



# The Redman Real Estate Review

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Dear clients:

I work with some of the greatest people in one of the best real estate offices in Kelowna and one of the things that amazes me the most is the generosity of these people. Of all the Western Canada Re/max offices, the Kelowna office has been the largest contributor to Re/max's corporate charity for the past few years. We have donated hundreds of thousands of dollars to the Children's Miracle Net work.

This year I proposed an idea to start a foundation for local Re/max realtors called the 'Re/max Realtors Legacy Foundation' to redirect some of that generosity to the needs of our own community. I also favoured the idea of a foundation that would continue to increase in value year over year enabling it to

make bigger contributions and increasing community impacts every year. I approached a few people in our office to gauge interest and support. Not surprising, our office got 100% behind the idea with a level of support and commitment that surpassed even my expectations.

The foundation was born. It has been established and is being managed by the Central Okanagan Foundation. To give the foundation a solid beginning, we started a founding members group. In just a few short months and with the work of our founding members, commitments have already surpassed \$85,000 and we fully expect to surpass the \$100,000 mark this year. Our goal is to build this fund year over year to the point that it will continue to give back to this community long after we're gone.

I'm incredibly proud to be a founding member of this charity and wanted to let my clients know that I will be contributing a portion of my earnings to this worthwhile foundation every year.



Central Okanagan

## January Market Highlights



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	Jan-10	Jan-11	% Change	Residential Sales by Price			
				Year to Date			
Number of Sales by Month	282	208	-26.2%				
Number of Sales Year to Date	282	208	-26.2%	Price range	2010	2011	
Residential House Prices YTD				\$0 - \$239,999	1	4	
Average	\$480,082	\$436,913	-9.0%	\$240,000 - \$319,999	5	9	
Median	\$439,438	\$410,000	-6.7%	\$320,000 - \$399,999	38	32	
Residential House Prices this Month				\$400,000 - \$479,999	39	20	
Average	\$480,082	\$436,913	-9.0%	\$480,000 - \$559,999	25	17	
Median	\$439,438	\$410,000	-6.7%	\$560,000 - \$999,999	24	11	
Number of Units Listed	1,019	861	-15.5%	\$1 million and over	2	1	
Days to Sell by Month - Residential	93	110	18.3%	Active Listings			
Days to Sell Year to Date - Residential	93	110	18.3%	Central Okanagan			
				Res.	Condo.	Mobiles	Lots
				1,227	855	185	651

To summarize the stats above, the current market reflects lower prices in January of this year over the same month last year. This is improving affordability for first time buyers, which is attracting

them into the market. When first time buyers enter the market, it creates a ripple effect for home owners who sell their homes to entry level homes, which affords them the ability to move up in

the market. This is reflected in increased traffic we're starting to see in the market. I expect that spring and lower prices will bring increased traffic and an even busier market.

# Honey Roasted Onion Tart

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Want an easy and really flavourful weeknight dinner? Just add a salad and it's good enough for company. It's also a great appy. We add goat cheese before baking to take it up a notch.

- 1 sheet puff pastry (half package) thawed
- 3 bacon slices cut into 1/2 inch pieces
- 1/4 cup honey
- 1/4 cup dry white wine
- 2 large sweet yellow onions cut into 1/4 inch rounds
- 3/4 cup crème fraiche (or light sour cream)
- 1/2 tsp fine sea salt
- 1/8 tsp freshly grated nutmeg
- 1 tsp fresh thyme leaves

Position rack in top third of oven and preheat to 400°F. Using lightly floured rolling pin, roll out puff pastry on lightly floured surface to 14x10 inch rectangle. Fold 1/2 inch of pastry edges in toward center on all sides, forming 13x9 inch rectangle. Transfer pastry to rimmed baking sheet. Press firmly on pastry edges with fork to form rim. Chill crust. Cook bacon in large skillet over medium heat until brown and crisp. Transfer to paper towels to drain. Drain off all but 1 TBS bacon drippings from skillet. Add honey, wine and onions and cook

until liquid is absorbed and onions are caramelized and golden brown, stirring frequently. Mix crème fraiche (or sour cream), sea salt, 1/4 tsp black pepper and nutmeg in small bowl. Using spatula, spread crème fraiche over crust to folded edge. Arrange onions atop crème fraiche. Sprinkle with bacon. We also add some goat cheese for interesting flavour & texture. Bake tart until crust is light golden brown and topping is bubbling, 20 to 25 minutes. Sprinkle with thyme and serve. Mmm mmm good.



# 21 Ways to Boost Heart Health

February is heart month. Here are well known suggestions to maintain heart health.

- 1) Eat a handful of almonds. They fight inflammation and boost vitamin E, key to heart health.
- 2) Develop a resistance-training plan to do 2x a week. Studies show weight-bearing exercises help build good (HDL) cholesterol.
- 3) Book a day off work and enjoy some quiet time. Keeping your [stress levels](#) in check can lower your risk of heart disease & stroke.
- 4) Grab the family and head to the skating rink. Thirty to 60 minutes of daily physical activity can [lower blood pressure](#).
- 5) Purge your kitchen of canned foods, processed meats and packaged snacks. High doses of sodium can cause high blood pressure.
- 6) Visit your local animal shelter and adopt or volunteer to walk a furry, four-legged friend. Studies show pet owners have lower blood pressure and heart rates than those without an animal companion.

- 7) Add an avocado to your salad tonight. Avocados are rich in monounsaturated fat and help lower the risk of heart disease.
- 8) Book an appointment with your physician to have your blood pressure & blood sugar tested. Ask your doctor to develop a heart disease prevention plan.
- 9) Kick back and watch a classic comedy. Studies show that laughing reduces blood pressure and stress.
- 10) Embrace winter and take your kids tobogganing tonight. Everyone will benefit from the laughter, exercise and fresh air, no matter their age.
- 11) Indulge in a few pieces of dark chocolate. The flavonoids found in dark chocolate can lower your risk of [heart disease](#).
- 12) Take a [dance class](#). Moderate-intensity activities such as dancing, walking and cycling will help keep your heart in shape.
- 13) Get serious about butting out. [Smoking](#) is a major cause of heart disease.
- 14) Leave your laptop at work tonight. Being connected to the office can leave you feeling on edge, contrib-

- uting to high stress levels.
- 15) Don't forget to take your [vitamin D](#) supplement. Studies suggest the sunshine vitamin could play a role in preventing cardiovascular diseases.
- 16) Declare some "me" time. Draw yourself a warm bath, add a few drops of essential oil (try lavender) and relax in the tub.
- 17) Take the stairs. [Cardiovascular fitness](#) helps build a strong heart and will keep you looking fit and feeling fabulous.
- 18) Add a sliced banana to cereal. Bananas are rich in potassium, helping kidneys expel sodium.
- 19) Eat a high-fibre dinner. Foods high in soluble fibre (legumes, oats, apples and citrus fruits) act like sponges, soaking up cholesterol.
- 20) Vitamin C lowers your risk of coronary heart disease & stroke, so enjoy an orange for a snack.
- 21) Borrow a yoga DVD. [Yoga and meditation](#) are believed to lower risk of heart problems & reduce stress levels.

From Canadian Living magazine

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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.