

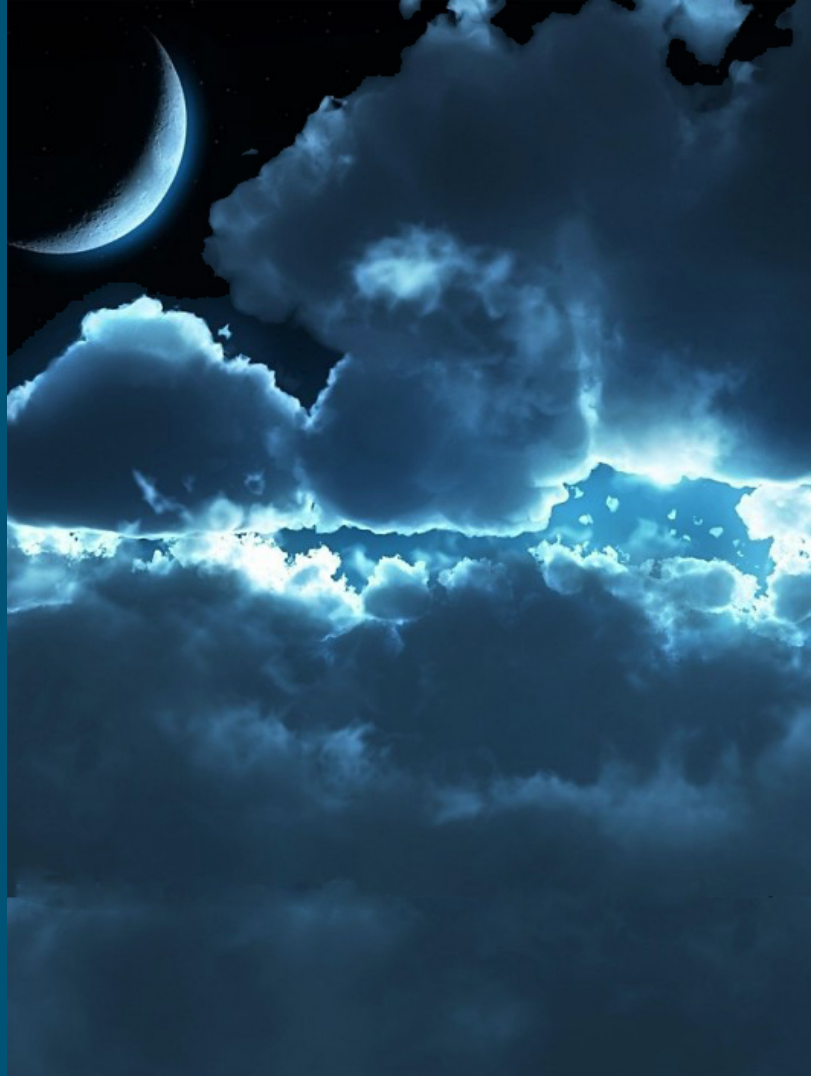
Eco Lifestyle And Home

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

Inside This March 2015 Edition:

Dream

❖ Our Monthly Newsletter Editorial	2
❖ Events Around New Mexico	3
❖ Take a Hike: Piedra Lisa Trail	4
❖ Feng Shui For Real Life	5
❖ March Numerology	6
❖ Affirmation for March	6
❖ Creating Clarity in Your Life	7
❖ Your Inner Rock Star	8
❖ Pamela Cornish, DOM	9
❖ Attracting Perfect Customers	10
❖ Center For Canine Behavior Studies	11
❖ Mortgage News with Francis Phillips	12
❖ Special Offers: Lowe's 10% off	13
❖ GaiaQuest	14
❖ Shared Dreams 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



Real Estate News Pages 12,13,14,
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.



"Pumpkin Peanut Butter &
Oatmeal Blueberry Dog
Treats "

22



Dream

Dreams are manifestations of our deepest desires and anxieties and are often considered expressions of the dreamer's deepest fears and desires. Dreams are successions of images, ideas, emotions, and sensations that occur in the mind during certain stages of sleep.

Monthly Newsletter Theme For March: Dream



The content and purpose of dreams are not definitively understood, though they have been a topic of scientific speculation, as well as a subject of philosophical and religious interest. In modern times, dreams have been seen as a connection to the unconscious mind. They range from normal and ordinary to overly surreal and bizarre.

The events in dreams are generally outside the control of the dreamer, with the exception of lucid dreaming, where the dreamer is self-aware. Dreams can at times make a creative thought occur to the person or give a sense of inspiration. A dream or vision is recounted as having revealed knowledge or a truth not available to the dreamer or visionary in a normal waking state. In both its ancient and medieval form, the dream/vision is often felt to be of divine origin, where dreams are regarded as creative gateways to imaginative possibilities beyond rational calculation.

I live with a dreamer, a true visionary, who is constantly cultivating his dreams. I tend to be more of a “realist”, seeing only what I experience and feel. It is harder for me to manifest my dreams based on my past high expectations that did not turn out as I dreamt. I easily become disillusioned, while my partner tends to re-envision his dreams, refining his goals and expectations, seeing the experience from a more positive viewpoint. I dream big, expect my dreams to be my reality and fall flat when the dreams do not match up with my expectations. My partner readjusts his dreams and moves on with more and bigger dreams, that sometimes exhaust me, as I am stuck in the inability to re-adjust.

There must be something more to manifesting ones dreams than just visualizing, intentions, and expectations. **How do you manifest your dreams? What do you do to cultivate your dreams? What do you do when your dreams take a different path than you expected?**

What if we could manifest our dreams and cultivate them into our reality? What if we could become proactive dreamers? What if what we dreamed or envisioned, we actually manifested into reality? What would that reality look and feel like?

The process of proactive dreams has me thinking about shedding all the negativity and the judgment, while focusing on the manifestation process: re-newing, re-dreaming, re-vitalizing ones intent.While this seems like a lot of work it is gentler than carry the weight of negative emotions, sadness, & despair. So for now, I am intending to dream more, dream bigger and let go of expectations! After all... all I really want is what we all want....*to be happy*. As the Buddhist chant: *“Mental happiness, physical happiness, & ease of well being.”* Here’s to dreaming! *Thank you for reading our newsletter. – Dianne McKenzie & Aeowyn*

Events Around New Mexico

1. Electricity: Spark Your Curiosity

National Museum of Nuclear Science & History

Saturday, March 07, 2015 9:00 AM - 5:00 PM

601 Eubank Blvd SE, Albuquerque, 87123

The National Museum of Nuclear Science & History will bring science and the history of electricity to life through an engaging, interactive special exhibition, "Electricity: Spark Your Curiosity."

2. Beach Weeks at the Red River Ski & Summer Area/Debut of the Pioneer Flyer

Sunday, March 08, 2015 9:00 AM - 4:00 PM

400 Pioneer Road Red River, 87558

Join us for fun in the Sun and Snow at the Red River Ski & Summer Area as we celebrate Spring Break. Weather permitting.

3. In a Land Far Far Away - AirDance ArtSpace

Saturday, March 14, 2015 7:30 PM - 9:00 PM

3030 Isleta Blvd. SW Albuquerque, 87105

March 13-15, 2015 AirDance New Mexico presents "The Flying Monkeys". The show, created by the group of 11 teenage aerialists, transports audience members to a strange land, featuring a variety of characters on a spinning aerial cube, a climbing wall, an aerial hoop entwined with silks, a triple trapeze, and aerial fabric.

4. 27th Annual Rio Grande Arts and Crafts Festival Spring Show Expo New Mexico

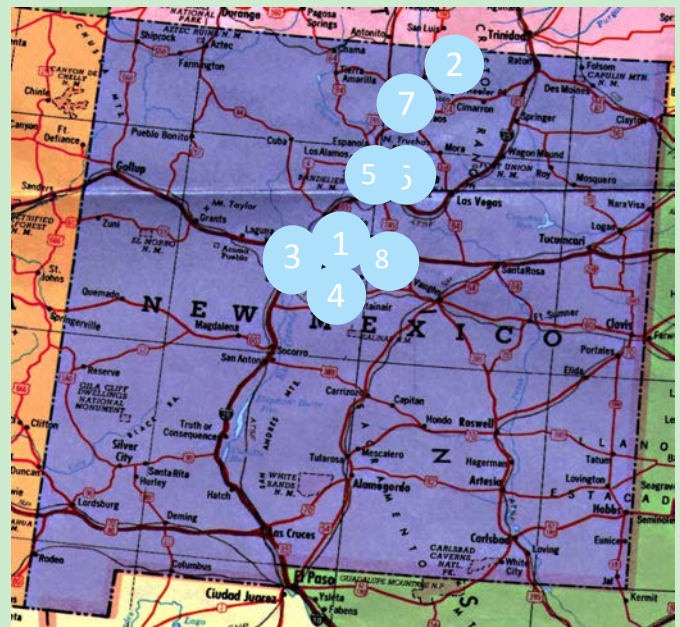
Sunday, March 15, 2015 10:00 AM - 5:00 PM

300 San Pedro NE Albuquerque, 87108

Every Spring, 180 fine artists and craftsmen travel from all over the country to the historic tree-lined streets of Expo New Mexico for the Rio Grande Spring Show.

5. Turquoise, Water, Sky: The Stone and Its Meaning - Museum of Indian Arts & Culture In March - 710 Camino Lejo Santa Fe, 87505

Highlights from the Museum's extensive collection of Southwestern turquoise jewelry and presents all aspects of the stone, from geology, mining and history, to questions of authenticity and value.



6. SF Farmers' Market Institute 10th Annual

"Movies That Matter" Series: "OPEN SESAME: The Story of Seeds" Jean Cocteau Cinema

Saturday, March 21, 2015 2:00 PM - 3:30 PM

418 Montezuma Ave Santa Fe, 87501

One of the world's most precious resources is at risk. This timely and emotionally moving documentary illuminates what is at stake and what can be done to protect the source of nearly all our food: SEEDS. Seeds provide the basis for everything from fabric to food to fuels.

7. Taos Shortz film Fest Sunday, March 22, 2015

4:00 PM - 12:34 PM 133 Paseo del Pueblo N

Taos, 87571

Our submissions are closed with over 600 amazing films to screen and judge. This year we will program 150+ global and regional short films from 40 different countries.

8. The Hit Men - Popejoy Hall

Sunday, March 29, 2015 3:00 PM - 5:30 PM

203 Cornell Albuquerque, 87106

They created and recorded some of the greatest songs of the '60s, '70s and '80s. Superb musicians, great arrangers and creative composers, The Hit Men performed as and recorded with such mega-star acts as Frankie Valli and The Four Seasons, Tommy James & The Shondells, Carly Simon, and more.

Take A Hike to Piedra Lisa Trail: with Cecilie Bodman



March 15, 2015 at 9am

El Rincon via the Piedra Lisa Trail

We can meet at the Range on Wyoming and Montgomery for breakfast at 9am and caravan up to the trail head.

This hike is on the front side of the Sandias. I was about 14 years old

the first time I hiked it. From GreatOutdoors.com

What makes it special: Piedra Lisa (Spanish for "smooth rock") offers views of some of the Sandias' most spectacular granite formations, including the massive wall known as the Shield. It's not difficult, and can usually be hiked in the winter.

Length: 4 miles

Hiking time: 2 to 4.5 hours

Difficulty: Easy to moderate

Elevation gain: 6,920 to 8,200 feet

Season: Spring through fall

Directions: From Tramway Boulevard (an exit on both I-40 and I-25), head east on the Juan Tabo road near the north end of the range. The paved road ends at a dirt road. Take the dirt road to a parking lot, then walk past the gate a short distance to the trail head on the right.

Notes: Rincon is Spanish for "corner," and this trail leads to the point at which a small front ridge connects to the main bulk of the mountains. The trail continues after cresting the obvious ridge at the 2-mile mark, but the owner of a plot that straddles the trail a little farther ahead has prohibited travel through the area. During certain times of the year, a faint spur trail is open that leads east along the ridge of the Rincon for about half a mile.



www.FengShuiForRealLife.com
carol@FengShuiForRealLife.co

with **Carol Olmstead**
Feng Shui Master Practitioner



Feng Shui For Real Life®

Flower Symbols in Feng Shui

It started snowing after I sat down to write this month's article, so it was natural to start daydreaming about spring and warmer weather, and that led me to the topic of flowers. In Feng Shui, displaying flowers is a powerful way to attract good things into your life. Each flower brings in a specific energy, and the stronger your connection to the color, shape, or meaning of the flower, the more powerful it is for you. It's always preferable to surround yourself with living flowers, but when that isn't possible you can use high quality silk flowers or pictures of flowers. Avoid surrounding yourself with dried flowers since in Feng Shui they represent dead energy.

Here are some Feng Shui flower symbols and the areas where you should display them. When you match the symbolism of the flower with a specific bagua area of your home, its power can be even more effective. Download at bagua from the Basics section of my website, www.FengShuiForRealLife.com.

Peony. The peony represents love and romance. A classic Feng Shui cure to attract or fix a relationship is to display a pair of pink peonies in your bedroom or hang artwork that shows a pair of peonies in the Relationship Area.

Lotus. The lotus flower symbolizes perfection, and therefore helps create a harmonious household. Hang an image of a lotus in your Harmony Area to assure positive family communication.

Tree Blossoms. Blossoming flowers are associated with freshness and new beginnings, especially cherry, dogwood, or peach tree blossoms. Display these blossoms or pictures of them in your Health area.

Orchid. The orchid is considered a symbol of fertility, as well as of spiritual growth and purity. Place an orchid in the Helpful People Area.

Narcissus. The narcissus flower is related to the "flowering" of talents and is associated with career success. A white narcissus can help you get rewarded for hard work. Display images of a white narcissus in your Career Area or office.

Chrysanthemum. The chrysanthemum is a symbol for a balanced and easy life, and is therefore an appropriate flower to display in the Balance Area, which is the center of your home.

Make sure your home includes a mix of the appropriate flower symbols to turn your spring dreams a reality.



Life By The Numbers

- Cecilie Bodman

March Numerology

The month of March is an 11

The Universal Year is 8 (brown/pink)

The energy is very spiritual and your intuition is ready for you to access if you are willing. This is a great time to learn meditation or renew your commitment to finding the peace that resides within. All the answers you are seeking reveal themselves to you as you become the light of the world and are a shining example of the love flowing easily.

Gem: Pearl, black onyx, silver

Oil: Sandalwood

Yoga pose: Child's pose

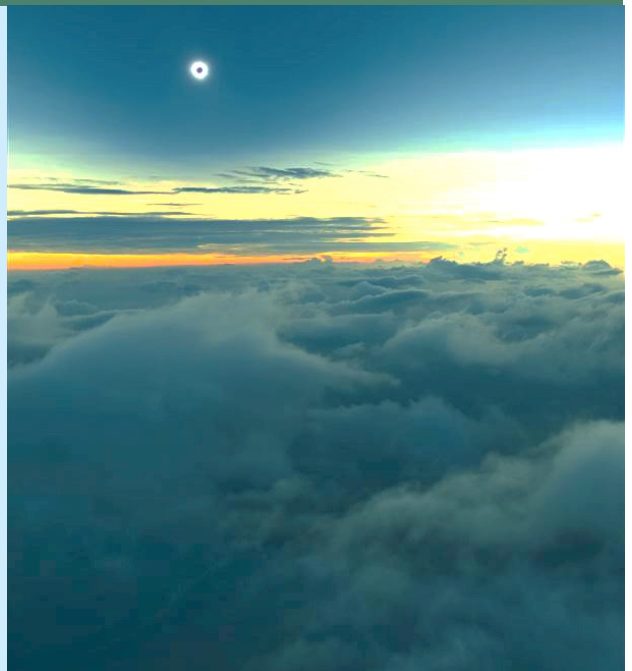
Affirmation For March:

"I listen to the inner voice of wisdom and glow deeply with love."

Affirmation for the Month March

"Why do I allow myself to be more successful than I ever dreamed possible?"

"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 Dream

by Lainie Grimmer

One of my clients felt her life lacked meaning, that something was missing. "What do you want?" I asked. My question left her at a loss for words. With a baffled look she responded, "I don't know what I want. I never really thought about it."

What do you want? It's such a simple question, yet your answer can be illusive. In our busy, fast-paced lives we often respond to what is flying at us, rarely creating time to dream about what we want or who we want to be. As my client discovered, if you don't know what you want - If you haven't given yourself time to dream – your life may feel incomplete.

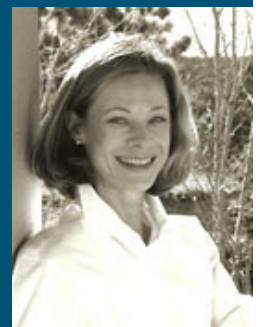
In the short term, creating time to dream seems very unproductive, especially when your cell phone is ringing, the project is due tomorrow and your to-do list is a mile long. Yet not creating time to be with ourselves deprives us of opportunities to explore and define who we are, what's important to us, and what we want next year or twenty years from now.

Where to begin? Try these four simple steps:

1. **Give yourself permission to dream.** Begin with the knowledge that you are as important as your spouse, your job, and anything on your to-do list. By holding yourself equal to the other aspects of your life, you grant yourself permission to create the time to envision and dream.
2. **Create Dream Time.** Spending time alone with yourself, be it 5 minutes or 5 hours, allows you to tune into your sensations and emotions. Turn off the car's radio as you drive to work and explore how you're feeling about the upcoming day. Or take a walk without your cell phone and allow yourself time to ponder.
3. **Cultivate your knowledge of yourself.** What do you like? What do you resist? What brings you joy, what makes you laugh? What has you cringing, what makes you angry? Your responses will help you envision a life in which you honor your passions, skills and desires.
4. **Dream BIG.** What you would do if time weren't an issue? Run a marathon? Learn a new language? Volunteer at a food bank? Removing the issue of time will open your mind and heart to exploring your passions and dreams.

As we went through the four steps, my client was surprised to discover she DID know what she wanted. Once she gave herself the opportunity to listen, her dreams began to take shape and become reality.

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 Dream

by Patty Walters



Do you have dreams you left behind??

Or give yourself time to dream new ones???

And to surround yourself with people who believe in you and your ability to have it happen?? To connect to your Imagination once again to create possibilities? It does take dreams...and action to have dreams come into reality. **Do you have a dream?? IS IT dormant?? What is one thing that you can do today to move it forward? Make a call? Write an email? Does it feel overwhelming?** Maybe there a smaller step you could take now. The key is what can you do to allow your imagination to have some time?

Einstein said that "...imagination is more important than knowledge. Knowledge is limited. Imagination encircles the world."

I never dreamed I would have a program that I could present and upsell in a networking group, create a workshop from, and upsell coaching from – my dream coming true.

Be the architect of your life. What would that look like and feel like?

Can't imagine it? Try again!!

It may take some practice. Let your mind wonder this.. what if??

Dreams help us create reality. Combined with belief in yourself, taking steps toward the dream, and adjusting along the way, achievement is possible. And it's never too late to....

DREAM • *believe* • ACHIEVE

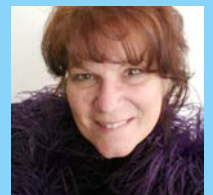
Patty Walters, Team Development & Public Speaking

713.582.9551

<http://rockstarbusiness.weebly.com>

<http://Pattywalters.com>

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



Here's to Living Our Bold*, Rock Star Adventures!

*Bold -- Webster definition: 1. Fearless before danger. 2. Adventurous, free. 3. Standing out prominently.



Whatever you DREAM you can do, BEGIN IT!

Boldness has genius, power and magic IN IT!

--Goethe

First of all, what IS a DREAM, exactly? Is it a wish? A longing? A message from afar? An attunement to one's inner wisdom? An exercise in the Law of Attraction and Manifestation? The Talmud tells us that an "un-interpreted dream [straight from God!] is like an unopened letter." Various cultures endorse the notion that one's dream state provides a connection to the Divine. Some eagerly anticipate their sleep and dreams. Others dread it. Still others meditate in order to access dream states, and even deeper levels of the unconscious.

We are told, "Dream BIG!" "Follow your dreams!" "You can have it all!" But what happens when life gets in the way? Remember your first reply, as a child, when someone asked you what you wanted to be when you grew up? What happened to THAT DREAM? How many roads have you not taken? How many dreams have you left behind? Picture your great-great-great-great-great grandparents. What is left of them and their dreams? Do you even know their names?

In Greece, a plaque at the Temple of Apollo exhorts each of us to "Know Thyself." At ancient Epidaurus, the healing center of Aesculapius, athletes would train in the *gymnasium* to prepare for the Olympic games. At night, to heal their psyches (the emotional roots of all diseases), they would attend a Greek play produced in the *amphitheatre*. The archetypal themes and characters depicted, were designed to catalyze emotional catharses in audience members. As each athlete slept in the *dormitorium*, he would receive guidance in his dreams---which would heal his psyche---rendering him a better athletic competitor. No need for a psychiatrist!!! Thus---beyond physical training---theatre, psychology and dreams combined, to comprise key components in a well-rounded athlete's regimen.

When patients come to my clinic for a consultation, part of the treatment may often include assisting them in reaching a deeply relaxed *theta* dream state. THAT is where healing happens! A few minutes of that quality of rest can prove to be more restorative than several hours of regular (or mediocre?) sleep. We must have dreams, in order not to die of the truth. The poet, Langston Hughes, articulated this exquisitely:

**Hold on to dreams,
For if dreams die,
Life is a bird with a broken wing---
That cannot fly.**

So, whether your dreams are business or personal goals, restful reveries, or wishful fantasies, ponder the Wise Oriental Sage's question:

**"Am I a man dreaming I am a butterfly?
Or am I a butterfly dreaming I am a man?"**

Are you aware of the quantum field, time travel, alternate realities, and the matrix---all of which exist simultaneously, side-by-side, with what you currently *believe* to be your reality? Which is really the dream? Best of luck figuring THAT one out! Nevertheless, I sincerely hold the vision for all of your DREAMS to come true!

Dr. Pamela Cornish, NP, DOM • pacornish@aol.com • www.pamelacornish.com • 505-266-5277

Attracting Perfect Customers

The #1 Strategy for Creating Lucrative Loyal Raving Fans



Coaching . Training . Speaking

Signs of Land by Jan Stringer

In the book, *The Game of Life*, Florence Scovel Shinn writes about **signs of land**. This amazing book, written in the early 1900's is still applicable today. Florence wrote....*Invariably, before a demonstration, come signs of land. She points to her example that when Columbus was sailing to America he saw birds flying overhead and twigs floating in the water, indications for him know that land was soon to come.*

In our day and time, we can still notice 'Signs of land' which are the small confirmations we receive when we are moving along our path towards the achievement of our goals. Sometimes just before we get to where we are headed, we might want to give up too soon. The journey can seem to be difficult, monotonous, and never-ending if we do not know to look for the signs that tell us we are on the right path to our destination.

As you create your Strategic Attraction Plan™ (www.perfectcustomers.com) you are becoming awake and aware enough to notice signs of land. Such as, when you want to attract a new paying client... before that happens you might find a dollar bill in your coat pocket that you didn't know you had or perhaps a shiny coin appears on the sidewalk. Take these smaller demonstrations as signs that the bigger amount money is coming your way.

What could be different in your business today if every result -- no matter how small -- was recognized as a sign of land?

Now that's attractive!

Jan H. Stringer, Author/Speaker/Founder,
lives in Santa Fe, NM
PerfectCustomers, Inc.
www.perfectcustomers.com
Email: jan@perfectcustomers.com

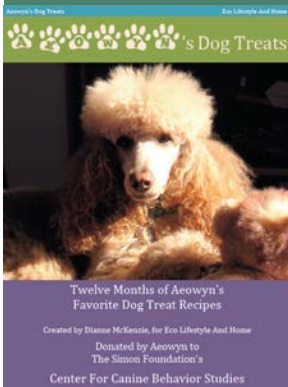




The Center for Canine Behavior Studies & LoveAnimals.org *Gift of Life* Campaign

If you love dogs like we do, we are asking you to visit <http://www.loveanimals.org/a-human-canine-study.html>, **watch the video** and make a **Gift of Life** contribution to help launch the *Animal Ownership Interaction Study*, a Tufts University administered human-canine study that will contribute to saving the lives of millions of dogs.

The Study's two investigators, Dr. Dodman at Tufts Cummings and Dr. Serpell at UPenn are recognized as two of the world's leading animal behaviorists. They believe the results of their Study—among many things—will help reduce the annually killing of up to 1.5 million dogs a year—in the US alone.



Let's Get Cooking: For a donation to the study of \$60 or more, you will receive Aeowyn's Canine Treat Recipe Portfolio (electronic version, so you, too, can pass on the love!) That's 12 months of treat recipes with techniques, tips, ingredients, photographs & more.

Please also consider participating as a citizen scientist in their on-line Study with thousands of dog owners the world over. **Please pass this message on to everyone you know who loves dogs;** and ask them to visit <http://www.loveanimals.org/a-human-canine-study.html>

Any dog owner in the world can participate in the on-line Animal Ownership Interaction Study by anonymously completing an initial survey of about 93 questions. Every six months Study participants may be asked to answer additional questions. The Study will run for two years.

A final goal of the Study will be to publish the findings in high impact scientific journals, particularly the ones that support open-access publishing, such as PLoS One and Preventive Veterinary Medicine, and to disseminate globally their findings to animal welfare organizations, veterinarians, and animal professionals in training and behavior.

We hope you will join like-minded citizen scientist volunteer dog owners from around the world and participate in the Animal Ownership Interaction Study.

Participation is free but requires you to register for membership at the Center for Canine Behavior Studies: <http://CenterForCanineBehaviorStudies.org>



By Francis Phillips

National Real Estate Outlook Robust for 2015

– Santa Fe Poised to Follow

Two recent reports show that Americans are feeling more optimistic about the U.S. Economy. First, the University of Michigan's *Surveys of Consumers*¹ states: *Consumer optimism reached the highest level in the past decade in the January 2015 survey...Consumers judged prospects for the national economy as the best in a decade, with half of all consumers expecting the economic expansion will continue for another five years. The anticipated strength in the overall economy has been accompanied by more favorable income and employment expectations.*

Second, more young adults appear to be moving into their own residences. A recent Census report² shows that household formations grew from -205,000 in December 2013 to +2.001 million in December of 2014. This is an astonishing 1076 percent positive change, year over year, and well above the long-term average of +1.147 million.

The economy is definitely improving, and, more importantly, American consumers are beginning to feel much more confident. This should lead to a very robust national real estate market in 2015. What about Santa Fe?

I am bullish on Santa Fe real estate. In addition to my personal home, I own vacation rental properties, too. Why? Santa Fe continues to be a top vacation destination, and vacation rentals are a very popular option for visitors. Santa Fe practically markets itself – with tremendous support from national publications and polls. Consider the following:

In "America's Favorite Cities 2013," *Travel + Leisure*³ readers ranked Santa Fe

- #1 for Cultural Getaway
- #3 for Peace and Quiet
- #4 for Christmas
- #5 for Sophisticated
- #6 for Weather

In the "2014 Readers' Choice Awards," *Condé Nast Traveler* readers ranked Santa Fe the #10 city in the World⁴ and #2 in the U.S.⁵

Santa Fe has featured in many more polls, including:

- Top 10 Mountain Bike Destinations in North America – Singletracks⁶
- 9 of America's Best Farmers Markets – Sherman's Travels⁷
- 10 Great Places to Live – Kiplinger's Personal Finance⁸
- America's Best Cities for Gay Travel – Travel + Leisure⁹
- Favorite Iconic American Streets – USA Today 10 Best¹⁰
- 10 Best Foodie Cities – Livability.com¹¹

« *Continued from previous page*

Vacationers love Santa Fe so much that our high season is almost year round. Consider the draw of Spring Break, Indian Market, Spanish Market, the Folk Art Market, Fiestas, the Albuquerque International Balloon Fiesta, Wine and Chile Fiesta, Ski Santa Fe, and the traditional holidays such as Thanksgiving, Christmas, New Years, Memorial Day, Labor Day and other three day weekends. We are popular!

Is this a good time to buy Santa Fe real estate? Here are some statistics to consider. From the 4th Quarter of 2000 to the 4th Quarter of 2014, Santa Fe City/County (combined) single family homes increased in value by over 51 percent.¹² Comparing 3rd Quarter 2013 to 3rd Quarter 2014, states around New Mexico experienced home price increases of 6.5 to 7 percent, while New Mexico prices increased only 1.2 percent.¹³ I believe there are good opportunities here.



If you'd like to learn more about Buying Santa Fe Rental Properties for Long-Term Leases as well as Short-Term/Vacation Rentals, I host workshops, sharing actual examples with current financials, at my office on the first Tuesday of the month. Email me at fphillips@fcbmtg.com if you would like to attend.

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!

Aldea's Permaculture Dream Is Possible by John Halley



Inspired by nature, Permaculture is a design science that offers sustainable solutions to some of the most pressing problems found in Aldea's common open space, including water loss, erosion, soil loss and stressed ecosystems with dying plants.

To solve these problems, Permaculture uses biomimicry with a whole systems design methodology that organizes and draws from interdisciplinary resources. Biomimicry is a process of observing nature and designing our whole way of life with regenerative solutions that involve successful patterns found in nature. For example, the same branching pattern that is found in a tree is also found in a river, your heart, healthy ecosystems and numerous other places. This pattern maximizes "edge", the surface area for exchanging nutrients, increasing diversity, and sharing a whole range of other functions and information. Such solutions let nature do much of the work for us in a regenerative manner that can create healthy natural ecosystems with thriving plants in Aldea's open space.

For this month's article, let us focus on how permaculture can mitigate water loss, related erosion and soil loss by harvesting rainwater. Aldea presently experiences a shortage of water, when our landscape actually receives an abundance of water. Each year, our open space landscape receives an average of more than 10" of annual rainfall, a significant amount of which is harvested by Aldea's storm sewer system. Presently this harvested water is wastefully discharged into our arroyos and related tributaries along with intense open space rain fall runoff, where it only contributes to erosion and soil loss.

As an alternative, this bountiful storm water resource could be captured and spread into our open space landscape where it can naturally soak into the ground to hydrate soil and irrigate plants.

To put this into perspective, consider the following example. In the deserts surrounding San Diego, healthy yard landscapes are created with just 2" of annual rainfall that yields 10,000 gallons of harvested water annually from just the surface area of a typical suburban home's roof. By comparison, imagine what we can accomplish in Aldea's open space with more than 10" of annual rainfall plus the abundant water we can harvest from Aldea's storm sewer system!

This is just one small example of what is possible if our community uses permaculture solutions at Aldea that some Aldea owners are already exploring. If you have questions or comments about Aldea's Permaculture Initiative, please send them to the following email address: Gaia@GaiaQuest.com

For a comprehensive and entertaining introduction to Permaculture, please visit www.geofflawton.com . For Aldea specific information visit <http://gaiaquest.com/what-we-do/gaiaquest-centers/santa-fe-annex/>

Shared Dreams Design

with Karen Klavuhn

DREAM

“A dream is a wish your heart makes” - Walt Disney



When you have a space that you would like to change or that does not make you feel the way you want to feel when in it, then it is time to start dreaming. Dream Big, consider what might be your greatest desires. Use all of your senses and begin to collect images, words, colors, etc. that make your heart soar and elicit an ooh or an aah.

Sight: Are you moved by the colors of a beautiful sunset? Do you feel relaxed when looking at a serene mountain lake? Collect pictures, color samples, or items that you love when you look at them. These could end up being in the form of art in the room or in the colors of the overall design.

Hear: Does the sound of waves lapping on the beach relax you? Is there a special song that always lifts your spirits? Do you love to hear the cheerful chirping of birds? Collect samples or

make a list of the sounds that move you. You may end up with plants in your garden that attract those very birds.

Smell: Does the exotic smell of spices from a foreign market you once visited stir your energy? How about the delicate scent of a rose in bloom? If you can't come up with some favorites take yourself to the store and try some natural oils and see what brings back some good feelings.

Touch: How about textures? Do you love the feel of your soft fluffy throw? What about the warmth of the sand between your toes? Perhaps this could be had with a heated floor in your bathroom.

Taste: Do you love the rich sweetness of yummy chocolate or perhaps the tangy citrus of an orange? Make a list of those flavors you enjoy the most.

Using all your senses will help you to decide what you want your space to feel like when you are in it. If you hire a professional to help you with your dream design sharing this information will help them to better understand what you want to achieve and so lead to a better design just for you. So dream with all your senses and enjoy the whole experience.

“Yesterday is but today's memory, and tomorrow is today's dream.” Khalil Gibran

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



Scentsy March Warmer: Field of Poppies

Find peace in a sunny meadow — then watch as springtime paints it red with wild flowers. Field of Poppies is bright and hopeful, awash with showy hand-painted blossoms that pop against a backdrop of neutral sand. Embrace the simple joy it brings. \$35.00 \$31.50 (10% OFF)

MARCH SCENT | Poppies & Clover

Delicate poppies and morning mist herald spring, accompanied by delicate lily of the valley, irises and white amber.

Enjoy this month's fragrance at a 10% discount.

Scent Circle:
\$3.00 \$2.70
Scentsy Bar:
\$5.00 \$4.50
Room Spray:
\$8.00 \$7.20



MARCH WARMER
Field of Poppies



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

Monthly Market Report Albuquerque

GAAR GREEN SHEET January 2015

A condensed overview of the monthly statistical highlights.



Active Listings

Detached: 3,741
Attached: 357

⌚ One year ago
Detached: 3,884
Attached: 388

% Change (Detached)
-3.68%

Pending Listings

Detached: 855
Attached: 69

⌚ One year ago
Detached: 769
Attached: 75

% Change (Detached)
+11.18%

Closed Listings

Detached: 537
Attached: 48

⌚ One year ago
Detached: 539
Attached: 47

% Change (Detached)
-0.37%

Average Sale \$

Detached: \$203,468
Attached: \$140,544

⌚ One year ago
Detached: \$203,687
Attached: \$142,447

% Change (Detached)
-0.11%

New Listings

Detached: 1,240
Attached: 104

⌚ One year ago
Detached: 1,288
Attached: 128

% Change (Detached)
-3.73%

Days on Market

(Average)

Detached: 81
Attached: 72

⌚ One year ago
Detached: 76
Attached: 69

% Change (Detached)
+6.58%

Sales Volume

(in Millions)

Detached: \$109.3
Attached: \$6.7

⌚ One year ago
Detached: \$109.8
Attached: \$6.7

% Change (Detached)
-0.46%

Median Sale \$

Detached: \$169,500
Attached: \$135,000

⌚ One year ago
Detached: \$167,900
Attached: \$128,000

% Change (Detached)
+0.95%

Closed Sales by Market Area

MLS Area	City/County	2013	2014	2015	% Change
Areas 10 - 121	Albuquerque	316	355	341	-3.94%
Area 130	Corrales	5	9	5	-44.44%
Areas 140 - 162	Rio Rancho	86	100	108	+8.00%
Area 170	Bernalillo	5	5	8	+60.00%
Area 180	Placitas	7	5	6	+20.00%
Areas 210 - 293	East Mtns. / Estancia	29	29	28	-3.45%
Areas 690 - 760	Valencia County	32	36	41	+13.89%

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 \$540,000



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 than 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.**

2015 Aldea Stats: Sold, Pending & Listed

Sold: 6 Homes, DOM 132, 0 Lots, DOM 242

Pending: 2 Homes, 0 Lots

Listed: 20 Homes, avg \$499,610, 5 Lots

Tessera, Aldea's Neighbor

Phase 2 has just been released. Many wonderful lots are available. Custom home designs from Comet Studios are available with a purchase of a Tessera Lot. Call: 505-603.9300 to inquire. Homesites are selling above anticipated expectations. Only 2 Lots left in this first release!

I SOLD Lot #9, 50 Via Summa in Tessera with a Sumac model Homewise home.

**Santa Fe Report - Aldea****Real Estate News from Dianne McKenzie**

LISTING COUNT:		DAYS ON MARKET:			
TOTAL	HIGH	LOW	AVG	MED	
20	725	4	146	112	

Address	Ask	TotSF	\$/TotSF	BD	Total	MLS #	DOM
4 Vista Precioso	\$194,500	0		2	2	201402039	334
35 ARROYO PRIVADO	\$319,000	1,271	\$250.98	3	2	201500542	16
4 Calle Amistosa	\$325,000	1,271	\$255.70	3	2	201500215	40
32 CALLE LEMITA	\$399,000	1,811	\$220.32	3	3	201403176	250
4 Camino De Vecinos	\$425,000	2,147	\$197.95	4	3	201500352	35
11 Calle Festiva	\$474,900	2,200	\$215.86	3	3	201404758	152
23 Vista Precioso	\$495,000	2,368	\$209.04	3	3	201405600	76
7B W Via Plaza Nueva	\$499,000	2,500	\$199.60	3	3	201405182	117
23 Camino Barranca	\$499,000	2,672	\$186.75	3	3	201404497	173
5 Arroyo Privado	\$519,000	2,440	\$212.70	4	4	201404806	151
2 Calle Siete Casas	\$539,000	2,460	\$219.11	3	3	201500649	4
65 Avenida Frijoles	\$545,000	2,275	\$239.56	3	2	201500444	20
8 Calle Amistosa	\$545,000	2,223	\$245.16	3	2	201405017	131
85 Avenida Frijoles	\$549,000	2,650	\$207.17	3	4	201405404	97
13 Avenida Aldea	\$550,000	2,350	\$234.04	3	3	201404717	156
17 Plaza Nueva	\$565,000	3,176	\$177.90	2	3	201300933	725
1 Camino Barranca	\$575,000	2,706	\$212.49	3	3	201405314	107
16 Camino Botanica	\$600,000	3,103	\$193.36	3	3	201405411	97
1 Calle Siete Casas	\$669,900	2,855	\$234.64	3	3	201500525	13
37 Camino Botanica	\$704,900	3,279	\$214.97	3	2	201403302	243

Equal Opportunity Housing * All information deemed reliable, but not guaranteed. All information herein has not been verified and is not guaranteed.

I have an Aldea townhouse that is pending and is scheduled to close in March!!!

Aldea Construction has started on 145 Avenida Frijoles. I sold the Lot and John Halley of Comet Studios designed the house!



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*.

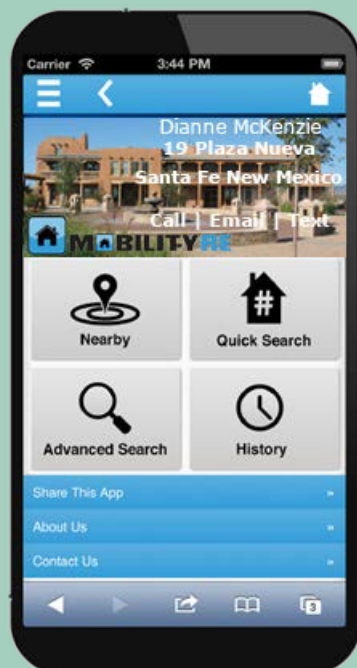
Consumers are adopting mobile technology at a rate faster than any technology in the history of the world.

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.

Taos Ski Valley Report

Real Estate News from Dianne McKenzie

KML

Kachina Mountain Lodge - a Wilderness Eco-Resort Community

Mountain Home Site Investment Opportunity

Private & Peaceful - Phase One Luxury Wilderness Home Sites are now available in Taos Ski Valley



Eco-Community Features:

- Kachina Mountain Lodge & GaiaQuest are creating an exciting alpine wilderness eco-community filled with vitality and amenities that include restaurants, commercial conveniences, cultural arts facilities & programs, full-service boutique hotel, affordable euro-style hostel accommodations, private homes, open space parks, trails, year-round recreation opportunities, nature center, camping facilities, community food gardens & greenhouses, permaculture landscaping and GaiaQuest's unique university-style campus.
- Adding year-round vital business and prosperity for Taos Ski Valley, GaiaQuest's main campus center will enhance our community experience with a wide variety of Global Health and Well-Being lifestyle programs, related education programs, products, services and resources that no other alpine resort community has to offer.
- Sustainability features include localized green building solutions, onsite renewable energy farm and tertiary level waste treatment.

Alpine Wilderness Home Features:

- Beautiful Euro-Alpine style eco-home design, custom tailored to accommodate each buyer's unique needs & specifications.
- High Performance Active & Passive Solar Heating and Majestic Mountain Views provided by Expansive South Facing Windows.
- Open Living Area with built-in day bed, efficient Native Rock Fireplace Stove, Gourmet Kitchen with Inglenook, Powder Bath, Custom Built-ins, separate Entry Vestibule and Private Patio Deck.
- Spacious Master Suites with Sitting Area, Luxury Bath with Tub & Shower, Generous Storage and Private View Terrace.
- Rentable Lock-off Suite with Separate Entrance, Fireplace, Luxury Bath & Private Outdoor Patio.
- Direct Ski-In/Ski-out access to Taos Ski Valley's world-class ski runs.

Community Investment Opportunity:

- Purchasing a beautiful custom home site in our unique wilderness eco-resort community at Taos Ski Valley also provides an important investment in the non-profit GaiaQuest Center for Global Health and Well-Being. As soon as investor commitments are in place for all 8 home sites, our Phase One commercial site will be deeded from developer to GaiaQuest for the first Healing Center building.

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

For more information - visit www.KachinaMountainLodge.com and www.GaiaQuest.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.



A E O W Y N's Dog Treats



Pumpkin Peanut Butter & Oatmeal Blueberry Treats

Ingredients:

- 1 can (15 oz) pumpkin (not pie filling)
- 1 cup of peanut butter
- 2 cups of rolled oats
- 2 cup rice flour (or any flour)
- ½ cup flax seed meal
- 1 cup (4 oz) dried blueberries
- ½ wheat germ
- ½ cup blueberry flax seeds
- ½ cup of chicken broth (low sodium) or water as needed
- 1.5 tablespoons apple cider vinegar
- 1 tablespoon coconut oil
- 1 tablespoon 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 wet ingredients: pumpkin, peanut butter, apple cider vinegar & coconut oil in a bowl. Wait to add the chicken broth or water.
3. Mix dry ingredients in a large bowl: rolled oats, flour, flax seed meal, dried blueberries, wheat germ, flax seeds & cinnamon. Stir in the wet ingredient mix & add in small amount of the liquid, as needed. Divide into 4 balls.
4. Roll out dough ball between parchment paper, 1/8" consistent thickness in rectangular shape to fit baking sheet. Discard top parchment paper, use for next baking tray. Transfer rectangular shaped dough with the bottom parchment paper to baking sheet. Use pizza cutter to cut dough in parallel strips to create a checkerboard of 1" squares. Use a ruler to help cut straight lines.
5. Bake 25-35 minutes slightly brown. If you prefer a softer treat, bake for 15-20 minutes. Remove from oven and cool. This recipe uses 4 baking sheet/trays.

These treats are a soft thin treat & are very tasty. Recipe makes enough treats to fill a little more than 3 quart storage container with some to share with dog friends & keep in tins around the house. You can keep the dog treat crisps up to 1 week at room temperature in an airtight container or in an airtight container in the refrigerator up to 4 weeks.





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.