

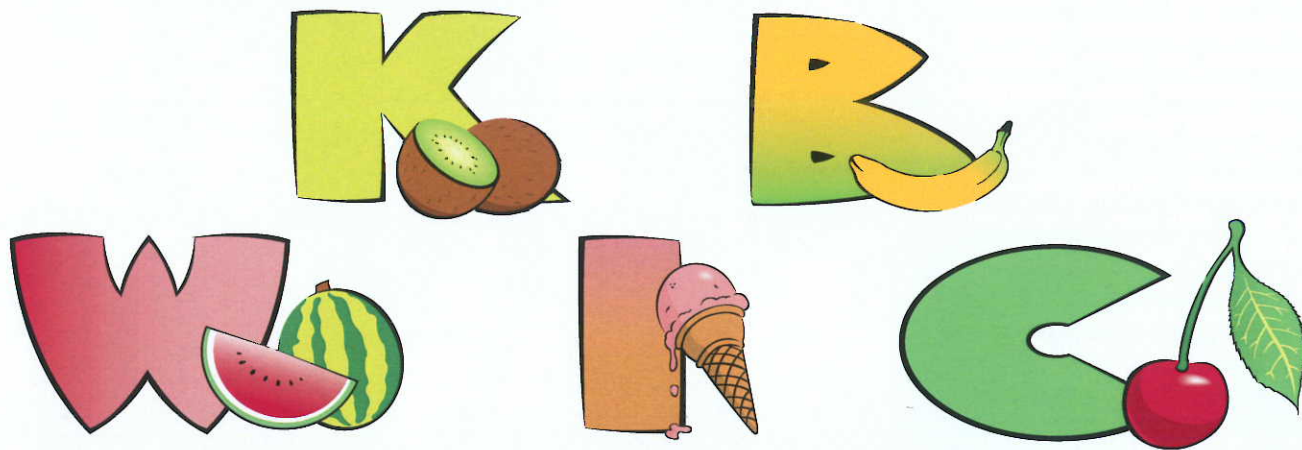
Preferred Group Team Member Update



Anu Khullar

Always keeping busy and enjoying life to the fullest, Anu has been busy helping real estate clients so far this spring. The market is strong, and a great time to buy and sell. With the recent election and a stable government for the next few years, the market in Edmonton is predicted to be strong and she is gearing up for a busy summer. But before she gets too busy she has finally booked a holiday for herself for two weeks in May, going to Honduras to enjoy some diving. No phone, email, or distractions, just relaxation in the sun and sand!

Which of these letter and food pairs do not fit the rest?



Answer: The I and the ice cream: I is a vowel and ice cream is a dairy product
The other letters are consonants and they are paired with fruits



Kids Korner

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Volume 4 Number 5

The sun is out, the birds are singing and it's time to move from your living room to the great outdoors. If it's time to upgrade your patio space, here are a few things to take into consideration:

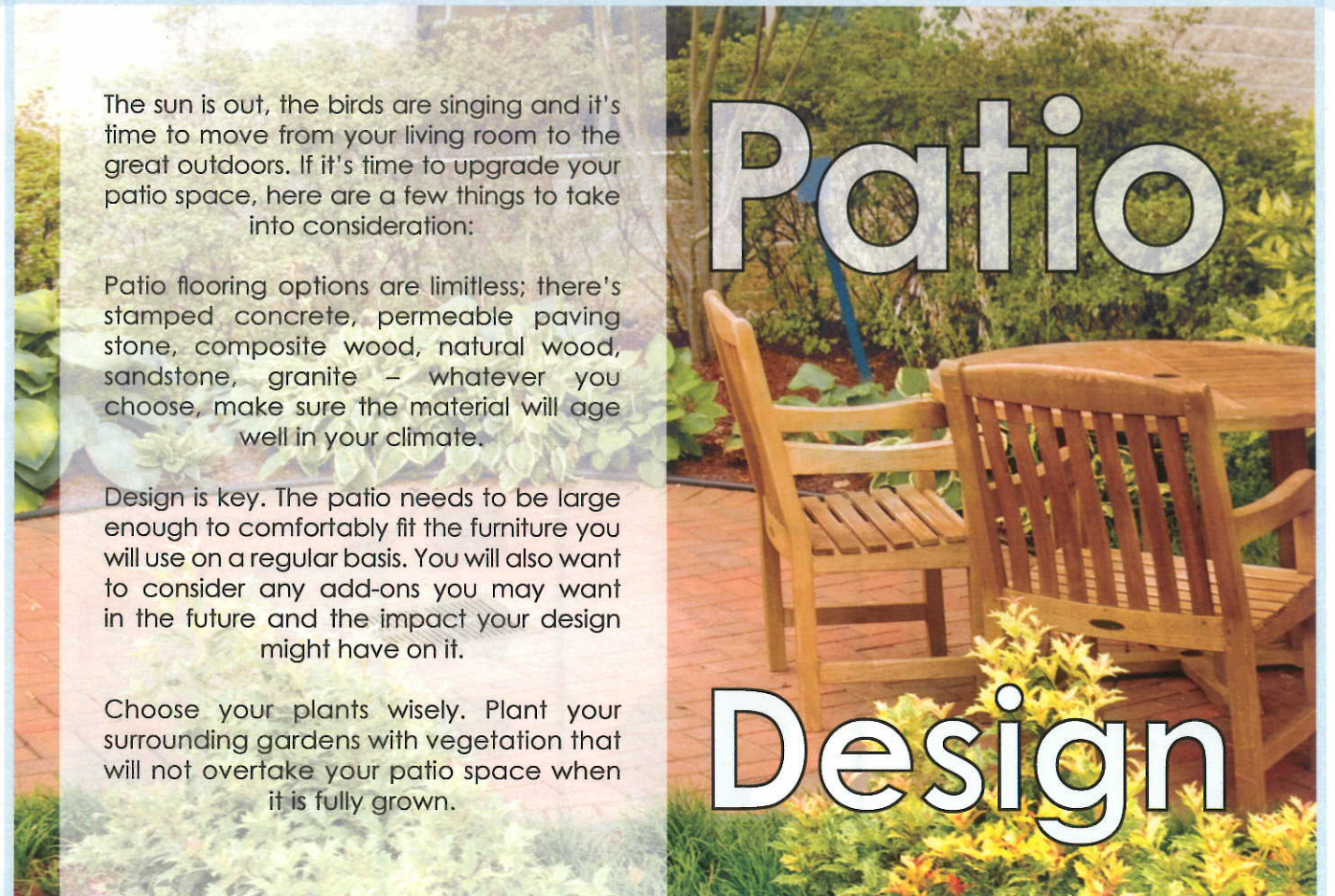
Patio flooring options are limitless; there's stamped concrete, permeable paving stone, composite wood, natural wood, sandstone, granite - whatever you choose, make sure the material will age well in your climate.

Design is key. The patio needs to be large enough to comfortably fit the furniture you will use on a regular basis. You will also want to consider any add-ons you may want in the future and the impact your design might have on it.

Choose your plants wisely. Plant your surrounding gardens with vegetation that will not overtake your patio space when it is fully grown.

Patio

Design



Grilled Mushroom, Cheese and Spinach Panini

- 1 tbsp olive oil
- 1 cup sliced fresh mushrooms
- 1 large clove garlic, crushed
- 1 tsp dried basil leaves
- ½ cup chopped oil-packed sun-dried tomatoes, drained
- 2 cups grated old Cheddar cheese
- 4 oval panini rolls (about 4"/10cm), halved
- 1 cup baby spinach leaves

In medium frying pan heat oil over medium-high heat; add mushrooms and cook, stirring occasionally, for 3 minutes or until starting to brown. Stir in garlic and basil; cook for 1 minute. Remove from heat and set aside.

In a small bowl mix cheese and tomatoes; spread evenly on bottom half of each roll. Arrange the mushrooms, and spinach leaves, evenly on top of cheese. Top with the other half of each roll and press firmly.

Cut sandwiches in half to serve. Heat a well seasoned ridged grill pan OR a non-stick skillet over medium heat. Place sandwiches in pan and place another heat-proof pan or skillet on top of sandwiches; weigh down with canned goods and cook 3-4 minutes or until lightly browned. Turn panini over and repeat for other side. Lower heat after sandwich is browned to melt cheese.



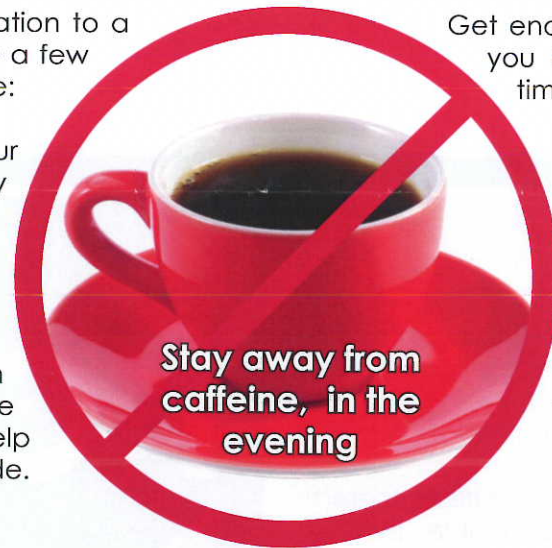
Courtesy of www.mushrooms.ca

In the Habit

Good sleep habits are the foundation to a productive, healthy day. Here are a few ideas to get the best sleep possible:

Stretch. Work a routine into your nighttime rituals and work out any kinks and pains from the day. Relaxing your muscles will help you sleep better.

Time it. Stay away from caffeine, alcohol and vigorous exercise in the evening. Focus on tasks that are more relaxing such as reading to help your body get ready for sleep mode.

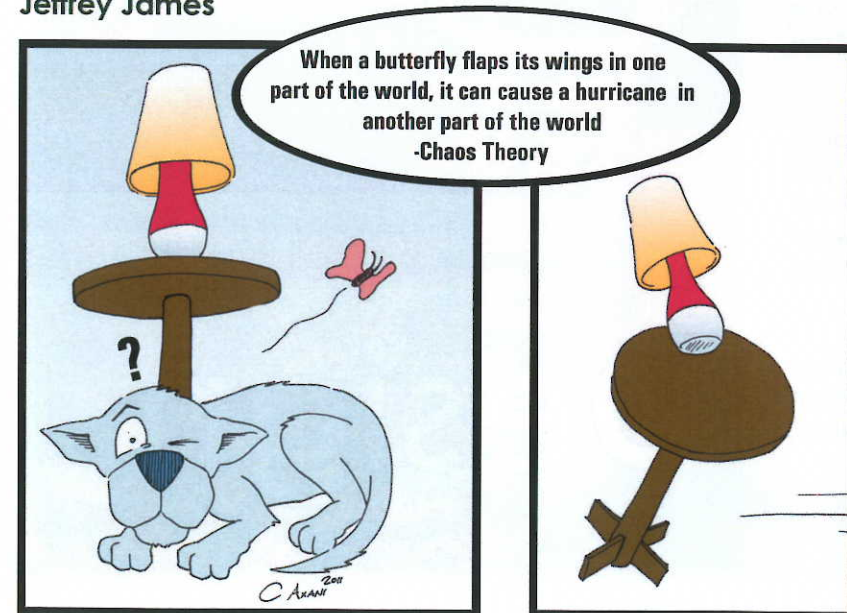


Get enough sleep. Try to plan your day so you can get to bed at a reasonable time, give your body enough time to recuperate from the day.

Watch your posture. Posture affects us on a daily basis. Use a pillow that allows you to sleep with your body properly aligned.

Mattress selection. Get a mattress that works for your body type, this will help with your posture and improve your quality of sleep.

Jeffrey James



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Summer Explorations

What's your destination?

Summer holidays are gleaming on the horizon and so are dreams of exciting vacations and travel spots. Canada is brimming with exceptional getaways and you can find them in every province.

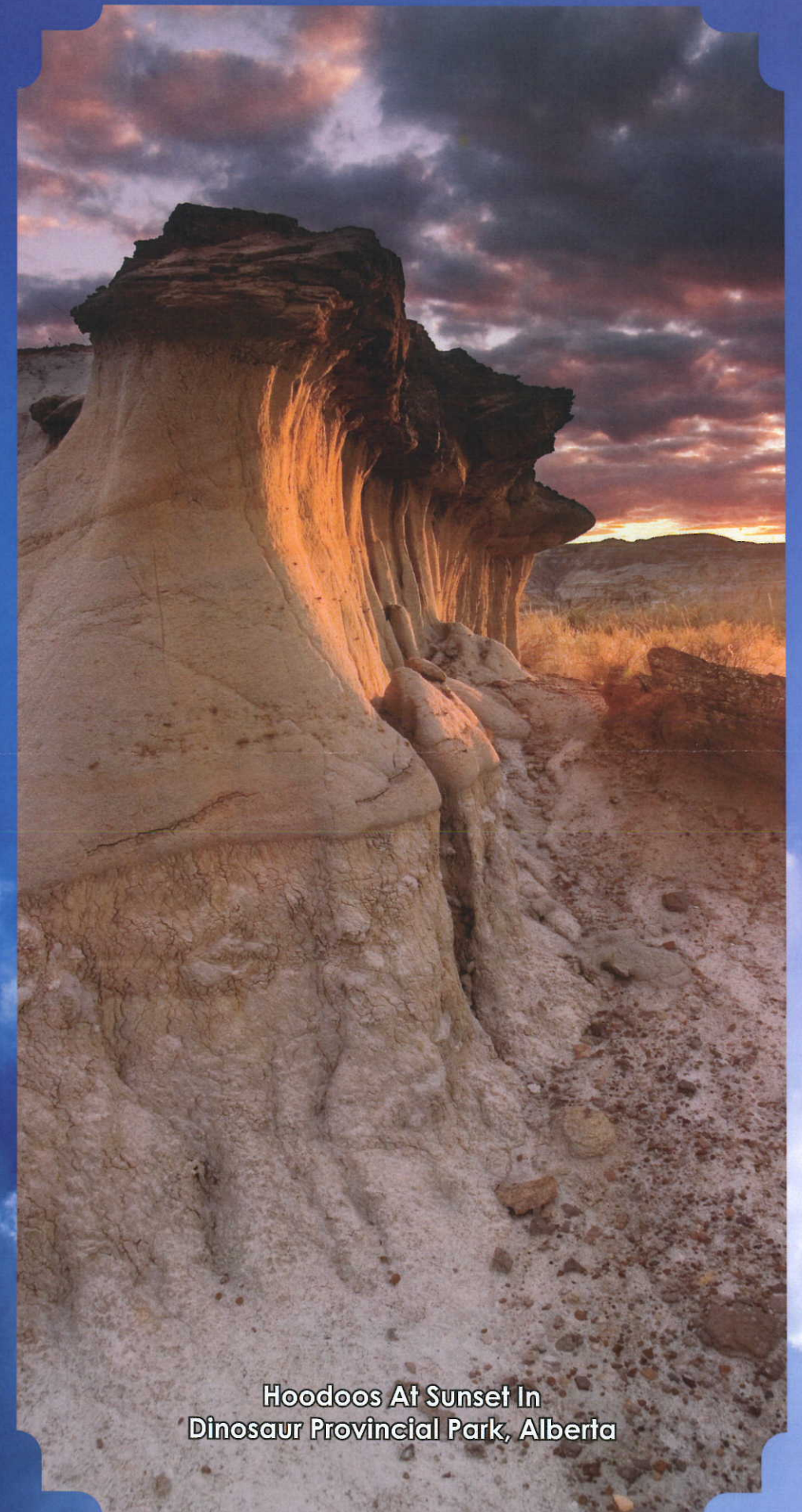
Visit a National Park. Visiting a park is a great way to get close to nature and learn about the landscape of a specific area. There are national parks from coast to coast, many with interpretive centres and interesting activities for every age group.

Find a Festival. Do you love Shakespeare? Music? The wild west? Midways? Theatre? Lobster? If you can dream it, you can probably find a festival celebrating it. Instead of planning your vacation to take you somewhere you always go, plan it to coincide with a festival you want to attend. Attending festivities in other cities across the country will introduce you to our diverse arts and cultural scenes and may just take you to a place you wouldn't have thought of visiting before.

Be a History Buff. Canada is rich in history and folklore. You can try to catch a glimpse of the Ogopogo in Lake Okanagan, BC; visit dinosaur stomping grounds in Drumheller, AB; walk through Al Capone's underground tunnels in Moosejaw, SK; tour the parliament buildings in Ottawa, ON; watch the tide come in at the Bay of Fundy in Hopewell Rocks National Park, NB; call on 'Anne' at Green Gables in Cavendish, PEI and the list goes on!

Canada has a wonderful vacation resource in our own backyard, so take some time this summer to get to know your country.

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Hoodoos At Sunset In Dinosaur Provincial Park, Alberta