to fit each of our client's unique lifestyles and needs. Our designs usually start with 2 bedrooms, expandable to 3 or 4 bedrooms, where one of the bedrooms can be configured as a courtyard accessed casita.

Our custom designs feature:

- Gracious "Great-Room" living & dining with viga/beam ceilings and big views.
- Gourmet Kitchen with walk-in pantry
- 2 Master Bedroom Suites (separated for privacy) w/ dedicated baths
- Separate Tub & Shower in primary master bedroom suite
- Furnishable private outdoor portal & patio area
- wonderful potential for beautiful low maintenance landscaping with a storm water fed irrigation system.
- energy efficient passive solar design with radiant heating and optional air conditioning.
- Private sunny Lot with dramatic vistas across permanent open space to beautiful expansive mountain views.
- Common options include fireplaces, upgraded finishes and many other custom feature opportunities.

For a limited time, we are presently offering two outstanding opportunities to create and own the perfect single story home of your dreams with views, privacy, Santa Fe style, on a smaller and more affordable scale, with clever space saving solutions, custom tailored each clients unique needs and requirements. Our design team at Comet Studios specializes in providing environmentally conscious planning, design & development services for a wide variety of regeneratively-sustainable project types – from small cabins to custom homes, custom estates, mixed-use commercial projects, land development projects, and eco-community real estate developments.

Contact Dianne@RealEstatePropertiesSantaFe.com



Comet Studios specializes in providing environmentally conscious planning, design & development services for a wide variety of sustainable project types – from small cabins to custom homes, custom estates, mixed-use commercial projects, land development projects, real estate developments and eco-communities.

Contact John Halley for a free consultation: CometStudios.com Email: comet@CometStudios.com



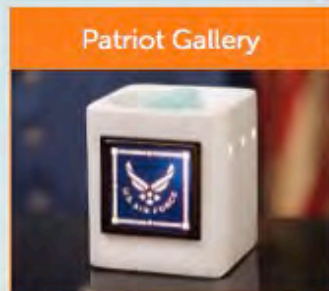
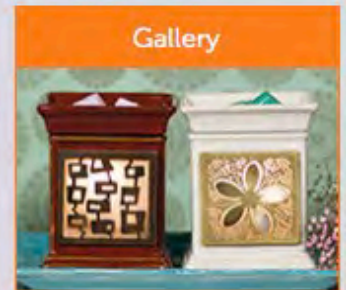
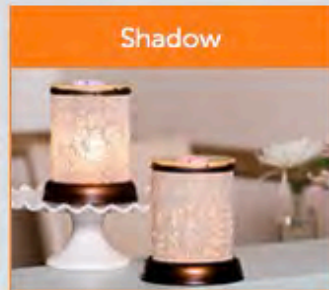
Scentsy Fragrance Wickless Candles

What is Scentsy? Scentsy wickless candles are decorative ceramic warmers that use a light bulb to heat and melt highly-scented wax bars. Scentsy is the authentic, innovative wickless, flameless candle. No wick means no smoke smell, no soot, and no open flame. The light emanating from these warmers transformed my living & workspace. Enjoy your Scentsy products and transform your world and create magic in your home or office environment! I know the magic that Scentsy can bring into a room and once you experience it for yourself, you too will want to share Scentsy with those you care about and create your Scentsy story.



WARMERS

The perfect way to enhance your décor and express yourself.



www.ScentsationalLights.com Call: 505.699.0919 and ask for Pam Scotty

Monthly Market Report Albuquerque



<p>Active Listings</p> <p>Detached: 4,945 Attached: 445</p> <p>One year ago Detached: 4,608 Attached: 427</p> <p>% Change (Detached) +7.31%</p>	<p>Pending Sales</p> <p>Detached: 854 Attached: 82</p> <p>One year ago Detached: 770* Attached: 52*</p> <p>% Change (Detached) +10.91%*</p>	<p>Closed Sales</p> <p>Detached: 703 Attached: 73</p> <p>One year ago Detached: 769 Attached: 73</p> <p>% Change (Detached) -8.58%</p>	<p>Average Sale \$</p> <p>Detached: \$208,936 Attached: \$143,437</p> <p>One year ago Detached: \$212,307 Attached: \$139,424</p> <p>% Change (Detached) -1.59%</p>
<p>New Listings</p> <p>Detached: 1,316 Attached: 144</p> <p>One year ago Detached: 1,213 Attached: 108</p> <p>% Change (Detached) +8.49%</p>	<p>Days on Market (average)</p> <p>Detached: 65 Attached: 61</p> <p>One year ago Detached: 63 Attached: 77</p> <p>% Change (Detached) +3.17%</p>	<p>Sales Volume (in millions)</p> <p>Detached: \$146.9 Attached: \$10.5</p> <p>One year ago Detached: \$163.3 Attached: \$10.2</p> <p>% Change (Detached) -10.04%</p>	<p>Median Sale \$</p> <p>Detached: \$175,000 Attached: \$140,000</p> <p>One year ago Detached: \$177,500 Attached: \$128,000</p> <p>% Change (Detached) -1.41%</p>

Closed Sales By Market Area for September only

MLS Area	City/County	2012	2013	2014	% Change (from 2013)
Areas 10-121	Albuquerque	454	517	475	-8.12%
Area 130	Corrales	8	7	12	+71.43%
Areas 140-162	Rio Rancho	113	142	123	-13.38%
Area 170	Bernalillo	10	11	8	-27.27%
Area 180	Placitas	4	8	6	-25.00%
Areas 210-293	East Mtns./Estancia	32	30	37	+23.33%
Areas 690-760	Valencia County	32	54	42	-22.22%

*Due to an MLS system change in October 2013 the data collection methods for pending sales changed. Pending sales are now calculated only once for a particular property, whether or not that property goes under contract multiple times during the month. Pending sales from 2013 have been adjusted in this report to adjust for the change.

SOURCE: Greater Albuquerque Association of REALTORS® - based on data from the Southwest Multiple Listing Service. Data is deemed reliable not guaranteed. The SWMLS market areas include: City of Albuquerque, Corrales, Placitas, Rio Rancho, Bernalillo, East Mountains/Estancia Basin and most of Valencia County. The green sheet contains the same information reported on the full monthly report.

Albuquerque Real Estate

News

with Cecilie Bodman

1200 SIGMA CHI Road NE

Albuquerque, NM 87106 MLS 826606



Original refinished oak floors, all one story and original. New windows, roof, remodeled kitchen & master coolers. Huge master bedroom with California closets. Located 2 blocks from UNM in Historic Spruce Park.

Frank Lloyd Wright inspired home w/ fir beams & knotty pine wall paneling in the family room. Country kitchen w/granite counter tops, stainless appliances. Custom Chaco stone fireplace, formal dining & living room. Large covered patio draped w/grapevines.

Lush landscaping and Pristine pool. Elegant, graceful living. Close to hospitals and easy access to I25. **Appraised at \$599.**

Deals of the Decade:

I specialize in helping clients increase their wealth through Real Estate. I invest in real estate and have rental properties that create cash flow. I always find "deals of the decade" which are three bedroom, two bath, two car garage in great school districts you can rent for more then the mortgage.

All are priced under the market and could be rented for the mortgage payment and more. I may be able to write agreements on many of the homes with the owner paying the down payments and/or most of the closing costs. I would love to empower you to make educated decisions on your investments. Interest rates are still at historic lows!

Featured Listings in Albuquerque



Find out what your homes is worth! Call me.

2014 Aldea Stats: Sold, Pending & Listed
Sold: 29 Homes, DOM 136, 7 Lots, DOM 329
Pending: 2 Homes, 2 Lots
Listed: 26 Homes, avg \$509,019, 3 Lots

Santa Fe Report - Aldea

Real Estate News from Dianne McKenzie

Tessera, Aldea's Neighbor

I just SOLD Lot #9, 50 Via Summa in Tessera to a wonderful couple who will be building a Homewise home.



PUEBLO

www.realestatepropertiessantafe.com/about-santa-fe/tessera-aldeas-neighbor/



LISTING COUNT: DAYS ON MARKET:

TOTAL	HIGH	LOW	AVG	MED
26	652	10	157	93

	HIGH	LOW	AVERAGE	MEDIAN	TOTAL PRICE
LIST PRICE:	\$699,000	\$205,000	\$509,019	\$527,500	\$13,234,499
SOLD PRICE:	\$0	\$0	\$0	\$0	\$0

Address	Ask	TotSF	\$/TotSF	BD	Total	MLS #	DOM
4 Vista Precioso	\$205,000	0		2	2	201402039	214
36 Vista Precioso	\$319,500	1,800	\$177.50	3	3	201403340	121
22 Camino de Vecinos	\$325,000	1,912	\$169.98	3	3	201401552	206
32 CALLE LEMITA	\$415,000	1,811	\$229.16	3	3	201403176	130
13 Arroyo Privado Lot 475	\$435,000	2,140	\$203.27	3	3	201300198	652
31 Camino de Vecinos	\$457,600	2,025	\$225.98	3	2	201405047	10
21 Arroyo Privado Lot # 471	\$474,900	2,220	\$213.92	3	3	201402989	137
4 CAMINO DE VECINOS	\$485,000	2,147	\$225.90	3	3	201403722	101
11 Calle Festiva	\$499,000	2,200	\$226.82	3	3	201404758	32
17 Vista Precioso	\$499,999	2,307	\$216.73	3	3	201404096	80
51 CENTAURUS RANCH	\$501,000	2,596	\$192.99	3	4	201404956	17
140 Avenida Frijoles	\$520,000	2,058	\$252.67	3	2	201404387	60
5 Arroyo Privado	\$525,000	2,440	\$215.16	4	4	201404806	31
11 Vista Precioso	\$530,000	2,307	\$229.74	3	3	201305543	361
8 Calle Amistosa	\$545,000	2,223	\$245.16	3	2	201405017	11
23 Camino Barranca	\$549,000	2,672	\$205.46	3	3	201404497	53
62 Avenida Aldea	\$549,000	2,522	\$217.68	3	3	201302974	507
1 Altura Vista	\$559,500	2,159	\$259.15	3	3	201404051	85
13 Avenida Aldea	\$565,000	2,350	\$240.43	3	3	201404717	36
17 Plaza Nueva	\$565,000	3,176	\$177.90	2	3	201300933	605
81 Avenida Frijoles	\$595,000	2,940	\$202.38	3	4	201404071	82
1 Camino Barranca	\$595,000	2,706	\$219.88	3	3	201401027	239
12 Avenida Aldea	\$597,000	2,274	\$262.53	3	3	201403051	135
150 Avenida Frijoles	\$599,000	2,391	\$250.52	3	3	201404858	26
138 Avenida Frijoles	\$625,000	2,494	\$250.60	3	3	201404801	29
37 Camino Botanica	\$699,000	3,279	\$213.17	3	2	201403302	123



Equity
 NEW MEXICO

Dianne McKenzie
 Associate Broker
 Cell: 505.603.9300
 Office: 505.291.0050
 Fax: 505.795.0075

www.RealEstatePropertiesSantaFe.com
 Dianne@RealEstatePropertiesSantaFe.com
 on Aldea Plaza 19 Plaza Nueva, Santa Fe New Mexico 87507



MOBILITYRE

LOAD IT. SHARE IT. SELL A LOT MORE HOUSES.

Free Santa Fe Real Estate Search Mobile App

LOOKING FOR A HOME?

Search for information and **EVERY LISTING** from the convenience of your **MOBILE PHONE!**

Send a text with the message:

E1659
to: **32323**

Search by address, price, square footage or by using your GPS. Tag your favorites to be viewed later on your phone or home computer!



The most technology advanced **free real estate search app** for your smartphone or tablet is available for free to you right here.

Over 4.1 billion text messages are sent each day in the U.S. alone. Apples App Store surpassed over 40 billion app installs with over 20 billion earlier this year**. Googles Play Store has over 1.5 billion app installs every 30 days*.

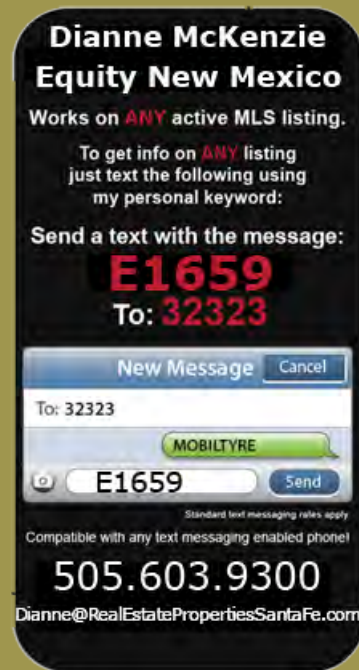
Consumers are adopting mobile technology at a rate faster than any technology in the history of the world.

Send a text

with the message:

E1659

To: **32323**



MOBILITYRE is a cutting edge mobile and tablet technology firm started by real estate professionals and run by real estate professionals. The **MOBILITYRE** platform is unlike any other mobile platform in the market today – a mobile and tablet platform delivered as a service that helps buyers and sellers transform the way they utilize technology to buy or sell real estate.

Wilderness Cabin Sites For Sale

Don't miss this rare chance to own a Luxury Wilderness Cabin your family will treasure for generations!



Cabin Sites Feature:

- Pristine Alpine Wilderness Location at Roads End
- Peaceful Stream Side Ambiance overlooking the Kachina Village Wetland Park
- Direct Trail Access to Wheeler Peak Wilderness
- Easy Ski-in | Ski-out Access to Lift 4
- Unique Euro-Alpine Cabin Design thoughtfully integrated into a Beautifully Master Planned Intimate Community

Wilderness Cabin Features:

- High Performance Active & Passive Solar Design
- Passive Solar Heating and Majestic Mountain Views provided by Expansive South Facing Windows
- Open Living Area with built-in day bed, Entry Vestibule, Gourmet Kitchen with Inglenook, Powder Bath, Private Patio Deck, Custom Built-ins & optional Native Rock Fireplace
- Spacious Master Suite with Sitting Area, Luxury Bath with Tub & Shower, Generous Storage and Private View Terrace
- Rentable Lock-off Suite with Luxury Bath & Private Outdoor Patios

Visit www.KachinaMountainLodge.com or Call 505.231.1454

We invite you to join our alpine eco-resort community, where you and your family can enjoy one of the most coveted lifestyles available in the Rocky Mountains. We are experiencing a growing interest in the phase one properties offered at Kachina Mountain Lodge, GaiaQuest's alpine eco-community located in Taos Ski Valley, New Mexico. Property sales at Taos Ski Valley have multiplied since December, when New York hedge fund founder Louis Bacon said he was buying the ski area from a family that has owned it for decades. 11 homes and 9 plots of land have changed hands since Dec. 13, compared with 2 homes and 1 piece of land in the same period a year earlier.



A E O W Y N's Dog Treats



Pumpkin Peanut Butter Treats

Ingredients:

- 1 can, 15oz, Pumpkin Puree
- 1 cup Peanut Butter
- ½- 1 cup of chicken broth (low sodium) or water as needed
- 2 cups of rice flour (you can use any flour)
- ½ cup coconut flour (you can use any flour)
- 1 cup oatmeal
- ½ wheat germ
- ½ cup pumpkin seeds chopped
- 1 TBLS Cinnamon

*Parchment paper for rolling out the dough, Pizza cutter, Ruler for cutting straight lines & a dog to snoopervise.

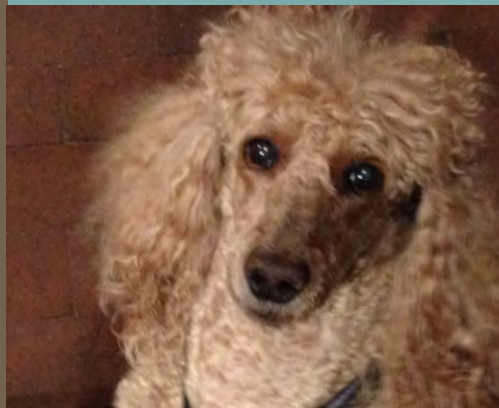
Method:

1. Preheat oven to 350° F.
2. Mix the pumpkin puree & peanut butter in a bowl. Wait to add the chicken broth or water.
3. Mix dry ingredients & pumpkin seeds in a large bowl. Stir in the pumpkin puree, & peanut butter mix & add in small amount of the liquid, as needed.
4. Mix all ingredients until thoroughly combined, then mix with hands. Add more liquid or flour, if needed. Divide into 4 balls.

Roll out dough ball between parchment paper, 1/8-1/16" consistent thickness in rectangular shape to fit baking sheet. Discard top parchment paper & save for next baking tray. Use pizza cutter to cut the dough into 1/2" parallel strips. This technique makes the process super fast. Transfer rectangular shaped dough with the bottom parchment paper to baking sheet. Don't move the strips—leave them in place on the parchment paper and place on baking sheet.

Bake 25-30 minutes, slightly brown. Remove from oven, remove parchment paper and cool. This recipe uses 4 baking sheet/trays. These treats are chewy & are very tasty. Recipe makes enough treats to fill a 4+ quart storage container. Keep small amount of treats at room temperature in an airtight container for 2 weeks & the remaining in the refrigerator up to 4 weeks.

Aeowyn snoopervises the whole process of making her dog treats. She sits patiently waiting her turn to taste test the new treat recipe. So far she has never rejected a recipe. Her favorite treat is the one she just ate. What a dog!





Free Reports

Free Information Request Form

Please complete the box below and place check marks next to the free reports and information you'd like to receive.

Send us your request:

Dianne McKenzie, Call: **505-603-9300**
19 Plaza Nueva – on Aldea Plaza Santa Fe, NM 87507
Email: Dianne@RealEstatePropertiesSantaFe.com

Cecilie Bodman, Call: **505-250-1356**
Email: ABQGold@ymail.com

Free Reports

- Protect Your Home From Burglars
- Five Deadly Mistakes Home Sellers Make
- Making The Move Easy On The Kids
- How Sellers Price Their Homes
- How To Stop Wasting Money On Rent
- How To Sell Your House For The Most Money In The Shortest Possible Time
- The 10 Dumbest Mistakes Smart People Make When Buying Or Selling A Home

Free Information

- Send me information about your free, no-obligation HomeFinder service.
- Send me the special computer report showing the features and sale prices of up to 15 of the most recent home sales near the following address:

_____, City: _____ or in
the _____ area.

- Please let me know the listing price and features of the home at the following address:

_____ City _____.

- Please let me know the selling price of the home at the following address:

_____ City _____.

- Please call me to arrange a free, no-obligation market valuation on my house.

Our Real Estate Team

As real estate consultants, we are 100% focused on consulting, marketing properties, negotiating, & overseeing the transactional details for our clients. We are committed to making the home buying / home selling experience the best it can possibly be. Our purpose is making sure our clients are so outrageously happy with the help we provide that they gladly introduce us to the people they care about, not because they feel obligated but because they truly believe they will benefit.



Cecilie Bodman
 Associate Broker
Cell: 505-250-1356
 Office: 505.291.0050
eFax: 1-888-877-1356
www.abqgold.com
AbqGold@ymail.com
Albuquerque New Mexico & Beyond




Dianne McKenzie
 Associate Broker
Cell: 505.603.9300
 Abq Office: 505.291.0050
Dianne@RealEstatePropertiesSantaFe.com
www.RealEstatePropertiesSantaFe.com
 on Aldea Plaza • 19 Plaza Nueva • Santa Fe NM 87507




Dianne McKenzie
 Associate Broker
Cell: 505.603.9300
 Abq Office: 505.291.0050
Dianne@KachinaMountainRealEstate.com
www.KachinaMountainRealEstate.com



Apricot Standard Poodle
& Service Dog

Go Green:

Recycle This E-Newsletter!

After you've enjoyed our E-newsletter, please recycle it by emailing it along to a family member, friend, neighbor or coworker.