

Preferred Group Team Member Update



Congratulations... It's a girl!

Our assistant Dayna and her partner Jason Bates welcomed their brand new, healthy, baby girl into the world in early February. Dayna is taking time off to spend with her new joy before returning to the office in a few months. We are all a bit extra busy without her valued assistance, but are so very happy for her and Jason. Dayna spent time over the holidays with her family in Saskatchewan, and Jason is transitioning from working out of town to a job in St. Albert so he can be home every day for his family. Lots of changes, but with their two dogs and a home on an acreage outside of St. Albert they will be plenty busy and happy.



River City

Preferred Client Update

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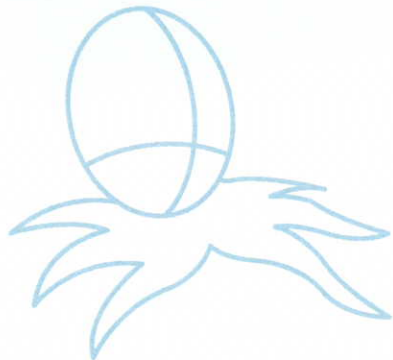
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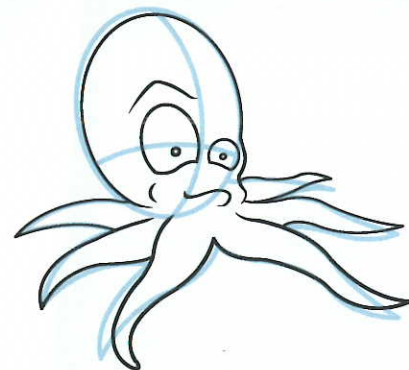


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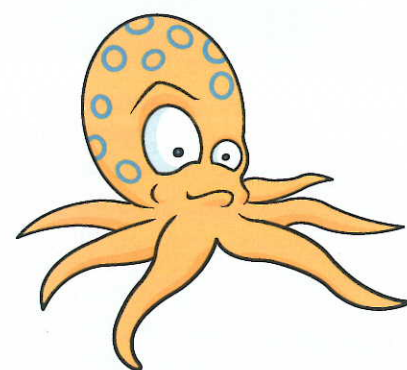
How to draw an Octopus



First draw in some basic guidelines. Don't worry about making them perfect. These should be very light so you can erase them later.



Next, begin to fill in the details using the guidelines to help you determine the position and placement of your strokes.



Finally erase the guidelines and color the octopus. You can add extra details and props if you want. Unleash your imagination!



Kids Korner

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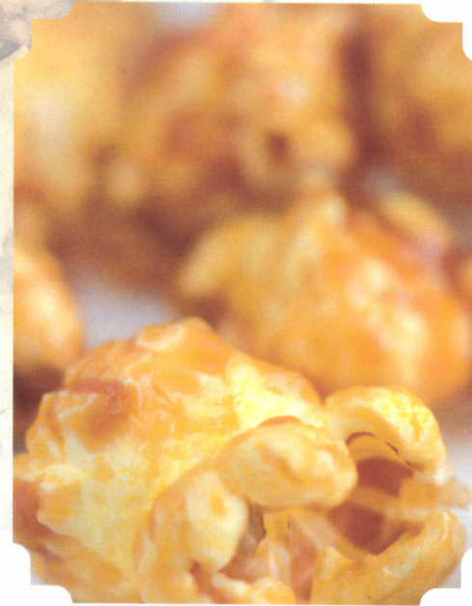


Toasty Toes

Take a step onto a warm, welcoming tile floor for your bare feet, seriously! With electric in-floor heating, you can add a touch of luxury to your flooring upgrades. Electric heating provides a soft, soundless, radiant heat to keep you comfortable no matter what the temperature is outside. It is versatile and can be

installed under a variety of flooring materials such as tile, stone, laminate, hardwood and engineered wood. A programmable thermostat allows you to have warm floors when you want them. The next time you consider new flooring don't limit your choices, electric in-floor heating allows you to choose the flooring you love while keeping you comfortable at the same time.

Kettle Corn



Ingredients:

- 1/4 cup canola oil
- 1/2 cup popcorn
- 1/4 cup sugar
- 1 tsp sea salt, coarsely ground

Directions:

Heat the oil in a large pot over medium-high heat. To ensure the oil is hot enough, add 3 popcorn

kernels. When the 3 kernels pop, add the rest of the corn and the sugar to the pot. Give the kernels, sugar and oil a quick stir and cover pot with a tight fitting lid. Shake the pot over the burner until the popping slows down, about 3 – 4 minutes. Remove from heat and immediately pour the popped corn into a bowl. Sprinkle with sea salt.

Make Your Home Unfriendly to Mould

Mould is often caused by moisture build-up due to poor ventilation. However, there are some simple ways to help promote air circulation and reduce moisture retention in mould-prone areas, such as basements and storage areas.

Place boxes and storage containers on pallets rather than directly on the floor to allow for air flow. Avoid resting hockey and other athletic equipment against walls. This interferes with air circulation and can also trap moisture against surfaces.

If you're going away for an extended period of time, remember that a damp basement means humid air in an environment where air changes occur very slowly. Water vapour can condense on the cooler basement surfaces and allow mould to grow.

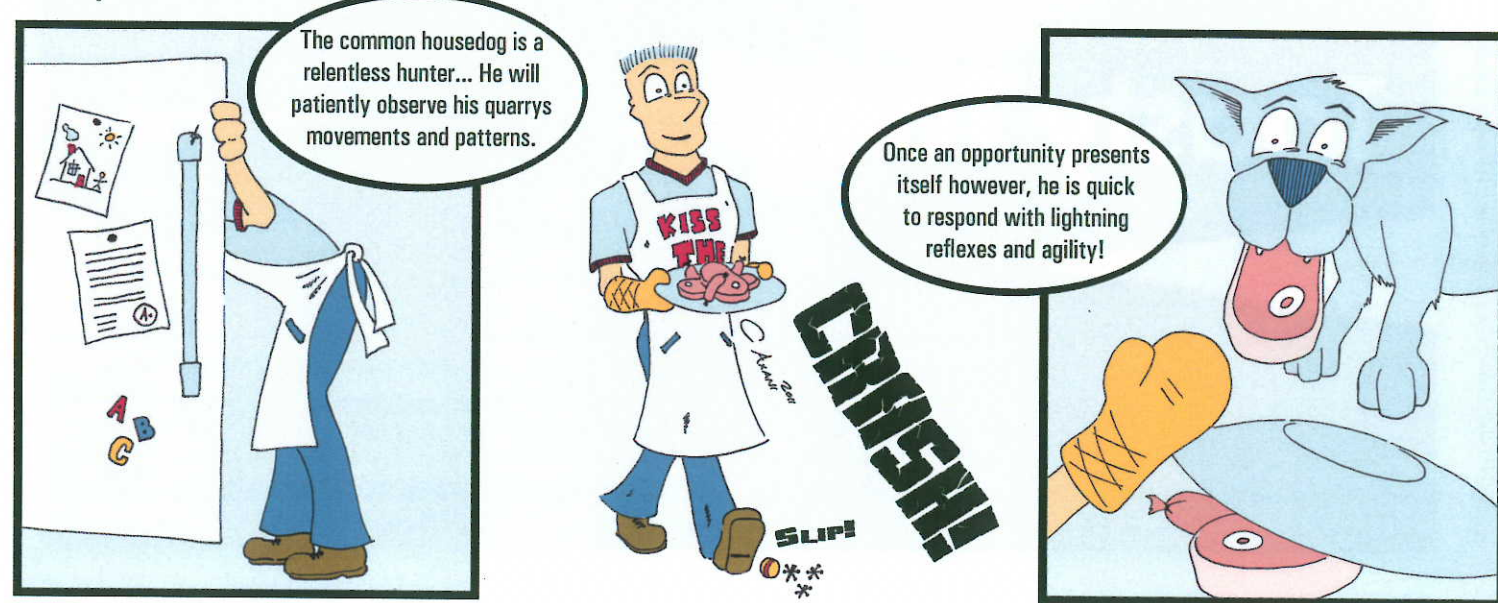
When outdoor weather is appropriate, consider helping air flow by opening the windows slightly and securing them in place with special locks or fasteners. If you have a heat recovery ventilator (HRV), consider leaving it on medium

speed continuously. Dehumidifiers only remove moisture; mould spores can remain only to cause problems when moist conditions return.

Frequent air change is the best way to keep moisture and mould spores from building up. Since prevention is always the best route in keeping a home fit, these small tips can help avoid the potential health and financial burdens associated with mould.

These tips are general guidelines only. Courtesy of www.housemaster.com.

Jeffrey James



Tech Spring Cleaning

We have gadgets and gizmos a plenty and sometimes we forget to extend our spring clean-up efforts to our tech toys. Here are some ways to ensure your electronics are ready for you the next time you're ready to use them.



Update your GPS. If you own a GPS that needs to be updated periodically, now's the time to check your maps and make certain everything is up to date before you head out on that summer road trip.



Smart phone user? Check with the manufacturer to see if there are any updates to your phone's operating system.

Defragment your hard drive. This will help to increase the operating speed by grouping similar files together.

Remove programs from your start-up that don't need to be there. Often times, programs we install on our computers run in the background during start-up significantly slowing the computer down. If the program is not vital to the start-up process remove it from the starting line.

Is your operating system and browser up to date? This is important to equip your computer with the latest and greatest security features and performance enhancements so it's running at its optimum speed. Computers can be set up to automatically install updates if you don't want to have to search for them.

Clear hard drive space. If you have unused programs on your computer, get rid of them. These programs take up valuable disk space and could slow down your processor.

Recharge. Ensure you know where all your recharging equipment is and store it in an appropriate place. Check the charge on your camera and video camera batteries to make sure they will be ready for use when needed. If your digital camera operates on non-rechargeable batteries, make sure you have a spare set in the camera carrying bag.