

## Preferred Group Team Member Update



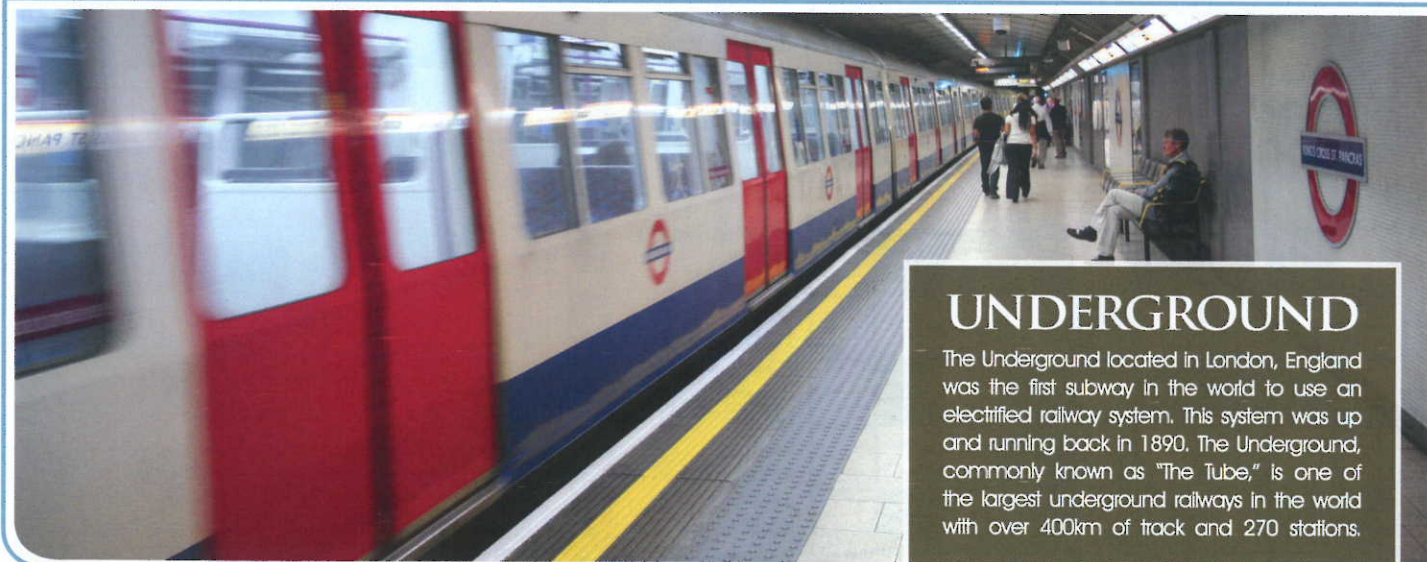
### John Carter

John has had a very busy summer and fall, between mountain bike rides, some travel, spending time with family and friends, and selling real estate, it's a lot of fun!

The most notable trip was to his home town of Victoria, BC where he attended the wedding of his oldest childhood friend. Pender Island is beautiful, and the wedding of two amazing people, plus great weather, and an amazing spot made it even better.

After some health challenges with very important family, things are looking up in that front too. John is excited for a break over the Christmas season, and spending quality time family.

Plus hopefully a few trips to the mountains for some snowboarding too!



### UNDERGROUND

The Underground located in London, England was the first subway in the world to use an electrified railway system. This system was up and running back in 1890. The Underground, commonly known as "The Tube," is one of the largest underground railways in the world with over 400km of track and 270 stations.



River City

## Preferred Client Update

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## SPACEY SOLUTIONS

If you're looking at a kitchen update and not sure how to maximize your space, it's time to revisit your favourite kitchen store. Savvy solutions designed to make every kitchen as useful as possible will help you create your dream room whether you're working with a small galley or a large open area.

Start by enhancing your counter space with a side-stepped platform sink where you can use various accessories to extend your countertops.

Next, move your kitchen knives from the knife block on the counter to a magnetic rack hanging on the wall.

Finally, install dividers and shelving in your cabinets to maximize the useful space. With so many solutions that are both attractive and efficient you are sure to make your next remodel one that lasts.

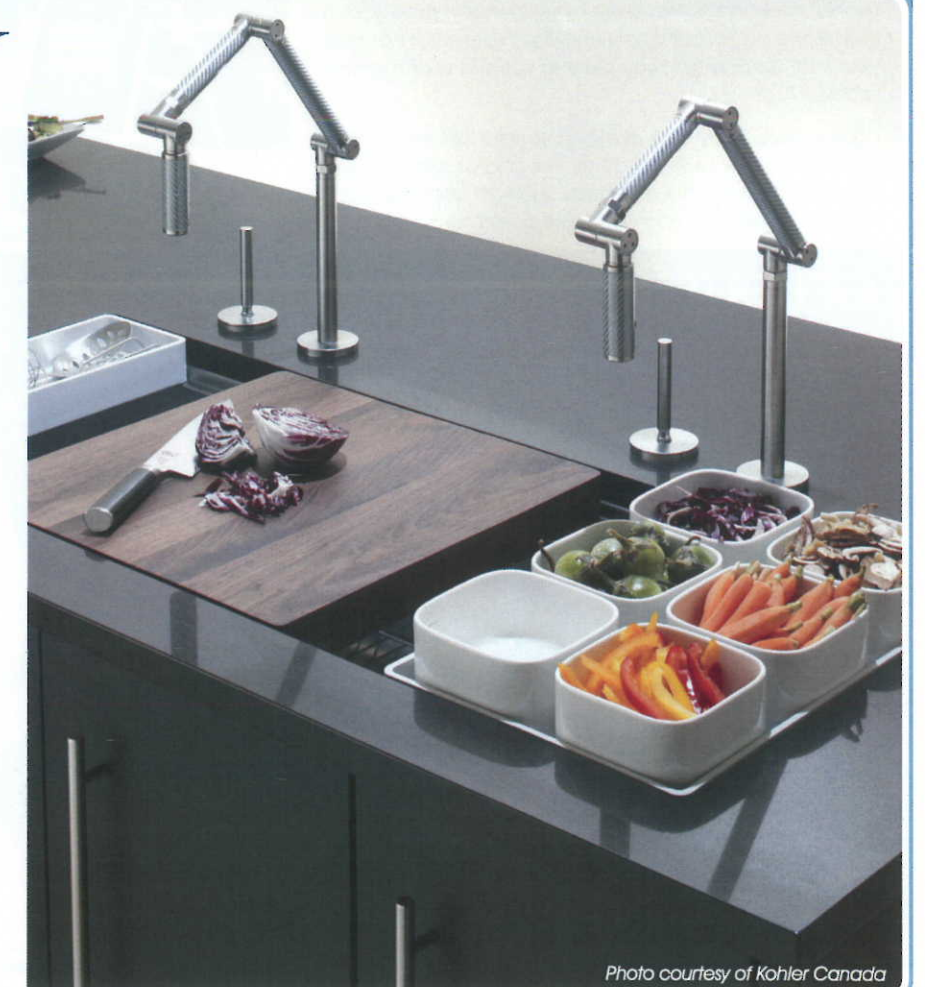



Photo courtesy of Kohler Canada

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## VEGGIE PIZZA CUPS

## Ingredients

- 1 Package refrigerated biscuits (10 biscuits)
- 1 teaspoon olive oil
- 1½ cups assorted diced fresh vegetables (red bell pepper, zucchini, summer squash, onion)
- 1½ cups pasta sauce
- ½ cup shredded mozzarella cheese

### Directions

1. Preheat oven to 375 degrees. Unroll biscuits and press each into a 3-inch round. Evenly press each biscuit in bottom and up sides of each cup in 12-cup muffin pan; chill until ready to fill.
2. Heat olive oil over medium heat in 10-inch skillet and cook vegetables, stirring occasionally, 5 minutes or until tender. Stir in pasta sauce and bring to a boil over high heat. Reduce heat to low and simmer 2 minutes or until slightly reduced.
3. Evenly spoon vegetable mixture into prepared muffin cups. Bake 15 minutes. Evenly sprinkle tops with cheese and bake an additional 5 minutes or until cheese is melted and biscuits are golden. Let stand 5 minutes before serving. Gently remove pizza cups from muffin pan and serve.



For meat-lover's pizza cups, substitute cooked ground beef for the veggies. Simply mix it in with the sauce and continue as in recipe.

## SNAPSHOT

Heading out with a group of friends or travelling with the wee ones? Be ready to create memories! Here are a few tips to improve your photo quality when snapping pictures. Get camera happy. Don't be afraid to take lots of pictures, you'll be more likely to capture the shot you were looking for.

Look at the whole scene. Before you pose and smile, take a look at the background scenery. Make sure what's behind your shot is something you want to keep in your memory archives too!

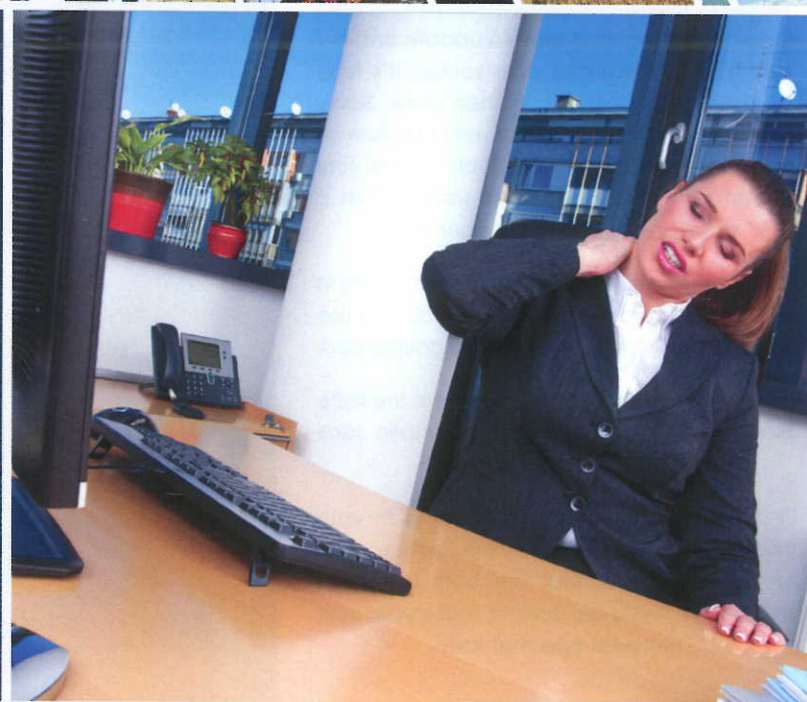
**Lighting levels.** If you're planning to take photos of your friends or family outdoors snap the photos earlier in the morning or later in the afternoon. The light from the sun is richer at these times and will create a warmer photo.



## GET OUT OF YOUR SLUMP

If you find that you frequently have a sore neck, shoulder pain, headaches, or even migraines, you may need to examine your posture. It only takes a few simple steps to improve your posture. Start by "checking-in" to evaluate your posture several times a day. If you find you are slumping or slouching, focus on aligning and lengthening your spine. When walking, try to maintain a tall posture, stretching your spine up through your back, shoulders, and neck. Try imagining a string at the top of your head that you can pull up to balance your head over your shoulders and to straighten your spine.

When at work, sit tall without hunching over. Regular breaks away from your computer will help you release stored tension. Incorporate some simple stretching routines into your day. For example, you may try stretching your neck by tilting your head from side to side and then forward and backward. To stretch your shoulders, pull them towards your ears, and then drop them down in a relaxed position, repeating this several times. By improving your posture and using some concentrated relaxation techniques, you can reduce the chances of having a stiff neck, tight shoulders, or an aching head.



## MOVING MADE EASY

Moving comes with a mix of emotions that can be overwhelming. You may feel excited to live in a new home, but getting all your possessions moved can be stressful. The key to having a smooth move is staying organized and following a schedule.

### Three to four weeks prior to move day

Estimate how large a truck you'll need. In general, allow 150 cubic feet of truck space for each fully furnished room.

Utilize technology. Look at the moving companies and truck rental companies, decide if you will hire someone or do the moving yourself.

### Two weeks prior to move day

Change your address with the post office.  
Ask for help. Get a crew of family and friends  
to save the date to help on moving day.

### One day prior to move day

Finish any remaining packing. Reserve one box for essentials.

If renting a truck, pick up the day or evening before the move to save time on moving day.

## Move day

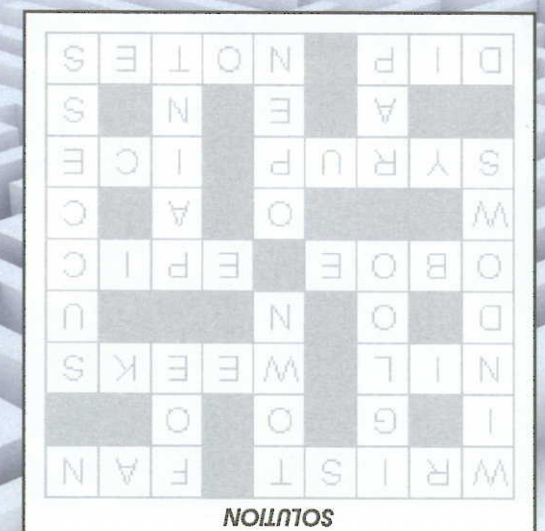
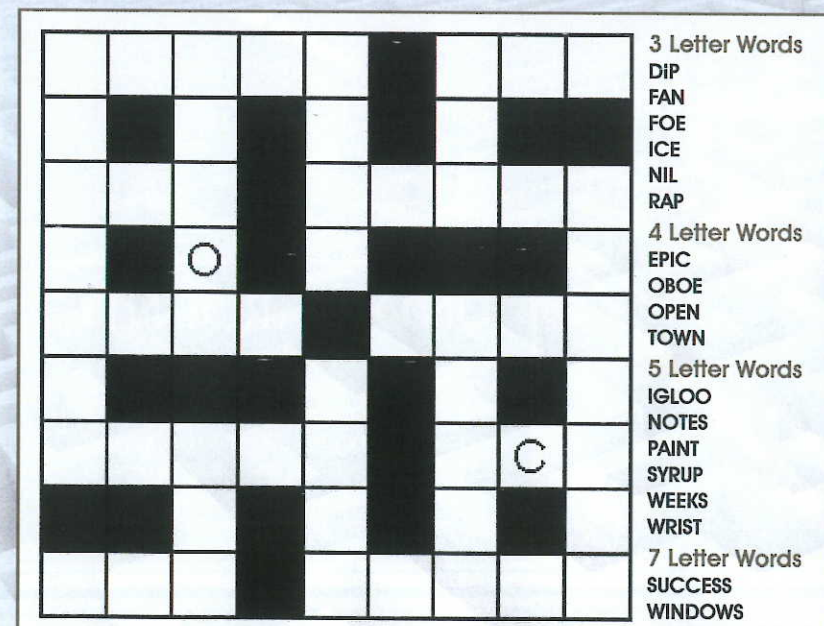
Pack the truck. Put the heaviest items on the truck first.

Leave early in the morning. You'll run into less traffic and you'll leave yourself extra time to unload.



Courtesy of ARAcontent.com

**Word Fit** ▶ Can you fit all the words correctly into the grid? Two letters have already been entered.



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