

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!



River City

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O CANADA!

The Canadian anthem we sing today was officially proclaimed the national anthem on July 1, 1980. The first version of the anthem was sung 100 years before that on June 24, 1880. The song we know today was written in 1908 by Mr. Justice Robert Stanley Weir and the music was composed by Calixa Lavallee.

When it comes to finishings for the exterior of your home, there are many good products on the market. Head to your local hardware store and you'll find products made from wood, vinyl and stucco to name a few. An interesting trim and siding product on the market today is durable, ecologically friendly, easy to use and is also readily available.

This product is an engineered wood substrate. The boards are made out of wood fibres or wood strands mixed with a formaldehyde-free resin and coated with a protectant to resist decay. The siding looks like cedar when painted and reduces product waste because it is knot-free and it will not warp as traditional wood might.

For more information visit
www.lpcorp.com/smartside



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The sweet, juicy flavour of watermelon combined with creamy marshmallow and chocolate makes these puffs a little taste of heaven!

WATERMELON MARSHMALLOW PUFFS

INGREDIENTS

- 1 cup (250 mL) semi-sweet chocolate chips
- 8 4-inch (10 cm) x 4-inch (10 cm) x 1-inch thick (2.5 cm) squares of seedless watermelon
- 2 cups (500 mL) marshmallow cream

DIRECTIONS

- 1 Pulse the chocolate chips in a food processor until ground to the texture of coarsely-ground coffee.
- 2 Arrange the watermelon squares on a serving platter and spoon the marshmallow cream into puffs on top of each watermelon square.
- 3 Sprinkle the ground chocolate over the marshmallow. Serve immediately.

Makes 8 servings.

Courtesy of www.watermelon.org

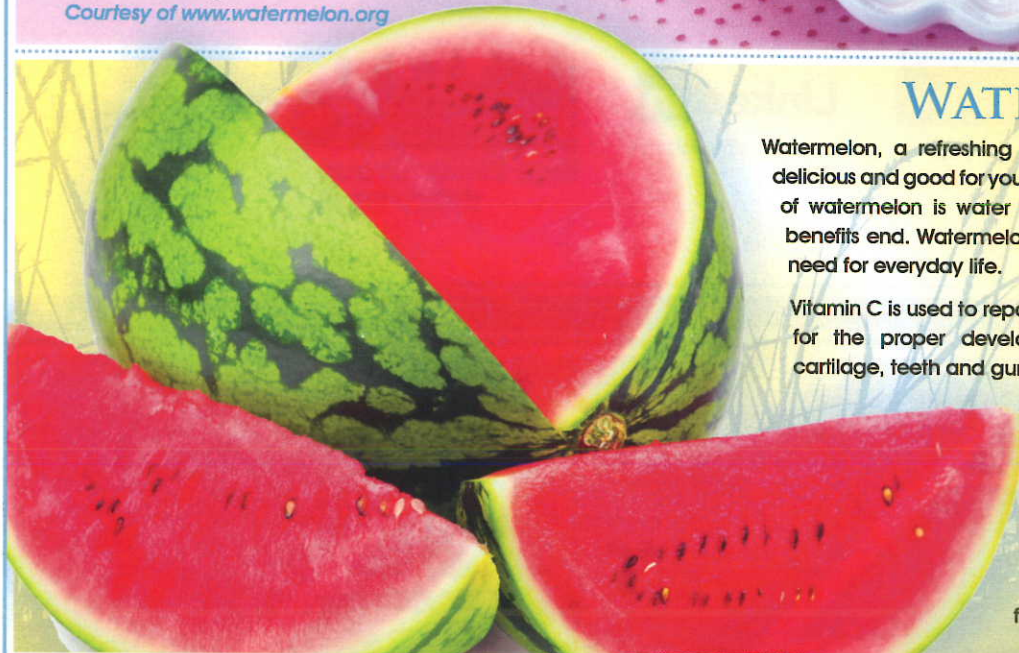


WATERMELON

Watermelon, a refreshing fruit synonymous with summer, is both delicious and good for you. As the name says, the main component of watermelon is water – about 92% but that's not where the benefits end. Watermelon also contains a few of the vitamins we need for everyday life.

Vitamin C is used to repair the tissues in your body and is needed for the proper development and maintenance of bones, cartilage, teeth and gums.

Vitamin B1, also known as thiamin, is the energy release for carbohydrates, fats and proteins making each usable for your body. Vitamin B6 gives you energy and helps with tissue formation. Vitamin A is needed for normal bone and tooth development and is necessary for healthy skin and eyes.



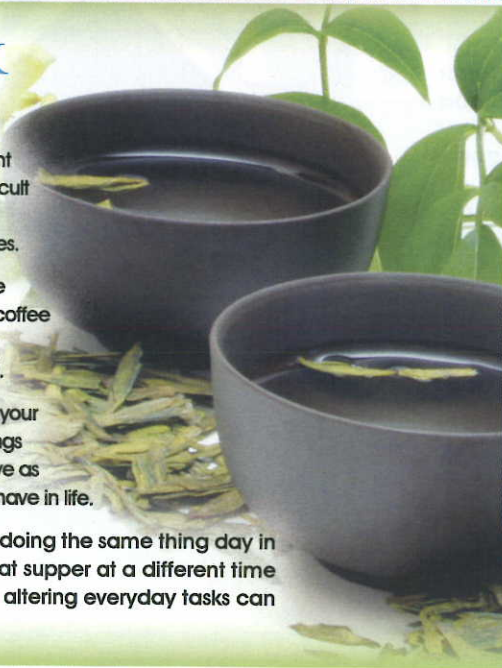
A NEW OUTLOOK

You've heard it said, "Stop and smell the roses," but how often do you actually take a breather and take pleasure in living life? As we get caught up in daily routines there are times when it's difficult to appreciate the outside world. Increase your enjoyment in life by incorporating a few changes.

Re-focus. Remember the little things that make your day – your friend that surprised you with a coffee at work or the stranger that complimented your new shoes – enjoy the joys that are unexpected.

Be Grateful. Purposefully being thankful will lift your spirits. Keep a thanks journal and add a few things you're grateful for everyday. Your journal will serve as a valuable reminder of all the good things you have in life.

Turn off autopilot. Get out of the habit of doing the same thing day in and day out. Change your route to work, eat supper at a different time or go out when you would normally stay in; altering everyday tasks can give you a new outlook on life.



Climate Change

A weatherman at a small television station had a terrible record at predicting the weather. The community newspaper started tracking his predictions, comparing them to the actual weather for the day. After six months, they reported that he had been wrong over 150 days. All this negative attention finally got to him, and he applied for a job in another state. On the application, there was a blank asking for the reason for leaving his current position. He wrote, "The climate doesn't agree with me."

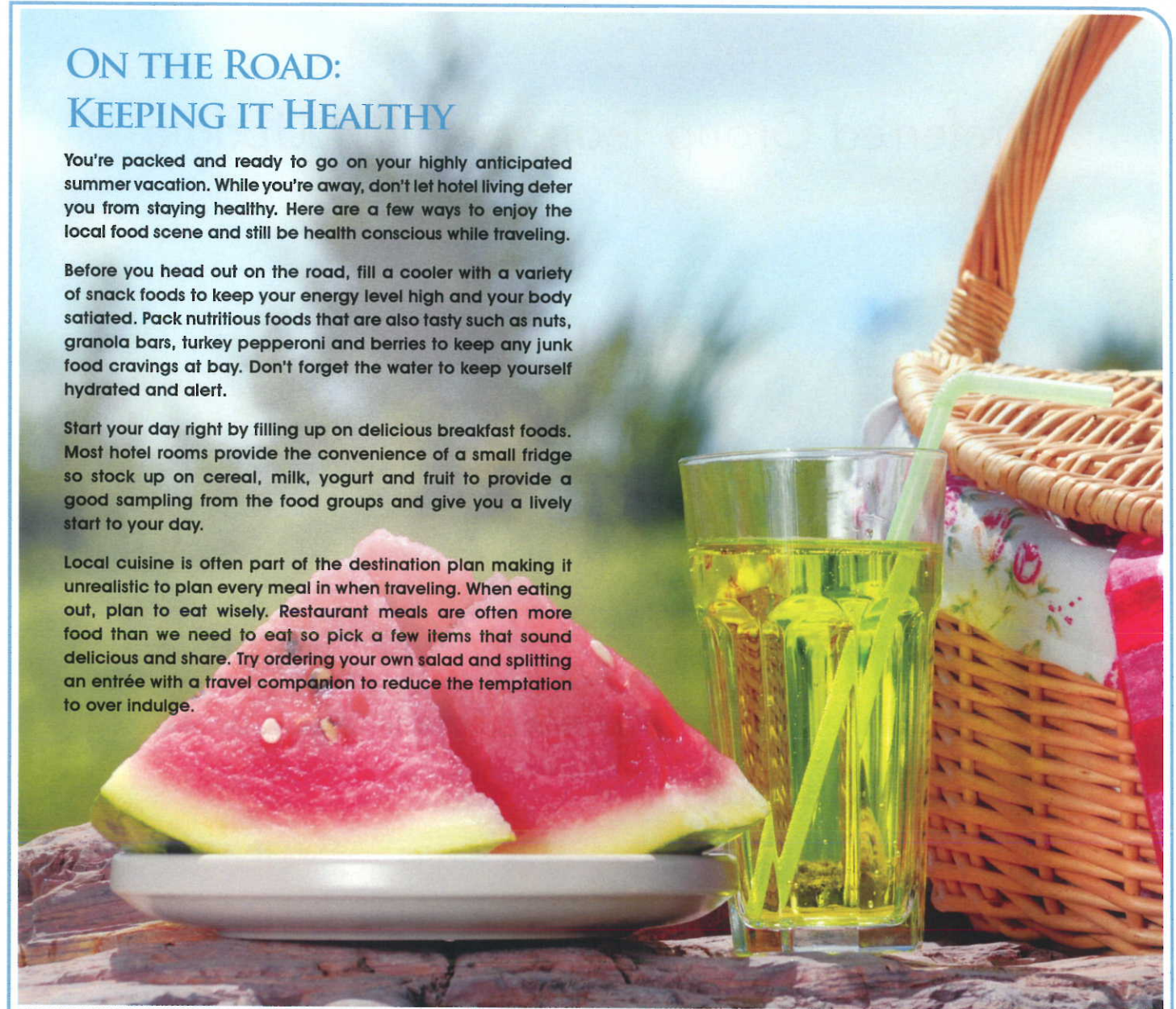
ON THE ROAD: KEEPING IT HEALTHY

You're packed and ready to go on your highly anticipated summer vacation. While you're away, don't let hotel living deter you from staying healthy. Here are a few ways to enjoy the local food scene and still be health conscious while traveling.

Before you head out on the road, fill a cooler with a variety of snack foods to keep your energy level high and your body satiated. Pack nutritious foods that are also tasty such as nuts, granola bars, turkey pepperoni and berries to keep any junk food cravings at bay. Don't forget the water to keep yourself hydrated and alert.

Start your day right by filling up on delicious breakfast foods. Most hotel rooms provide the convenience of a small fridge so stock up on cereal, milk, yogurt and fruit to provide a good sampling from the food groups and give you a lively start to your day.

Local cuisine is often part of the destination plan making it unrealistic to plan every meal in when traveling. When eating out, plan to eat wisely. Restaurant meals are often more food than we need to eat so pick a few items that sound delicious and share. Try ordering your own salad and splitting an entrée with a travel companion to reduce the temptation to over indulge.



Wuzzle Corner

A wuzzle is a saying/phrase that is made up of a display of words in an interesting way. The object is to try to figure out the well-known saying, person, place, or thing that each wuzzle is meant to represent.

1. I See You Understand
2. Did It Cross Your Mind?
3. All in All
4. Little House on the Prairie
5. Incomplete Sentence
6. Count Dracula

ANSWERS

1 STAND _____ icu	2 YOU DID IT DID IT MIND	3 AALLLL
4 _____ house PRAIRIE	5 sentenc_	6 1. DRACULA 2. DRACULA 3. DRACULA

Courtesy of www.WuzzlesandPuzzles.com