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RECIPE

Apple Cider Spinach Salad

In a blender:
 3 garlic cloves, chopped
 1/3 c. olive oil
 1/3 c. apple cider vinegar
 2 tsp. liquid honey
 2 tsp. paprika
 Salt and pepper to taste

Blend together. Set aside (it can be refrigerated if needed)

In the salad bowl:

- 1 head Romaine Lettuce (washed and torn in chunks)
- 1 head spinach salad (you may use 2 heads of romaine if desired)
- 1 red pepper cored and diced
- 5-6 mushrooms thinly sliced
- 1/2 c. feta cheese
- 1/2 lb. bacon, cooked and cut into small pieces (I use turkey bacon)
- 1/2 cup pumpkin seeds (I heat in a pan for a minute or so to lightly toast them)

Toss the lettuce with dressing and add other ingredients on top. Serve immediately. Great to take to a party, you are bound to have a great reaction - the paprika gives the salad a little bite. (recipe supplied by Kane Morishita firefighter, for the Vancouver Fire Fighters Celebrity Cookbook).



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MORTGAGE UPDATE

January 2007

Mortgage rates are coming down due to the US economy showing signs that it is slowing down. This means it is a great time to explore variable rate mortgages as an option for your next mortgage. Economists have speculated for a year now that mortgage rates would stabilize and then fall in late 2006/early 2007, it appears that they we are on track with this forecast. Economists believe that the prime rate will be reduced by a total of 1.00%. If this is true, we will have variable rate mortgages available @ 4.10% in the coming months. Not bad!

For those of you in a variable rate mortgage, hold tight, unless your rate discount is less than .75% below prime. If your rate discount is less than .75% we need to review your file to improve upon the rate discounting you are receiving, so please give us a call. For any mortgages that are due within the next 6 months we want to start booking rates for you now so that we can ensure you benefit from the lowest rates for your mortgage maturity.

The housing market in the lower mainland has been very strong over the past 2 years causing prices to increase in the double digits. The overall average price year-to-date is up in Vancouver 20% over last year, whereas the overall number of sales is down by 10%. New house prices are up a record 26% over last year with pre-owned houses a close 24%. New apartment pricing is up only 14% due to oversupply while pre-owned apartments are up by an impressive 23%. We still expect that prices will increase overall, but at a reduced rate of 6-8% over the current market. The number of listings has increased over the past few months. With the increased supply and reduced mortgage rates, it should be easier for new home buyers to get into the market.



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