



# The Redman Real Estate Review

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Hello again. I haven't produced a newsletter for a number of months and I've heard from a few of you that you need some new recipes. So I'm pleased to say that I've updated the format slightly and will be providing you with regular updates again.

So what's new after all this time? We've had plenty of time to try new recipes so we have lots to share.

I must say, for a recession, it sure has been busy!! Both Kelowna and Big White have been very demanding so I've

been doing double time (and a lot of driving).

After years of watching the growing social media trends from the sidelines, I finally took the plunge and launched a Facebook site. I never doubted the value of social media as a business tool but I could never get my head around how people made time in their busy lives to update it in such detail because it takes me hours to do. It's still beyond

comprehension for me just where people find the time. Maybe for some, it's a break from their work and busy

lives but for me, it's a big commitment. Maybe it has something to do with how much time I spend driving and the new laws that restrict the use of handheld devices while driving. I support the law because it will improve safety but it has definitely impacted my productivity.

Well, regardless, I'm now a Facebooker and yep, I've actually got 'friends'. ☺ So, if you visit me on Facebook, please be patient with me. I'm still new to this stuff. I'm a baby boomer after all.



## Market Information

Sales of existing homes more than doubled in Kelowna in January, demonstrating that demand has now returned to healthy, traditional levels. Two hundred and fifty two homes changed hands so far this year, up from 114 units in 2009. Prices remain off their peak, but have climbed considerably, with the city's average now hovering at \$414,787—up 22 per cent from a year ago. The average price of a single-family home has risen 17.5 per cent to \$484,065. Upper-end home sales have been a factor propping up average price, with strong demand for luxury waterfront properties. A good selection of listings is available across the board, contributing to balanced market conditions. Overall, moderate gains in home values are expected in 2010. The condominium market may be the exception. Emerging oversupply could temper—or potentially stall—price growth. Condominiums posted a four per cent average price increase in January to \$242,718. Properties continue to command close to the asking price when listed at fair market value. All segments of the market are now active, with move-up buyers gaining an increasing presence. First-time buyers account for the bulk of activity.

Consumer confidence is on the upswing. The looming Harmonized Sales Tax (HST) is expected to be a catalyst boosting demand, now and in the second half of 2010, as higher new construction prices may place pressure on the resale market. The economic picture in Kelowna is improving. The Spring hiring season will be underway shortly, which should also help to ease the unemployment rate and enable eager purchasers.

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# Golden Dome of Cauliflower

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Not only does this taste great but it also makes quite a statement at the dinner table. It's easy enough for a weeknight meal and impressive enough for a holiday dinner.

## Ingredients:

1 cauliflower head  
2 cups shredded Cheddar cheese  
¼ cup mayonnaise  
2 TBS Dijon mustard  
2 TBS freshly grated Parmesan cheese

Core cauliflower and

remove outer leaves, leaving head intact. In large pot, steam cauliflower on rack over boiling water until tender-crisp.

Combine Cheddar cheese, mayonnaise and mustard; spread over cauliflower.

Sprinkle with Parmesan cheese.

Bake in 425° (220°C) oven for 10 minutes or until topping is bubbling and lightly browned. Makes 6—8 servings.



## Food Cravings and What they Mean

"Research suggests that [cravings](#) for specific types of food may be associated with intake of foods similar to those craved. So when we take out the craved foods, it is possible that cravings decrease because there are fewer opportunities for conditioning," says Dr. Nobrega-Porter, Doctor of Naturopathic Medicine at Toronto's Wellpath Clinic. Try these naturopath-approved alternatives to reduce cravings. **Craving chocolate** and other sweets? Conventional wisdom says you're low on "happy chemicals" and your body needs a serotonin rush. Chocolate is the most commonly craved food. "Blood sugar imbalances can cause cravings for sweets." **What you should do:** Don't let your [blood sugar](#) levels drop. Stay fuelled up with healthy, nutrient-dense foods like fresh fruit that can provide a source of fiber and nutrients along with providing a sweet flavour. And if you want chocolate, keep it to a bit of

antioxidant-rich dark stuff.

**Craving fatty fast foods** like [burgers](#), fish and chips?

Conventional wisdom says fat is a factor in cold-weather comfort foods: [salads](#) just aren't as appealing in winter! The naturopath says: "Fats are responsible for the sensory properties of many foods and greatly contribute to eating pleasure. People tend to feel full and satisfied when they eat a high-fat meal," says Dr. Nobrega-Porter. **What you should do:** Go with your gut instinct, to a point. [We do need fat](#) in our diets – the good mono-unsaturated and polyunsaturated kind, not the cholesterol-raising, artery-choking saturated kind. "Fill up on good fats like fish, avocado, nuts and olive oil, to keep you feeling satisfied."

**Craving carb rich breads**, pastas and pizza? Conventional wisdom says an obsession with starchy foods means you may need a feel-good endorphin and serotonin boost. Or you're really hungry. What the naturopath says: Keep

your blood glucose levels steady throughout the day so you don't crave nutritionally empty refined carbs.

### **What you should do:**

"Healthy blood glucose balance is essential to prevent cravings,. So don't skip any meals. Make meals last by including a lean protein like egg whites or chicken breast, which take longer to digest. "This will balance the release of sugars from the [carbohydrates](#) in your blood stream," says Dr. Nobrega-Porter.

### **5 emergency craving-busters**

Didn't plan ahead and now you're craving like crazy? Try these naturopath-recommended solutions:

- Start a new task
- Try relaxation or deep-breathing exercises
- Get outside and [walk](#)
- Brush your teeth

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If I can assist you or anyone you know with real estate in Kelowna or at Big White, please let me know.