



# The Redman Real Estate Review

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Dear clients:

It's hard to believe that there are less than 2 weeks to May and temperatures are still getting down to freezing just about every night and barely getting to double digit numbers during the day. That's madness. Spring is way overdue!! There's over 300 cm of snow at Big White and more falling every day. I bet it'll be July before we see spring run-off in the creeks, maybe even flooding along Mission Creek but that will have a lot to do with daytime temperatures. I know I say this every year but I can't remember a year quite

like this one. I really want to complain but friends from Edmonton and northern BC really have it tough so I should just be content that I live here in the Okanagan and they don't. We really are lucky to call this place home.

Other than the weather, there's not much else on people's mind. We had our Re/max awards luncheon in March and I was surprised and honoured to receive the Rick Baker award in honour of the Re/max Realtors Legacy Foundation. I was thrilled, not just because of the award but because it was

in honour of Rick Baker. Rick was the owner of Re/max back when I joined the office in 1996 and I've always had a lot of respect for Rick. He passed away about 7 years ago from cancer but I will always remember him as a great leader and a good friend. The award was presented by his widow, Heather. I'm not a big awards guy but this is one you'll find on the wall in my office.

Now, about that weather ...



## March Market Highlights

### KELOWNA - First Time Buyers Report Compliments of RE/MAX of Western Canada

Buyer's market conditions have contributed to an upswing in home-buying activity in Kelowna, with first-time purchasers taking advantage of pricing, selection, and historically low interest rates. Thirty per cent of year-to-date sales took place under \$260,000, indicating that there are adequate options for buyers on tight budgets—condominiums among the most popular. However, very few options exist under the same threshold in the single-family category currently listed for sale—most of which can be described as handyman specials. While affordability is an issue for some, a growing number of first-time purchasers are spending amounts closer to average price, typically between \$350,000 and \$400,000. Residential average price currently hovers at \$390,000. Popular are starter homes located in established communities, including Glen Rosa, Rutland, and North Glenmore on the peripherals, as well as Central Kelowna. Starter product can run the gamut from newer construction to older, renovated homes. Buyers that can afford it are choosing to ante up to secure the best location possible for the dollar, while those on a strict budget will look to the peripherals—a reasonable trade-off, placing suburban homeowners just twenty minutes from Kelowna proper. The greatest opportunity that exists at present for entry-level buyers are prices that remain off year-ago levels. Housing values have been relatively flat over the past six months, but the gap is now closing and prices are expected to resume a modest upward trajectory heading into the spring market. Employment is also on the rise, now just slightly off the national average. Continued improvement is expected, which will also bode well for real estate in the weeks and months ahead. While a very small percentage of First-time homebuyers moved to get into the housing market ahead of new financing restrictions on March 18th, the effects of the implementation were negligible overall.

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# Banana & Blueberry Muffins

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Want a healthy, quick and easy breakfast in the morning? Try these wholesome and great tasting muffins. We make a double batch on the weekends and freeze them so mornings are easy and quick. It's also a great way to use up old bananas that you may have thrown in the freezer over the winter.

1 cup quick cooking rolled oats  
 1 cup flour (we use spelt flour)  
 ½ cup oat bran  
 ½ brown sugar (or honey)  
 ⅓ cup flaked coconut (toasted if you prefer)  
 1 tsp each baking powder & ground cinnamon

½ tsp each baking soda & salt  
 1 cup mashed ripe bananas (we use about 1.5 cups)  
 ½ cup buttermilk (or yogurt)  
 3 Tbsp butter, melted (we use olive oil)  
 1 egg  
 1 tsp vanilla  
 1 cup blueberries  
 We also add a handful of dried cranberries or raisins

Preheat oven to 375°F. Spray 12 cup muffin pan with cooking spray and set aside.

In a large bowl, combine oats, flour, oat bran, sugar, coconut (if using), baking powder, cinnamon, baking soda and salt. Mix well.

In medium bowl, whisk together bananas, buttermilk, butter, egg and vanilla. Add wet ingredients to dry ingredients and mix just until dry ingredients are moistened. Batter will be thick. Gently fold in blueberries.

Divide batter evenly among 12 muffin tins. Bake for 25 minutes or until muffins puff up and a toothpick inserted in center comes out clean. Remove from muffin pans and cool on wire rack.

Take out of the freezer the night before and enjoy over the morning paper on your drive to work.

# Sleep Away the Pounds

Have you ever noticed that you eat more when you're tired? If you're trying to lose weight, hitting the pillow can be as important as hitting the gym.

In addition to a healthy & balanced diet and regular exercise, a good night's sleep can help with the battle of the bulge. According to studies published in the American Medical Assn Journal and the Lancet, lack of sleep can slow down your metabolic rate and make it harder to lose weight.

### Hormones behind hunger

Scientists believe you can keep your hunger hormones in check by keeping a healthy sleep routine. Two hormones in particular – *ghrelin* which makes you feel hungry and *leptin*, which makes you feel full, are affected by sleep patterns. When you're sleep deprived, ghrelin levels increase and leptin levels drop, making you feel hungry and increasing your cravings. Our tendency is to

grab highly processed sweet and starchy snacks to satisfy cravings, which is a one-way ticket to weight gain. And when you're sleep deprived, feelings of fullness are often delayed so you're more likely to keep eating after you've had enough.

The hormone cortisol also appears to be linked to body weight. Stress or sleep deprivation can cause cortisol levels to rise, and your appetite and cravings to rise too. Excessive cortisol has been linked to surplus fat storage, especially around the mid-section which can put you at higher risk for heart disease, stroke and cancer.

### How much sleep?

To keep your hormonal cycle in check, aim for 7 to 9 hours a night. Are you sleep deprived? Ask yourself if you:

- Have difficulty falling asleep.
- Wake up a lot during the night.
- Wake up too early and can't get back to sleep.
- Not feel rested when you awaken.

If you answered 'yes' to any of these

questions, it's time for a sleep makeover.

1. Go to sleep and wake up at the same time each day, even on weekends. Your body thrives on a natural rhythm.
2. Avoid watching TV, reading the newspaper or working out immediately before bed.
3. Make sure your bedroom is completely dark. Darkness promotes the secretion of the anti-cancer hormone melatonin.
4. Don't go to bed angry! Make up before bed so you can relax.
5. Avoid coffee, tea or alcohol before bed. Opt for a cup of chamomile tea.

If you work shifts or are caring for a baby, regulating sleep is tricky. Exercise regularly, drink lots of water and eat lots of fruits, vegetables, lean proteins and whole grains. Avoid starchy & sugary refined foods. While a good night's sleep won't help you slim down without exercise and a healthy diet, sleep does play an integral role.

Source: Canadian Living

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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.