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Financial Athlete vs. Big Bottomed Benchwarmer

Watching Sandy tuck into that Big Mac and crispy set of fries was enough to start my stomach craving for one of those little apple pies that if you wolf down to quickly, burn the roof of your mouth.

Am I getting fat hanging out with her? According to Newsweek's article 'A groundbreaking new study says obesity is contagious, spreading through social networks. Friends, more than family or neighbors, are the ones propagating the epidemic.'

Well, I'm sure that there is some truth buried thick in the middle there. But, my common sense dictates that I'm *less likely* to be scarfing down chocolate floats with my chubby buddy if I don't like the way he looks. I may feel encouraged to say, "let's skip lunch and go for a brisk walk" because I care about him and his health.

I understand that obesity is a serious problem and I'm not speaking lightly about it.

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My correlation is directed to attitude and learned behavior.

An old adage applies here 'Monkey See, Monkey Do'. Christakis says, "It's spreading through ideas about what appropriate behaviors are." In other words, "If I see you gaining weight, and I respect you, and want to emulate you in other ways, that changes my ideas about what is an acceptable body size."

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Please see *Athlete or Big Bottom Benchwarmer...* on page 2

Financial Athlete or Big-Bottomed Benchwarmer?

Article by Glenn Simon Inc.

I can attest to the power of positive influence. You've heard "Your Network = Your Net worth", this is very true. Not just about money but health, life and ideas.

Sure it's easier to commiserate the trials of life (and even a way to bond) with friends. But, real progress happens when your peers and associates keep aspiring to do better and you jointly push to reach higher goals- that's where real, healthy growth occurs. Mastermind groups and Focus Partners enable an excellent source to support, share ideas and experiences that propel you all forward.

Imagine Trump, Kiyosaki and Tiger Woods' inner circle of inspiration and support.

It's essential to have a partner, group or team to pull you up the ladder be it health, wealth or spirit. That includes being accountable for your own actions.

Alberta is bursting with over \$176B of economic investment make certain you have the network to support your growth and success in this outstanding market.



Paganini

Achieving Peak Performance: How to Keep a Positive Attitude, Even If You're on Your Last String...

Excerpts from Dr. Alan Zimmerman's article

The great violinist Paganini was performing before a most distinguished audience. Suddenly, one of his violin strings snapped. The audience gasped. But the master musician continued unruffled to play on the three remaining strings.

Snap! A second string broke. Then, with a sharp crack, a third string broke!

For a brief moment, the artist stopped, raised his famous Stradivarius violin high, and with one hand announced, "One string -- and Paganini."

With outstanding skill, he finished the selection on a single string. His performance was flawless, and the audience gave him a tumultuous standing ovation.

There will be times in your life when one string after another will snap. And you will go through circumstances that might tempt you to give up. But if you maintain a positive attitude, you won't allow yourself give up.

Focus on the positive. There's always some good in a bad situation. And there's always some bad in a good situation. It's the Yin Yang effect. So, what do you choose to focus on?

An old ditty says it this way: *"As you go through life, brother, Whatever be your goal, Keep your eye upon the doughnut, And not upon the hole!"* Some people focus on the hole. But the strategy seldom if ever works. You've got to stop keeping track of the negatives.

If you want to achieve peak performance, you must focus on the positive like Frank did, even though his constant optimism irritated his friends. No matter how horrible the circumstances, he'd remark, "It could have been worse."

To cure him of his annoying habit, his friends decided to invent a situation that was so bad, so terrible that even Frank could find no hope in it.

On the golf course one day, his friends said, "Frank did you hear about Tom? He came home last night, found his wife in bed with another man, shot them both, and then turned the gun on himself."

"That's horrible," Frank said. "But it could have been worse." "How could it possibly be any worse?" his friends asked. "Well," Frank answered, "If it had happened the night before, I'd be dead."

Alberta's Fountain Of Youth

**By: Alexandra Zabjek, with files from Trish Audette,
The Edmonton Journal; with files from CanWest News Service**

Published: Wednesday, July 18th, 2007

Young city, Province, buck national trend

EDMONTON - Canada may be growing older, but booming economic growth in Edmonton and Alberta is causing the ranks of young people in this region to swell, bucking trends in the rest of the country.

Alberta showed a median age of 36 years, the lowest of all the provinces, according to 2006 census data released Tuesday by Statistics Canada. Likewise, the median age in Edmonton and Calgary -- which means half are older and half younger -- was 36.4 years and 35.7 years respectively, compared with 39.5 nationwide, which placed the cities among the country's **youngest major metropolitan areas**.

The number of young people in this province reflects both **the economy's current strength and its potential for future growth**, analysts said. "In a relative sense, we do have a somewhat favourable situation in terms of economic growth," said Frank Trovato, a professor of demography and sociology at the University of Alberta.

"Having a younger age overall could potentially mean more younger workers -- that's good for the economy because it means you have more entry-level workers, you can pay them a bit less and so it contributes to economic growth."

In Edmonton, the working population -- including those aged 15 to 64 -- soared by 12.2 per cent since the last census to a whopping **70.8 per cent** of the population in 2006, the StatsCan data showed. Last year, young adults aged 20 to 44 made up roughly 38 per cent of the province's population, compared to 34.5 per cent nationally.

In addition, for every 100 people of retirement age in Alberta, there are about 151 entering the workforce, the most favourable workforce replacement ratio of all the provinces. But if Alberta is earning a reputation as a fountain of youth, it is happening at the expense of other provinces.



Alberta has the Nation's youngest and fastest growing population

"the great growth opportunity here and that this is a city on the move. Young people are coming here and seeing a great future." -Mayor Stephen Mandel

Migrants who have streamed into Alberta from across the country to fill labour gaps are typically of younger, often child-bearing ages, increasing the working-age population, according to Statistics Canada. Among them is Lee Goodyear who came to Alberta in 2002 from Newfoundland. He arrived with \$19 in his pocket and "a dream of becoming something."

Two years later, Goodyear opened a commercial construction business, Practical Tactics, and the 26-year-old now shares an acreage west of Stony Plain with his best friend, also from Newfoundland. "I'll never go back home," he said. "If I can buy some cows and retire here, I'm good."

Goodyear's other aspiration, "to be a daddy," is also reflective of the province-wide baby boom, which is further contributing to Alberta's younger population.

Alberta's Fountain of Youth

Mayor Stephen Mandel said the census shows "the great growth opportunity here and that this is a city on the move. Young people are coming here and seeing a great future."

But despite record growth among the workforce population in Alberta, the region is hardly off the hook when it comes to an aging population. Alberta's fertility rate -- at approximately 1.8 children per woman -- is still not at replacement levels, and the province's baby boomers will eventually be leaving their jobs and requiring expensive medical treatment as they age.

The 55 to 64 age group is the fastest growing in the province, with an increase of 34 per cent, between 2001 and 2006, according to StatsCan. Approximately 10 per cent of Alberta's population was over the age of 65, compared to 13.7 per cent in Canada and 11.1 per cent in Edmonton in 2006. The proportion of seniors in Edmonton was the second lowest of the country's 33 major metropolitan areas.

"We're aging, just like the rest of the industrialized world," said Trovato, from the U of A. While Canada is likely to have more people approaching retirement age than working age in the next 10 years, **that same "crossover point" might not arrive until 2027 in Alberta, said Trovato.**

"We have perhaps a more favourable situation simply because the aging ratio over youth ratio is going to

"I like thinking big. If you're going to be thinking anything, you might as well think big." –Donald Trump

happen later," he said. Even when that point comes, however, Trovato said the province's demographic makeup will not have reached a crisis point.

"We have to be careful not to be too alarmist because Canada is a country that in many ways is socially and economically blessed. I don't view it as a crisis because we have a good social system," he said.

Still, that hasn't prevented organizations such as Capital Health from feeling nervous about what they saw in the age statistics released Tuesday.

"From our perspective, we're planning for more seniors," said Rob Stevenson, a spokesman for Capital Health. "We're continuing to plan for seniors even if we're the youngest province."

Boiling It Down:

Exciting stuff. Alberta is young and growing. The province continues to attract record numbers of people and investment. I'm amazed with the new tally of projects underway and committed to Alberta at **\$176 Billion**. The Heartland Industrial area will have positions for 20,000 construction workers over the next 8-10 years alone, creating 4,200 full time jobs for the Upgraders.

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