

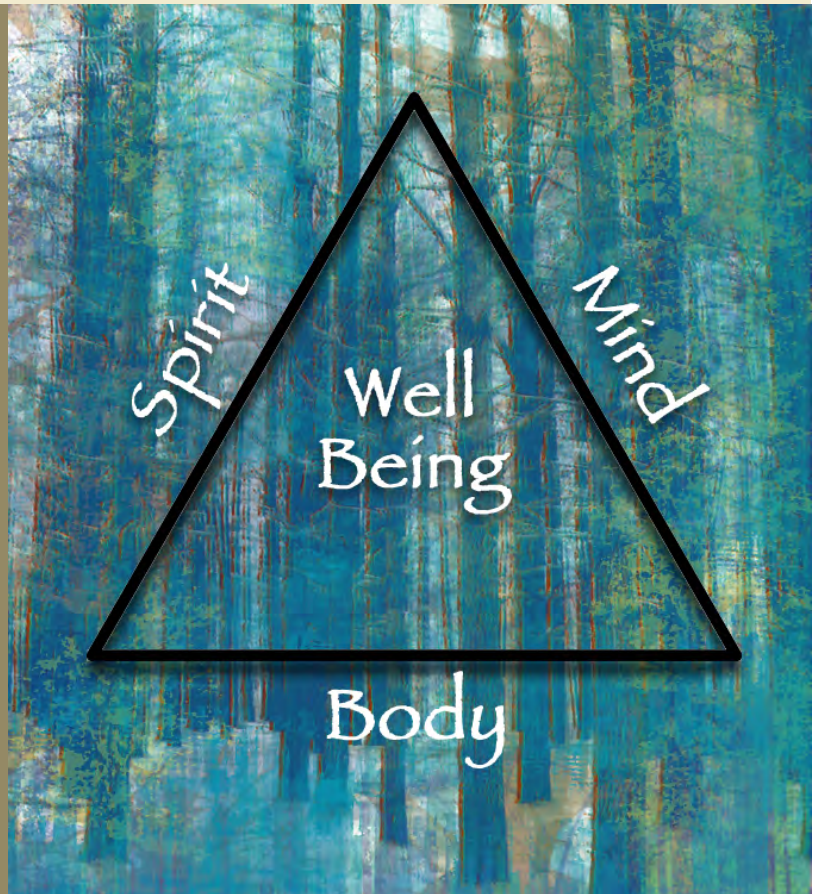
Eco Lifestyle And Home

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

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Edition:

Well-Being

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Well-Being

*"May all beings cultivate
mental happiness,
physical happiness and
ease of well-being."*

- Loving Kindness Meditation

Real Estate News Pages 11,12,13,
14,15,16,17,18,19,20,21,22,23,25

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.

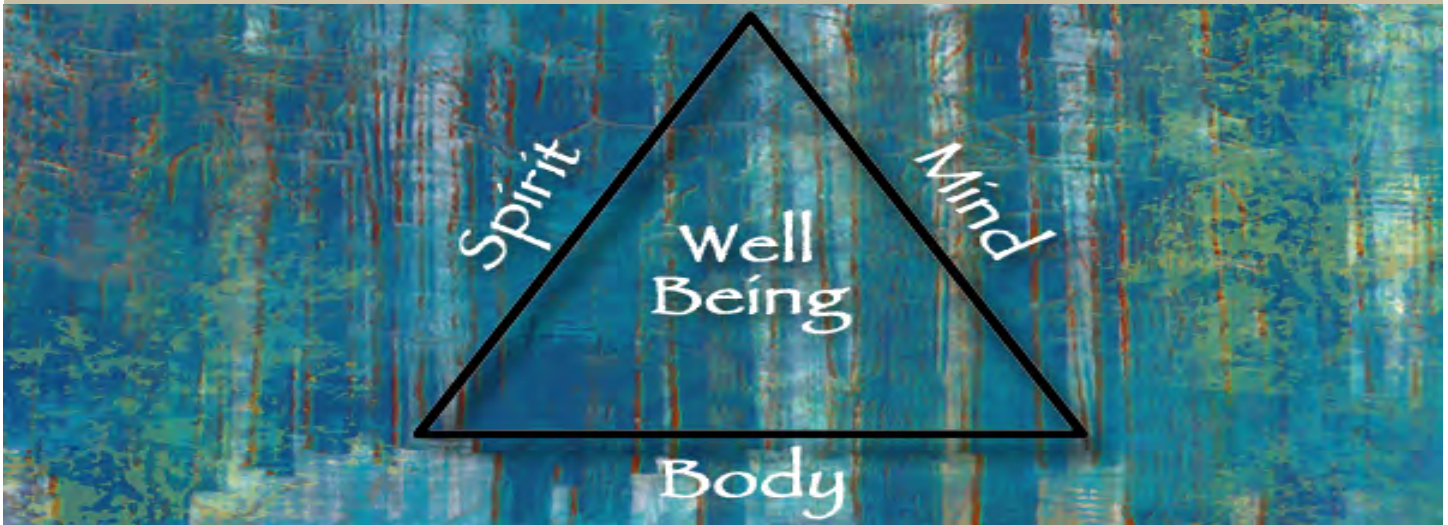


"Pumpkin Peanut Butter
Dog Treats"

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Monthly Newsletter Theme For September: Well-Being



We all seek well-being. Cultivating well-being in our lives comes in many forms. For some, it comes from being in nature, spending time in ones art studio, playing with ones dog, spending quality time with friends and family, succeeding in business, being healthy etc.

Regardless of ones definition of well-being it all comes down to 3 things: **mental happiness**, **physical happiness**, and **ease of well-being**. It is really that simple.

Mental happiness gives us peace; peace from worry, peace from fear, peace from anger, peace from delusions, peace from grasping. **Physical happiness** takes in all aspects of our physical well-being: enjoyment of health, freedom from physical pain and suffering, and harmony with our bodies, having plenty of nutrition and food. The **ease of well-being** is a bit more complex to grasp. For me, “ease of well-being” means accepting what is, staying in the present moment, cultivating equanimity. The thoughts of “joy”, “happiness”, “loving kindness” come to mind.

Experiencing well-being doesn’t have to come from the big successes in life. Well-being can be experienced in small fragments: noticing the watchful kindness in your dogs eyes, pausing to notice the sunset or experiencing the quiet of the sunrise, watching someone you love sleeping, savoring the taste of a meal.

If I waited for the big moments in life to be happy, joyful, or at ease, life might just pass me by without really noticing all the joy that is around me in the smallness of events.

So how do we cultivate more well-being? For me, it comes from a meditation practice that helps me be mindful. For others it might be through exercise, or playing a musical instrument, walking in nature etc. Finding well-being in the daily small events and really noticing them, celebrating them, pausing to experience them, is essential to cultivating a life of well-being.

May you cultivate mental happiness.

May you cultivate physical happiness.

May you cultivate ease of well-being.

Thank you for reading our newsletter. ~ Dianne McKenzie & Aeowyn, Cecilie Bodman & our content contributors

Events Around New Mexico

1. New Mexico Wine & Jazz Festival

Albuquerque Convention & Visitors Bureau
 Saturday, Sunday & Monday, September 05, 06, 07, 2015
 12:00 PM - 6:00 PM
 11000 Broadway Blvd. S.E Albuquerque, 87105

You are cordially invited to attend the newest, and finest, wine festival in New Mexico. Previously the Bernalillo Wine Festival, the New Mexico Wine & Jazz Festival is moving south and is sure to please your wine needs.

2. Hatch Chile Festival

Hatch, New Mexico
 Saturday & Sunday, September 05-06, 2015
 657 Franklin St Hatch, NM 87937

As summer cools down, the Village of Hatch heats up. Labor Day weekend heralds the annual Hatch Chile Festival, a two-day celebration of our world-famous crop. The festival attracts over 30,000 visitors from all over the United States, including such notables as the Food Network and the BBC.

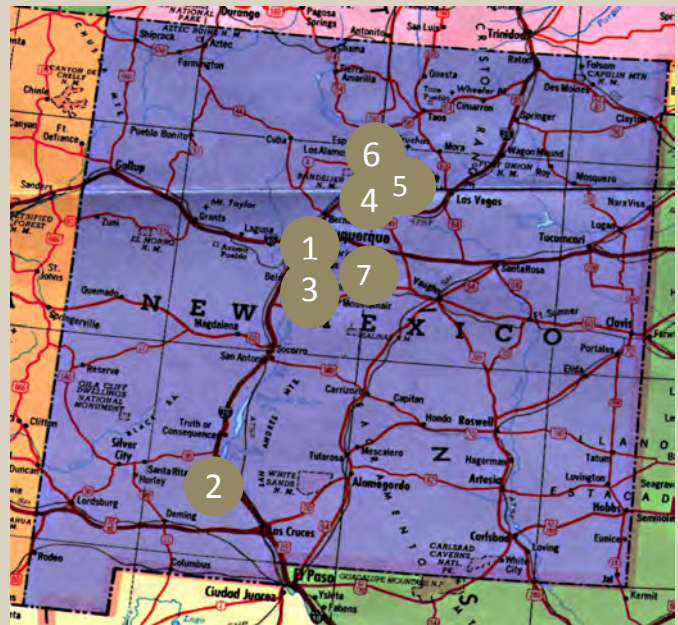
3. 77th Annual New Mexico State Fair

EXPO New Mexico
 Thursday - Saturday, September 10- 12, 2015
 10:00 AM - 10:00 PM

Located in the heart of Albuquerque, the New Mexico State Fair is one of the largest fairs in the nation with PRCA rodeo and nationally known country recording stars, plus and Indian and Spanish villages.

4. Santa Fe Renaissance Fair

Santa Fe CVB
 Saturday - Sunday, September 12-13, 2015
 All day event. Jousting; Clan Tynker; medieval combat; flamenco and belly dance; kids' games; vendors; music; the Royal Court of Queen Isabella; food, beer & mead, and much more! A Renaissance Fair with Spanish Flair!



5. Santa Fe Artists Market

Railyard Park next to the Farmers Market
 Saturday, September 05, 12, 19, 26, October 03, 2015

The Santa Fe Artists Market is a completely juried fine art and craft show, for northern New Mexico artists. You will find lovely selections of paintings, photography and more.

6. Santa Fe Thunder Half Marathon

Buffalo Thunder Resort & Casino
 Sunday, September 20, 2015
 8:00 AM - 12:00 PM
 20 Buffalo Thunder Trail Santa Fe, 87505

The Santa Fe Thunder Half Marathon is New Mexico's premier destination running event. Starting at historic Fort Marcy, the point-to-point course follows the Old Taos Highway, finishing at the magnificent Buffalo Thunder Resort & Casino within the Pueblo of Pojoaque.

7. Def Leppard with Styx & Tesla

Isleta Amphitheater
 Friday, September 25, 2015
 7:00 PM - 12:34 PM
 5601 University Blvd SE Albuquerque, 87106

Def Leppard are an English rock band formed in 1977 in Sheffield as part of the New Wave of British Heavy Metal movement.

Let's Take a Hike! Atalaya Trail in Santa Fe September with Cecilie Bodman



Lets meet in Santa Fe near St John's College for a fun hike on September 27th at 1 pm. It takes about 2 hours up and one hour down. Please meet at the trail head. We could travel to Tomasita's for a treat after the hike if you like and walk around the Plaza if you have time.

Autumn will be in the air and it will be the first full moon of fall that evening! Magic! Sunset will be 7:20 pm in Santa Fe.

Please give me a call or text and let me know if you will be joining us.

Here is a link to the directions and description of the trail.

<http://alltrails.com/trail/us/new-mexico/atalaya-mountain-trail>

Thanks,
Cecilie



Cecilie Bodman
Equity NM Real Estate
Ready When You Are
www.ABQgold.com
505-250-1356



Life By The Numbers

- Cecilie Bodman

September Numerology

September is 8 and the year 2015 is 8 also!

This month of September is the number 8.

The **colors** are pink and brown.

This is a month for success. The work from the past is in and creating a bountiful harvest. Be organized and know what you want. Shoot for the moon and go after your goals and focus on well-being. Be confident and honest and fair in your work and you will accomplish big results. Use your innate good judgment and help someone less fortunate.

Gem: Diamond

Oils: Rosemary, Peppermint

Yoga Poses: The Warrior Series

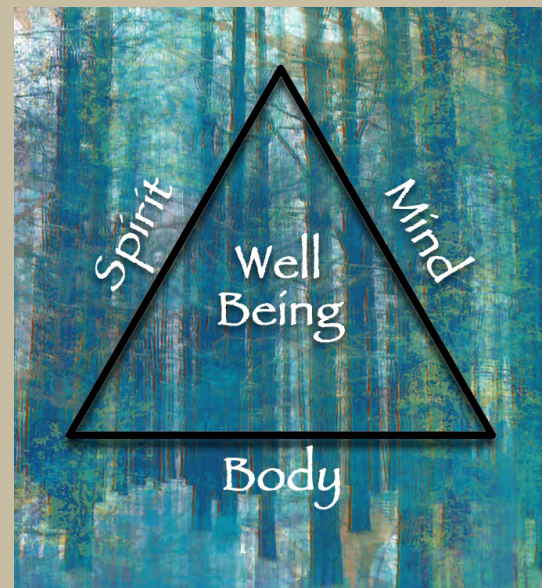
Affirmation For September:

“I am the prosperous and successful executive of my world.”

Affirmation for the Month September

“Why am I able to cultivate mental happiness, physical happiness and ease of well-being?”

“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 Wellbeing

by Lainie Grimmer

Have you ever noticed how some people are always positive, take any situation in stride, and see their glass as half-full? Then there are those who appear to be in constant turmoil, grumbling that their glass is half-empty. What's the difference between the two? A sense of wellbeing.

Wellbeing is what I feel when I have an idea of my best possible future and am working towards it. When I focus on my goals and am living my life on purpose, I'm motivated and inspired. This in turn affects how I choose to experience my days and evaluate my life as it unfolds. When we have a sense of purpose, and goals for our lives, our activities and outlook shift to support our purpose and goals. The result is that we begin to experience better days, months and years – we experience wellbeing.

Your first step on the path to wellbeing is making time to examine your life. Tom Rath and James Harter, the authors of **Wellbeing: The Five Essential Elements**, suggest five areas to explore: Career, social (relationships and love), financial, physical, and community. If we're struggling in any of these areas, our sense of wellbeing declines. When we strengthen our wellbeing in any of these areas, our lives become richer, fuller.

While everyone's lives include these five areas, each of us follows our own path to increasing our wellbeing. You are unique, and so too are your ideas of happiness and your sense of purpose. As you look at each of the five areas, ask yourself:

- **What about this area is important to me?**
- **What do happiness and the feeling of wellbeing feel like for me?**

You are discovering your visions of wellbeing and purpose! Look again at the five areas and ask yourself:

- **Which area(s) do I want to focus on shifting now?**
- **What is one step I could take that will move me closer to my goal(s)?**

Whether you decide to cut back on sweets or spend more time with friends, it's time for action! Begin with the knowledge that taking even one small step towards your purpose (or your goal) will increase your sense of wellbeing. To help you move forward, try keeping track of your actions: At the end of each day, take time to reflect on the areas you've chosen to monitor. Evaluating your actions and your sense of wellbeing on a regular basis will help you see your progress.

Here's to your glass being half full – cheers!

Lainie Grimmer, CPCC, ACC- Creating Clarity, LLC
 Certified Personal and Professional Coach, Facilitator
 Telephone: 505.820.7989 Cell: 505.690.7989





Sarah Claudia Stout

Preparing Our Children For A Changing World

The Well of Well-Being

I am sinking down, drifting further down, like a pebble thrown into a clear pure well. It's the well of Being. It's the journey that starts deep inside of me. The pebble tossed into the well floats down slowly, first sending out ripples, and, later gently bouncing on the bottom.

The well goes far into underground cisterns and estuaries, freshly fed by crystal clear water, that's rich and sources life.



Sometimes I pause, take a moment to chose, and other times it is the meeting place of the unknown or the Sacred. I take the time to go deeper, to trust and to listen. This dive is the antithesis of our quick moving, decisive, data driven, technological culture. Yet, it's a perspective I crave more and more.

Helping my daughter with housework, I began to feel overwhelmed with all the doing, then decided to move a little slower, relax my shoulders, throw in the pebble and dive down deeply. I enjoyed the spaces, the pauses. The housework became fun.

It wasn't always like this. For years I was like a water skier on the surface zipping over waves. I didn't know that it was even possible to do anything else. I bounced along, then heard inside that growing and loving felt good and was the only direction I could follow.

At first going deep felt scary. At times the water has been murky, and at other times a grate has barred the well's entrance. There has been gentle excavation, surrender and discovery, pain and joy. I was gifted with the support, circumstances, and teachers that taught me how to learn from everything. I learned to trust myself and my feelings, give myself, love, space and time, and to follow the threads of intuition and the movement of love.

I am convinced that well-being in our often stress-full and disconnected culture takes intention. Without clear intention and surrounding oneself with support that is going in the same direction as wellbeing, we are reminded of the rest 2/3 of Americans who are not very happy.

The intention to source wellbeing can be fed by nature, prayer, mindfulness, gratitude, play, creativity, rendezvous with the sacred, clear boundaries, connections with others, taking care of ourselves, love, and passion. All start from within.

It takes a lot of commitment, and can mean shifting priorities. Sometimes I put on the water skis. I eventually trip, and then remember to source my well-being from the abundant and rich depths of the well.

Sarah Stout

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Pamela Cornish, D.O.M.

Wellbeing

Most people think of health as the absence of disease. However, I think of health and **Wellbeing** as a larger concept---way beyond the absence of

negativity.

I have a patient who uses the word **Wellbeing** quite a lot. I asked him what it meant to him, and he replied:

1. Peace of mind, body, and being
2. Enthusiasm for living
3. Energy to do what you want
4. A body and being that is healthy and functions well

Sounds pretty thorough to me! How would you describe your **Wellbeing** at this very moment?

Every culture, throughout the millenia, has offered a prescription for leading a life with **Wellbeing**. Confucian philosophy teaches about the multiple LI: how you relate to others in the world to enhance your wellbeing. These include your relationship to one's Emperor, to one's parents, ones' spouse, one's boss, ones' children, one's Self. Balance, order and harmony are the fabric of **Wellbeing**.

Lao Tzu offered a different approach to creating **Wellbeing**: "Life is a series of natural and spontaneous changes. Don't resist them; that only creates sorrow. Let reality be reality. Let things flow naturally forward in whatever way they like."

I would like to introduce the concept of OOLA, which I use with my patients, and in the classes I teach. OOLA is a masterful and unique approach that contains all that you need to achieve balance in each and every area of your life. The book, **OOLA, Find Balance in an Unbalanced World** (from Amazon) is packed full of practical and easy to apply principles.

Definition of OOLA: That state of awesomeness ... in the zone ... life is balanced and growing in all 7 key areas of life (fitness, finances, family, field, faith, friends, fun). It is 20 bucks in your couch, all green lights, Christmas bonus in July, every tweet re-tweeted, skinny jeans fit ... good. You can Google it, or go to www.oolamoola.com The OolaGuys, Dr. Dave Baun (Oola Seeker) and Dr. Troy Amdahl (OolaGuru) have identified 7 key areas that people need to balance and grow, to live a rich and fulfilled life, a life of **Wellbeing**.

I pass out a sheet of paper with those 7 categories listed: **fitness, finances, family, field (career), faith, friends, and fun**. I ask them to rank each category from 1-15, signifying percentage of balance, with 15% being the highest level. Finally, they total their averages. $7 \times 15 = 105$, exceeding 100%, but that's ok. They are shocked to see how low their scores are, and which areas are the lowest and highest! You might enjoy trying this yourself, **now!** The goal is to balance all 7 areas, to achieve the highest level of **Wellbeing**. I then teach them techniques for accomplishing 15% in each of the 7 OOLA categories, including lifestyle shifts, changes, and even using a special kit of therapeutic grade essential oils, which includes one oil for each of the 7 categories (**fitness, finances, family, field (career), faith, friends, and fun**). Each oil has been specially formulated to help you connect on a spiritual and physical level as you take action toward your dreams, and find the fulfillment you are looking for in every area of your life of **Wellbeing**. Are you great with **faith**, but low on **finances** or **fun**? Anything running on empty? Your **Wellbeing** is calling!

Wellbeing is **WAY BEYOND** the passe definition of health as "absence of disease." **HEALTH IS WEALTH! HOW WOULD YOU RATE YOUR WELLBEING PORTFOLIO?** The great joy of my lifelong practice is assisting others to diversify, enhance, and empower their **Wellbeing**.

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

Attracting a Perfect New Me (and a CAR)

By
Jan H. Stringer

After months of doubting that I could get a new car, my old car served me with the dilemma of needing a hefty car repair and an opportunity to deal with one my own fears. Who knew a car would be the catalyst to attract a new ME!

As a business owner, it is important to look and feel successful, yet I didn't want to spend the money and invest in a new car....yet. **What a contradiction!**

Driving my old car had me FEELING a little bit like my car...*old and in need of repairs*. My own fears about the car buying process kept me from walking on a dealership lot. The situation shifted by taking small steps one day at a time, plus being clear about what I wanted and how I wanted to FEEL during the transaction. The awesome salesperson helped me by being patient and understanding (also part of my perfect plan). I never did go to the dealership until the day I signed the papers, and it went easily and smoothly.

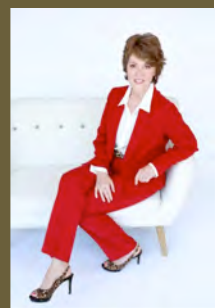
What has become clear for me....

- ✓ Getting what I want is easier when I am clear and stay true to what is perfect for me.
- ✓ Driving my new car makes me feel like a \$\$\$\$Million bucks! I love the successful FEELING I have when I drive my PERFECT car.
- ✓ I attracted a new, better model of ME during this car buying process by facing my fears and letting go of my own doubts to have what I really want.



For more information about how you can shift your doubts and fears, please contact Jan@perfectcustomers.com and to get your PERFECT NEW Lexus, contact: Jamie.tasen@lexusofsantafe.com

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





CENTER FOR CANINE BEHAVIOR STUDIES

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.

If you wish to receive Aeowyn's Dog Treat Recipe Booklet, just email Dianne & she will email you a copy for free! Dianne@RealEstatePropertiesSantaFe.com

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>



Francis Phillips
Hot Summer Sales

This summer has been hot! And I'm not talking about the weather.

Home sales have really taken off this summer. Whether you are looking at Santa Fe, the State of New Mexico, or the nation as a whole, sales have hit some of their best levels in years.

Let's start with Santa Fe, city and county combined. Comparing June 2015 to June 2014¹ (the latest figures we have from the Santa Fe Association of Realtors), sales of single family detached homes increased 19 percent. Whoa – 19 percent? That's a very healthy increase.

For the entire state, the Realtors Association of New Mexico (RANM) reported a 20 percent increase in sales: "A great June for home sales means the 2015 year-to-date reported sales of 8,806 is the highest number reported since 2008 when the REALTORS Association of New Mexico (RANM) started keeping market statistics. 1,850 sales were reported in June 2015, a 20 percent increase over the number of sales reported in June 2014."²

The National Association of Realtors (NAR) released their national June 2015 statistics³ with the headline "Existing-Home Sales Rise in June as Home Prices Surpass July 2006" and continued by saying "Existing-home sales increased in June to their highest pace in over eight years."

It looks like the housing market is BACK.

What do Santa Fe Realtors think? I asked for comments from some experienced Realtors who've seen the ups and downs of the market.

Amber Haskell (Santa Fe Properties) told me: "Santa Fe continues to be 'Best of the West' in value and lifestyle for a diverse buyer base of transitional, retirees and investors alike. South Santa Fe county offers continued open spaces free of development with long views, yet easy access to all that is Santa Fe. We are seeing buyers making mid-market and luxury purchases. It's a great time to buy in Santa Fe!"

JoAnne Vigil Coppler (JoAnne Coppler Real Estate LLC) shared these comments: "Santa Fe's real estate market is showing improvement in the number of home sales and sold prices are holding steady with some improvement in appreciation. There are still values to be found in mid-priced homes, but buyers need to move quickly before interest rates rise and prices climb out of reach. There are still good choices for first time homebuyers, too, both in inventory and loan programs."

Emily Medvec (Keller Williams) said: "The Santa Fe market has positive momentum. City and county units were up 20 percent in the 2nd quarter. Condos were up 25 percent (in units). The story is not about the market... it's about what you do next. Homeowners who have been on the fence about selling are less so now with fewer homes underwater. Millennial buyers are looking for more stability and shifting away from renting. Baby Boomers are downsizing. People making a lifestyle change keep my phone ringing."

Mark Banham and Ian Lockwood (Barker Realty) crunched the numbers and came up with these observations: "As property inventory trends downward and buyer demand increases, typically prices begin
Continued on next page »

« Continued from previous page

to rise. In the second quarter of 2015, there were 15 percent fewer homes for sale overall than in the same period of 2014. However, for buyers looking to find great deals, there are still price points where inventory has not changed from a year ago. For example, the inventory of properties priced from \$700,000 to \$799,000 only decreased 2 percent from June 2014 to June 2015. For properties priced from \$400,000 to \$599,000, inventory only decreased 5 percent. With inventory in these price ranges holding steady, increases in price are not as likely and buyers may have more buying power compared to other price points, such as the \$300,000 to \$399,000 range, where inventory is 27 percent lower.”

One final thought. **Does all this good news mean a new housing price bubble?** I don't think so. The NAR June Existing Home Sales Report may show that the median home price is above July 2006 levels, but when you adjust for the value of a dollar, that doesn't mean homes in 2015 are selling for more in real dollars. We still have a long way to go before we need to be concerned about a bubble.



¹<http://sfar.com/members-only/statistics-for-members>

²<http://www.nmrealtor.com/wp-content/uploads/2015/07/June-2015.pdf>

³<http://www.realtor.org/news-releases/2015/07/existing-home-sales-rise-in-june-as-home-prices-surpass-july-2006-peak>

Francis Phillips, NMLS #193642, is Senior Mortgage Loan Originator with First Choice Loan Services Inc. in Santa Fe. He has served as director of business development for national mortgage companies. He and his mortgage partners have funded and built three homes for Santa Fe Habitat for Humanity. Contact him at fphillips@fcbmtg.com or 505.982.3400.

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!

Home Staging + Design with Debbie DeMarais

Changes at Home Supports Well-Being

The surroundings in a home can affect how one feels, our energy levels, and general outlook. To achieve balance and harmony looking at design, style and placement of items at home, plus adapting a few changes to our daily routines, can contribute to improving our sense of well-being in a home.

When feeling overwhelmed, chaotic, low energy, and out of sorts, consider the state of your home. How the home looks is a direct relationship with how we feel. Are there rooms in the home, especially the main living areas, which are filled with clutter, untidy and neglected cleaning? This could be the weekly collection of reading material that hasn't been recycled to clothing tossed about, dishes piling in the sink, backpacks, shoes and overflowing trinkets on surfaces collecting dust or any number of items which are overflowing in the room. It happens to all of us from time to time. We get busy with our lives and tend to ignore how the home looks and before we know it, it appears as if a tornado has blown through.

Paying attention to how we live and interact within the home is the first step in supporting our state of well-being. Making changes to support this takes a daily commitment in how we interact at home. With simple modifications of maintaining and keeping the home clean, including putting items away upon returning home or after use, picking up and tidying before retiring for the evening, and reducing the number of trinkets and collectibles in the home. These minor changes will open up more space to enjoy and appreciate rather than having to interact around the clutter.

These simple adjustments to your routine can lead to a healthier environment, better outlook, and increased energy levels contributing to your well-being. Who know you may fall in love with your home again.



De-cluttered kitchen highlights the spacious countertops and usable space.

Debbie DeMarais is a certified Home Stager, and certified in Interior Design and Architectural Design. She provides full-service home staging and design solutions for exceptional results throughout Northern New Mexico.

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 505.699.4989

Web: <http://homestagingsantafe.com> **Email:** Debbie@homestagingsantafe.com



Monthly Market Report Albuquerque

GAAR GREEN SHEET July 2015



A condensed overview of the monthly statistical highlights.

Active Listings

Detached: 4,067
Attached: 420

⌚ One year ago
Detached: 4,967
Attached: 461

% Change (Detached)
-18.12%

Pending Listings

Detached: 1,157
Attached: 113

⌚ One year ago
Detached: 986
Attached: 85

% Change (Detached)
+17.34%

Closed Listings

Detached: 1,013
Attached: 107

⌚ One year ago
Detached: 823
Attached: 75

% Change (Detached)
+23.09%

Average Sale \$

Detached: \$212,345
Attached: \$148,481

⌚ One year ago
Detached: \$230,750
Attached: \$142,363

% Change (Detached)
-7.98%

New Listings

Detached: 1,618
Attached: 173

⌚ One year ago
Detached: 1,592
Attached: 131

% Change (Detached)
+1.63%

Days on Market

(Average)

Detached: 59
Attached: 67

⌚ One year ago
Detached: 60
Attached: 73

% Change (Detached)
-1.67%

Sales Volume

(in Millions)

Detached: \$215.1
Attached: \$15.9

⌚ One year ago
Detached: \$190.0
Attached: \$10.7

% Change (Detached)
+13.21%

Median Sale \$

Detached: \$185,000
Attached: \$145,000

⌚ One year ago
Detached: \$190,000
Attached: \$136,000

% Change (Detached)
-2.63%

Closed Sales by Market Area

MLS Area	City/County	2013	2014	2015	% Change
Areas 10 - 121	Albuquerque	642	565	678	+20.00%
Area 130	Corrales	11	21	13	-38.10%
Areas 140 - 162	Rio Rancho	178	143	189	+32.17%
Area 170	Bernalillo	10	8	12	+50.00%
Area 180	Placitas	7	6	8	+33.33%
Areas 210 - 293	East Mtns. / Estancia	46	39	59	+51.28%
Areas 690 - 760	Valencia County	45	41	54	+31.71%

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

Featured Listings in Albuquerque Area

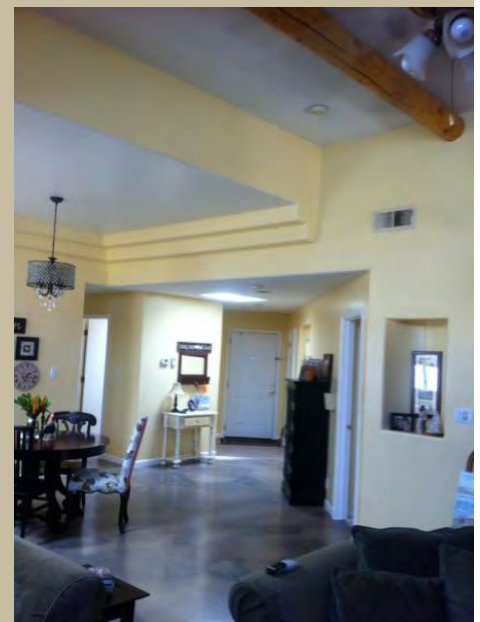


**10305 Dayflower Drive NW,
Albuquerque, NM 87114**
3 bedrooms / 2 baths 1,730 sqft
MLS# 842253 **\$190,000**

Award Winning Builder and Floor Plan for the Parade of Homes!!! Enormous Great Room with Soaring Ceilings, Kiva fireplace and Beams. The master suite is

separated and has a private entrance to the covered patio. Master bath with separate tub and shower.

Gorgeous artistic cement flooring in living areas for easy care. Skylights throughout brighten your world! Everything you need is in this neighborhood, shopping, great schools, restaurants, and more. Hook up for hot tub in back.



**500 Pattie Lane SE, Albuquerque,
NM 87123**
3 bedrooms / 2 baths 1,100 sqft
MLS# 839460 **\$120,000,**

Cozy updated kitchen with new wood cabinets, granite counter top and light fixtures. New paint and nicely cleaned. Newer stucco and carpet. Laminate wood floors in living room. Ceramic flooring in kitchen, eating area and baths. CFA heating. Attached single car garage with door opener. Good sized cul de sac yard with little covered patio! Walking distance to park.

Convenient to shopping and I-40 access. 10

Minutes to Downtown and Cedar Crest. Easy to buy! Not a short sale! Buyer is willing to help with down payment.

Albuquerque Real Estate News with Cecilie Bodman

Featured Listings in Albuquerque Area

1218 Apache Drive Socorro, NM 87801
MLS# 837737 \$240,000

3 Bedrooms, 2 Baths, 2,006sqft

Single story, energy efficient, three bedroom home on Tech Hill. Deck with amazing views of the sunset and valley. Wood floors in the living room. Open kitchen with dining room. Free lawn water & campus security. 10 minute walking distance to NRAO and NMT. Beautiful mature landscaping with green lawn & xeriscape.

Materials & fixtures used in the home are of high quality. Family room is spacious & designed by an architect. Formal drawing room with dining space is separate from the large family room. Two car insulated & finished garage.



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!



**Find out
what your
homes is
worth! Call
me.**

Cecilie Bodman
Equity New Mexico
3620 Wyoming Blvd. NE # 200
Albuquerque, NM 87111
Cell: 505-250-1356
Email: abqgold@gmail.com
Web: <http://abqgold.com>

Aldea Townhouse: 14 Calle Plazuela in Aldea MLS# 201503943

Santa Fe Report - Aldea

Real Estate News from Dianne McKenzie

3 Bedroom/ 2.5 Bath, 1,850 square feet

Price: \$349,500

Searching for a second home or investment property that offers low maintenance and easy to care for?



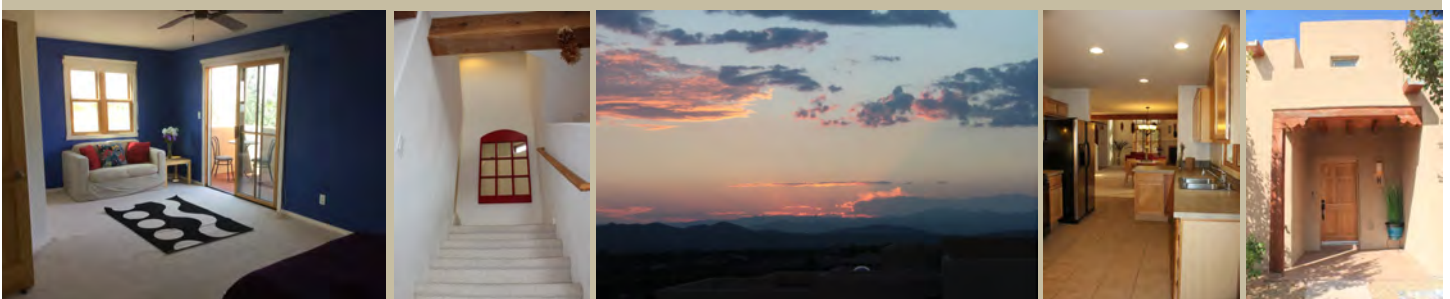
In peaceful Aldea, come experience the Santa Fe lifestyle in this single owner, 3BR, 2.5 BA 1850sqft 2-story pueblo-contemporary corner gem of a townhome. Main level features a fabulous layout with open natural light-filled living, dining & kitchen. Vaulted 12' tongue/groove wood ceiling decked with vigas, gas fireplace & tall windows. Dining area adjoins an open modern kitchen with windows on 2 sides gracefully opening to an intimate courtyard with covered portal & access to a detached 2-car all but painted garage.

Walled irrigated courtyard nestled within mature trees for outdoor privacy. Along the tree lined street-side, living & dining room windows are graced with custom elegant maple blinds. First floor private bedroom /home office/media room, 1/2 bath & separate laundry area. 2nd floor master bedroom sanctuary offers sitting/office area & balcony with sweeping mountain views east to west with iconic sunset views. Double sinks in master bathroom & deep walk-in closet. 3rd bedroom is light & bright with full bath off the hall. Enjoy natural pine doors, tile floors and berber carpeting. House brightened with natural light by many skylights.



Aldea offers planned open spaces, a mix of housing types, walking paths, workout facilities, sidewalks, paved roads, a cafe, and underground utilities in a beautiful southwest rolling terrain, just 10 minutes to downtown.

Don't miss out! Recently, the only other townhouse was on the market for only 3 days before receiving an offer. This property has excellent value, and is ready for you to move into it today!



2015 Aldea Stats: Sold, Pending & Listed



























Sold: 27 Homes, DOM 174, 0 Lots,

Pending: 2 Homes, 3 Lots

Listed: 16 Homes, avg \$549,837, 10 Lots

Santa Fe Report - Aldea

Real Estate News from Dianne McKenzie

14 Calle Plazuela	\$349,500	\$349,500	1,850	\$188.92	3	3(2 0 1)	Two Story	Yes	Townhouse	201503943	6	8/30/2015	No	No	
27 Camino Botanica	\$429,900	\$479,000	1,803	\$238.44	2	3(2 0 1)	Single	No	Single Family	201501850	122	5/4/2015	No	No	
25 Calle Lemita	\$455,000	\$484,000	2,061	\$220.77	3	3(1 2 0)	Single	Yes	Single Family	201502107	108	5/15/2015	No	No	
5 Arroyo Privado	\$499,000	\$525,000	2,440	\$204.51	4	4(3 1 0)	Split or Tri-Le	Yes	Single Family	201404806	334	10/3/2014	No	No	
5B W Via Plaza Nueva	\$509,000	\$514,900	2,800	\$181.79	3	3(2 0 1)	Two Story	Yes	Single Family	201501072	159	3/25/2015	Yes	No	
1 Altura Vista	\$539,000	\$549,000	2,159	\$249.65	3	3(3 0 0)	Single	No	Single Family	201501223	151	4/2/2015	No	No	
4 Calle Siete Casas	\$539,000	\$574,999	2,464	\$218.75	3	3(2 0 1)	Split or Tri-Le	Yes	Single Family	201502041	111	5/12/2015	No	No	
8 Calle Amistosa	\$545,000	\$545,000	2,223	\$245.16	3	2(2 0 0)	Single	No	Single Family	201405017	314	10/21/2014	No	No	
18 Camino Barranca	\$549,000	\$560,000	2,305	\$238.18	3	2(2 0 0)	Single	No	Single Family	201503032	60	7/6/2015	No	No	
16 Camino Botanica	\$550,000	\$600,000	3,103	\$177.25	3	3(2 1 0)	Two Story	Yes	Single Family	201405411	280	11/24/2014	No	No	
150 AVENIDA FRIJOLES	\$599,000	\$599,000	2,391	\$250.52	3	3(2 0 1)	Single	No	Single Family	201501041	161	3/23/2015	No	No	
13 Calle De Montanas	\$599,000	\$617,500	2,300	\$260.43	3	3(2 0 1)	Single	No	Single Family	201501572	133	4/20/2015	No	No	
55 Centaurus Ranch Rd	\$639,000	\$649,000	2,856	\$223.74	3	3(2 0 1)	Single	No	Single Family	201503201	50	7/13/2015	No	No	
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55 Centaurus Ranch Rd	\$639,000	\$649,000	2,856	\$223.74	3	3(2 0 1)	Single	No	Single Family	201503201	50	7/13/2015	No	No	

Santa Fe Report – Tessera Real Estate News from Dianne McKenzie




MLS # 201503386 **Call for current status**

View Lot #28 in Tessera
 5 Via Quarta Santa Fe New Mexico
 Dianne McKenzie
 505.603.9300 • Dianne@RealEstatePropertiesSantaFe.com • RealEstatePropertiesSantaFe.com



3 View Lots with Custom Homes in Tessera

Discerning buyers in search of gracious estate quality living on a budget will appreciate this unique ready-to-build Tessera project located near three existing high-end contemporary million plus dollar homes. GaiaQuest and Comet Studios have teamed up with a premiere local contractor to offer the only custom contemporary home opportunity presently available in the beautiful Tessera development, adjoining Aldea.




MLS # 201503387 **Call for current status**

View Lot #26 in Tessera
 32 Via Bella Santa Fe New Mexico
 Dianne McKenzie
 505.603.9300 • Dianne@RealEstatePropertiesSantaFe.com • RealEstatePropertiesSantaFe.com



Enjoy a Regeneratively Sustainable Lifestyle

Environmentally conscious Eco – Home design includes passive and active solar features plus regeneratively-sustainable permaculture landscaping, passively irrigated with roof and land swale catchment systems.




MLS # 201503388 **Call for current status**

View Lot #27 in Tessera
 4 Via Quarta Santa Fe New Mexico
 Dianne McKenzie
 505.603.9300 • Dianne@RealEstatePropertiesSantaFe.com • RealEstatePropertiesSantaFe.com



Unique Home Site Offering includes Design

Our Tessera offering includes a full design package, preliminary construction documents, survey map with topography and preliminary construction budget. Construction documents will be completed after we integrate necessary buyer input into the design. Ready to build later this summer, this opportunity can easily be custom tailored to accommodate buyer needs and lifestyles. Custom designs by John Halley. Call for a tour. John can customize the homes to meet your lifestyle needs.

Each: 3 Bedrooms/3 Baths Contemporary Santa Fe style home to be built on view lots in Tessera. Call for pricing & availability.

2015 Las Campanas Stats: Sold, Pending & Listed

Sold: 40 Homes, DOM 235, 10 Lots,

Pending: 9 Homes, 3 Lots

Listed: 71 Homes, avg \$1,267,720, 85 Lots, avg \$130,865

Las Campanas Report: Homes & Lots



There are currently 71 homes for sale in Las Campanas. There are currently 31 Homes under \$1,000,000 in Las Campanas. There are currently 40 Homes over \$1,000,000 in Las Campanas.

There are currently 85 Lots for sale in Las Campanas. There are currently 37 Lots under \$100,000 in Las Campanas.

There are currently 42 Lots over \$100,000 in Las Campanas. View one photo per property. For additional photos or a tour call: 505.603.9300.

Private Club Membership in Las Campanas is by invitation only. There is no residence requirement to become a member at The Club at Las Campanas.

Established in 1992, Las Campanas is a luxury master-planned community in Santa Fe. Stretching across 4,700 acres surrounded by pristine high desert, the community is comprised of exclusive neighborhoods. Las Campanas is also home to The Club at Las Campanas, where members can enjoy two award-winning Jack Nicklaus Signature golf courses, the 46,000 square foot Hacienda Clubhouse, a peerless Equestrian Center and the Fitness & Tennis Center, which includes a luxurious spa.

Las Campanas features more than 10 distinctive enclaves, each with its own architectural style and character. There are currently 751 custom homes in Las Campanas, and the fully developed master plan can accommodate up to 1,771 homesites.

With the exception of Estates I and II, which are supplied by City water, the residences are served by the Las Campanas community water system, which includes a state-of-the-art water treatment facility.

Call me, Dianne, 505.603.9300, for a tour of Lots & Homes in Las Campanas.

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with the message:

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To: **32323**



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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*

MLS# 201502443



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.

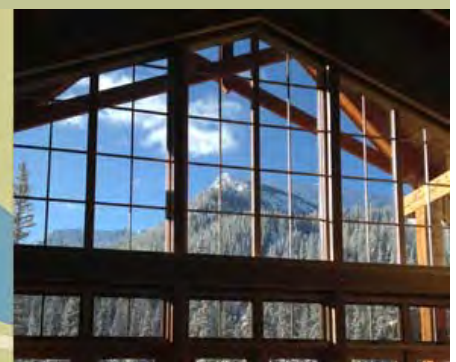
Community Investment Opportunity:

- 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

Kachina Mountain Lodge is now offering luxury mountain home sites for sale within a thoughtfully master planned wilderness eco-resort community in the Kachina basin at the top of Taos Ski Valley. Surrounded by abundant year round wilderness recreation opportunities, KML's home sites are competitively priced from \$185,000 to \$495,000. Don't miss this rare opportunity to own a luxury wilderness home your family will treasure for generations! <http://KachinaMountainLodge.com>. Please call John Halley, developer, for detail information, maps, home site information, floor plans etc: 505.231.1454



A E O W Y N's Dog Treats



Peanut Butter Pumpkin Treats

Ingredients:

- 2 cups peanut butter
- 1 can (15 oz) pumpkin (not pie filling)
- 1 cup of beef broth
- 2 cups rice flour (or any flour)
- 1 cup rolled oats, uncooked
- 1 cup flax seed meal
- ½ cup wheat germ
- ½ cup pumpkin seeds chopped

*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: peanut butter, pumpkin, beef broth in a bowl.
3. Mix dry ingredients in a large bowl: rice flour, flax seed meal, wheat germ, rolled oats, & chopped pumpkin seeds. Combine all the ingredients. Divide into 4 balls.
4. Roll out dough ball between parchment paper, 1/16"-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 30-35 minutes slightly brown & crunchy. If you prefer a softer treat, bake for 20-25 minutes. Remove from oven and cool. This recipe uses 4 baking sheet/trays.

These treats 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

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- 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

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- 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.



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www.KachinaMountainRealEstate.com



Apricot Standard Poodle
& Service Dog

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