



# THE REDMAN RAG

ISSUE 53, FEBRUARY 2007

Dear clients,

This February newsletter will reach most of you in early March. Although I've been trying to get it out earlier each month, I've just been too busy this year. It feels a bit like I'm riding a bullet train watching a blur of scenery through the window. I can't quite believe it's March already.

The market has been very active in Kelowna and at Big White. In Kelowna, the market continues its steady upward momentum demonstrating strong sales and price increases. At Big White, the announcement that Big White is having discussions with a developer about building a Greg Norman golf course combined with last year's sale of the Ridge day lodge to a Vancouver developer to build a casino/convention center and hotel have fuelled a lot of excitement and increased activity at the thought of a four season resort. I've seen many more visitors from Eastern block countries like the Ukraine and Poland at Big White this year which is unusual. The Okanagan has truly become an international destination.



## TABLE OF CONTENTS:

MARKET WATCH .....	PAGE 2
FAVOURITE FAMILY RECIPES .....	PAGE 3
HEART ATTACK WARNING SIGNALS .....	PAGE 4

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[www.jerryredman.com](http://www.jerryredman.com)

# Market Watch

## MLS® home sales activity forecast to stay strong

National MLS® home sales activity is forecast to remain high this year and in 2008, according to The Canadian Real Estate Association. National sales activity is forecast to ease slightly but remain above 450,000, which is near the strongest levels on record. Annual activity is forecast to rise this year in Saskatchewan and Manitoba and inch lower in other provinces. The national MLS® residential average price is forecast to rise modestly over the next two years. Resale housing markets will become more balanced in all provinces, but will remain tighter in Western provinces where annual price increases will be the largest. "Mortgage rates are low and will stay that way," said CREA Chief Economist Gregory Klump. "Employment is high and will continue to rise. Consumer sentiment is upbeat. Incomes are rising. The combination of those factors will keep the housing market on a strong footing over the next couple of years."

MLS® residential unit sales forecast	2006	2006 annual % change	2007 forecast	2007 annual % change	2008 forecast	2008 annual % change
Canada	483,609	-0.04	475,965	-1.6	466,355	-2.0
British Columbia	96,671	-9.1	92,130	-4.7	90,345	-1.9
Alberta	74,189	12.6	72,210	-2.7	70,775	-2.0
Saskatchewan	9,140	10.0	9,315	1.9	9,170	-1.6
Manitoba	13,018	2.0	13,140	0.9	12,845	-2.2
Ontario	194,793	-1.1	194,285	-0.3	190,430	-2.0
Quebec	72,520	2.6	72,235	-0.4	70,485	-2.4
New Brunswick	7,125	4.2	7,045	-1.1	6,990	-0.8
Nova Scotia	10,577	-3.3	10,315	-2.5	10,065	-2.4
Prince Edward Island	1,492	3.0	1,355	-9.2	1,340	-1.1
Newfoundland	3,537	10.2	3,435	-2.9	3,415	-0.6

MLS® residential average price forecast	2006	2006 annual % change	2007 forecast	2007 annual % change	2008 forecast	2008 annual % change
Canada	276,974	11.1	296,200	6.9	310,400	4.8
British Columbia	390,963	17.7	427,800	9.4	454,000	6.1
Alberta	285,497	30.8	329,800	15.5	353,700	7.2
Saskatchewan	132,078	7.6	142,900	8.2	152,200	6.5
Manitoba	150,229	12.2	164,500	9.5	177,100	7.7
Ontario	278,455	5.9	289,500	4.0	298,500	3.1
Quebec	194,024	5.1	201,700	4.0	208,400	3.3
New Brunswick	126,864	5.2	131,900	4.0	135,400	2.7
Nova Scotia	169,237	6.3	178,900	5.7	186,600	4.3
Prince Edward Island	125,430	7.0	133,300	6.3	137,400	3.1
Newfoundland	139,542	-1.2	143,200	2.6	146,000	2.0

# Favourite Family Recipes

To support heart health month, here's a great tasting and great for your heart recipe.

## PAN-SEARED SALMON OVER RED CABBAGE AND ONIONS WITH MERLOT GASTRIQUE

2 tablespoons sugar	4 tablespoons water
2 tablespoons balsamic vinegar	1/4 cup finely chopped shallot (2 oz)
1/2 cup Merlot or other dry red wine	1 cup canned beef broth
1 teaspoon cornstarch	1 teaspoon olive oil
4 (5-oz) skinned center-cut pieces salmon fillet (about 1 1/2 inches thick at thickest part)	

### Make sauce:

Bring sugar and 2 tablespoons water to a boil in a 1-quart heavy saucepan, stirring until sugar is dissolved, then boil, swirling pan occasionally, until mixture is a golden caramel, about 5 minutes. Remove from heat and carefully add vinegar, then add shallot and swirl pan over low heat until caramel is dissolved, about 1 minute.

Stir in wine and boil until reduced to about 1/4 cup, about 5 minutes. Add beef broth and boil until reduced to about 1 cup, about 8 minutes. Whisk together cornstarch and remaining 2 tablespoons water, then whisk into sauce and boil, whisking, 1 minute. Season sauce with salt and pepper and keep warm, covered.

### Cook salmon:

Pat salmon dry and season with salt and pepper.

Heat oil in a 12-inch non-stick skillet over moderately high heat until hot but not smoking, then sauté salmon, skinned side up, 3 minutes. Turn over and sauté until just cooked through, about 3 minutes more. Serve salmon on top of red cabbage and onions with sauce spooned over. Each serving (including red cabbage and onions) contains about 334 calories and 11 grams fat. Makes 4 servings.

## RED CABBAGE AND ONIONS

1 teaspoon olive oil  
1 1/2 lb red cabbage, cored, cut into 2-inch pieces, and layers separated  
1/2 lb red onions, cut into 1-inch pieces and layers separated  
2 teaspoons finely chopped fresh thyme  
1/2 teaspoon salt  
1/4 teaspoon black pepper

Heat oil in a 12-inch nonstick skillet over moderately high heat until hot but not smoking, then sauté cabbage, onions, thyme, salt, and pepper, stirring, 3 minutes. Cover skillet and reduce heat to moderate, then cook, stirring occasionally, until cabbage is tender, about 12 minutes more. Each serving contains about 68 calories and 1 gram fat.

Makes 4 servings.



# Heart Attack Warning Signals



Since February is heart month, we thought we'd share some of the tips from the Heart and Stroke Foundation's website about the warning signs of heart attacks since none of us are getting any younger. According to the Heart and Stroke Foundation, thousands of Canadians die from heart attacks every year because they don't get medical treatment quickly enough. Learn to recognize the signals of a heart attack, so you can react quickly – to save a life.

## Pain

- ◆ Sudden discomfort or pain that does not go away with rest
- ◆ Pain that may be in the chest, neck, jaw, shoulder, arms or back
- ◆ Pain that may feel like burning, squeezing, heaviness, tightness or pressure
- ◆ In women, pain may be more vague
- ◆ Chest pain or discomfort that is brought on with exertion and goes away with rest

## Shortness of breath

- ◆ Difficulty breathing

## Nausea

- ◆ Indigestion
- ◆ Vomiting

## Sweating

- ◆ Cool, clammy skin

## Fear

- ◆ Anxiety
- ◆ Denial
- ◆ If you are experiencing any of these signals, you should:

**CALL 9-1-1** or your local emergency number immediately, or have someone call for you. Keep a list of emergency numbers near the phone at all times.

Stop all activity and sit or lie down, in whatever position is most comfortable.

If you take nitroglycerin, take your normal dosage.

If you are experiencing chest pain, chew and swallow one adult 325 mg ASA tablet (acetylsalicylic acid, commonly referred to as Aspirin®) or two 80 mg tablets. Pain medicines such as acetaminophen (e.g. Tylenol) or ibuprofen (e.g. Advil®) do not work the same way as ASA (i.e. Aspirin®) and therefore will not help in the emergency situation described above. Rest comfortably and wait for emergency medical services to arrive.<sup>1</sup>

<sup>1</sup> Heart and Stroke Foundation, <http://ww2.heartandstroke.ca/Page.asp?PageID=1975&ArticleID=5288&Src=heart&From=SubCategory>, accessed February 20, 2007.

*If I can assist you, your friends or relatives with their real estate needs in Kelowna or at Big White, please let me know.*

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