

## Preferred Group Team Member Update



### Anu Khullar

What a busy summer this has been for me! Between coming back from a short two week vacation, to celebrating my birthday and enjoying all the festivals of the city its a miracle I found time to work and to reach my goals TWO MONTHS early!! But as I have said before, none of that would not have been possible without the support of my friends and past clients who became some of my biggest cheerleaders this summer.

The love, fun and laughter I experienced these past few months will go down as one of the best summers I have had! And now with winter just around the corner its time to start looking at what I can do to give back. I am excited about being able to help with the Youth Emergency Shelter this year in buying christmas presents for all of teens who are currently residing there, and I will also be going to Honduras for two months and will be spending time working with teens there as well. Should make for an exciting end to an already fabulous year!!

## IT'S SWEET... naturally

If you like sweets but don't want the calories from sugar, you've probably tried various low calorie sweeteners. A number of sweeteners are available on the market of both the natural and artificial varieties. Stevia is a low calorie sugar substitute derived right from nature. The Stevia plant originates in South America, but is used in many countries as a sugar substitute. The natural sweetener is harvested from Stevia leaves through a water extraction process and the end product is a sweetener 30 - 45 times the sweetness of sucrose.



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## Preferred Client Update

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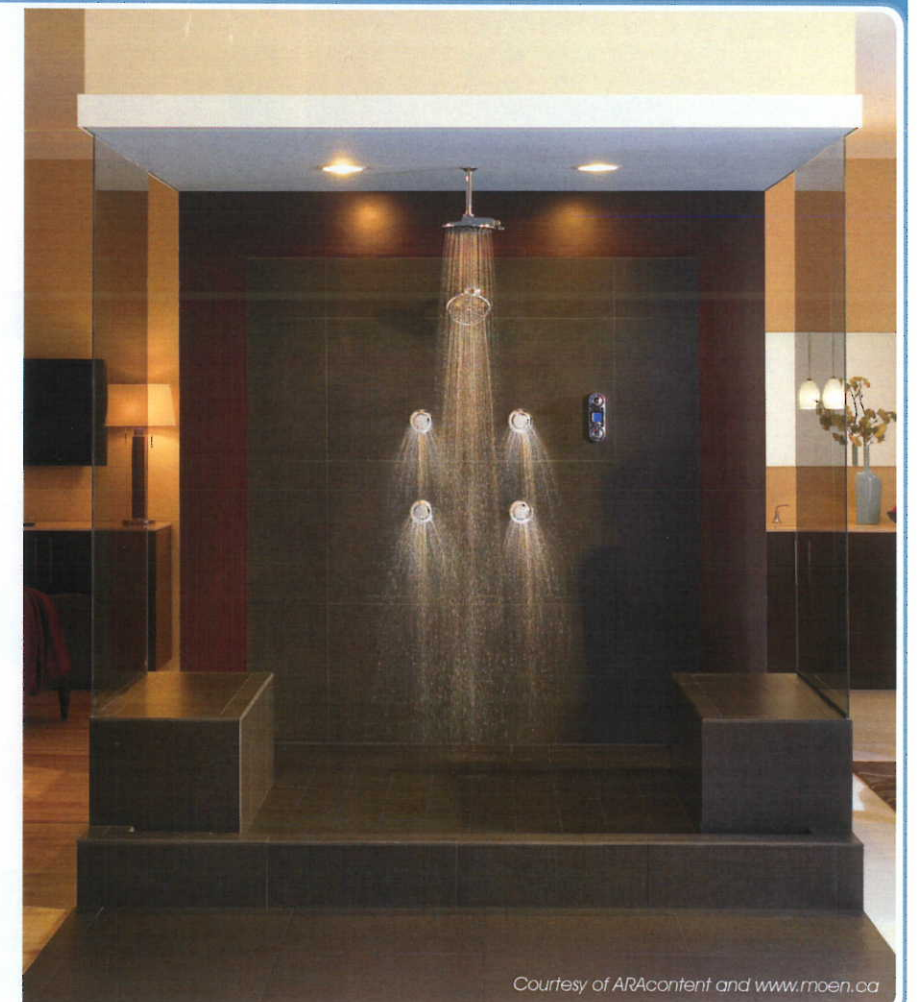
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## SPA SENSATION

For some of us, the shower is an oasis - the only place and time of the day to unwind and get away from the outside world. Why not make an exceptional shower the centerpiece of your next bathroom remodel? Utilize the latest in style - and even technology - to create the ultimate retreat.

Instead of one hand shower or rain shower, many of us long for shower fixtures that offer a full-body experience. A great way to transform yours into a sanctuary is by creating a vertical spa that includes the latest in style, functionality and technology.

Technology continues to touch more and more of our everyday lives, including the shower. Digital shower systems offer the ability to set water temperature and flow with electric precision using programmable pre-sets that create the perfect shower every time. There's even a remote control that allows you to turn on the system while still in bed. When you're ready to transform your modest bathroom into an elegant haven of bathing, incorporate a few luxurious additions to design a space - and shower - that's all your own.



Courtesy of ARAcontent and [www.moen.ca](http://www.moen.ca)



# BLACK BEAN SOUP

**Ingredients**  
2 500 mL cans black beans 1 small onion, chopped  
1 tsp garlic, minced 1 500 mL jar salsa  
1/4 cup lime juice 1 tsp cumin  
dried chilli pepper flakes, to taste  
salt & pepper, to taste

**Directions**  
In a blender place one can of black beans with its liquid and blend until smooth. In a saucepan, heat one tablespoon of oil. Add one chopped onion and one teaspoon minced garlic and cook until tender. Add to the bean mixture another can of black beans, and one jar of salsa. Bring to a boil. Add 1/4 cup lime juice, one teaspoon of cumin, dried chilli pepper flakes, and salt and pepper to taste. Cover and cook on low for 30 minutes, stirring occasionally. If soup seems too thick, thin with some chicken broth. Serve topped with sour cream and chopped cilantro leaves.



# MONEY IN HAND

*A little extra money in the pocket is something everyone can use, so stop thinking about it and start saving! Here are some ways to save on everyday activities.*

**Carpool.** Traveling as a group costs less because you can share costs and lower the money needed to operate your vehicle. Share driving weeks with other members of your carpool group and you will also lessen the wear and tear on your vehicle.

**Rent or Borrow.** Home renovations can be costly especially if you're doing them yourself and you don't have the proper tooling. Instead of buying the tools new, rent from your local tool store, borrow from your friends or buy the tools used; you will end up with what you need at a fraction of the cost of buying new.

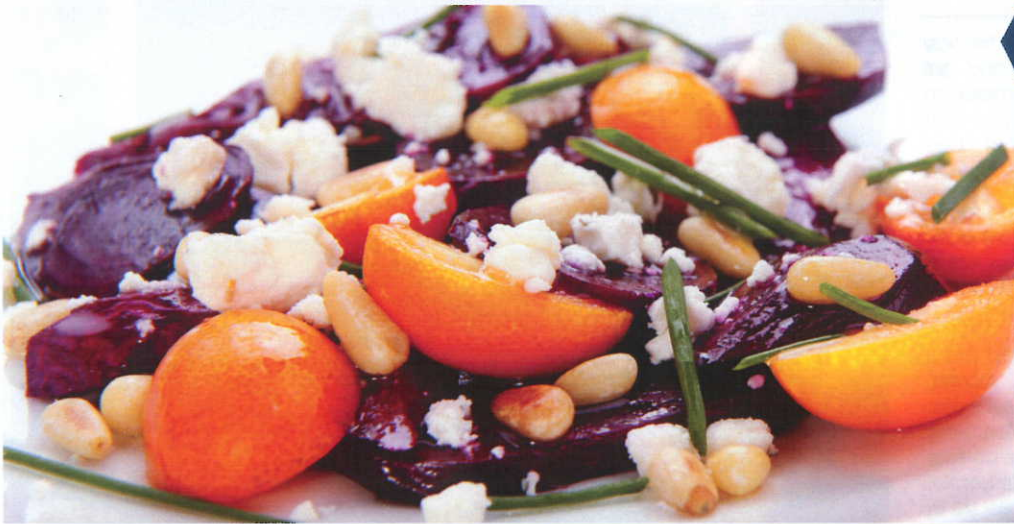
**Visit the Library.** If you like to read, watch movies and listen to music, the library will be your new best friend. Most libraries allow you to borrow these items for free (once you've paid your membership fee) saving you money and storage space.

**Reusable Coffee Mug.** If you're in the habit of stopping to buy coffee during the day, you may get a discount if you bring in a reusable mug. Many coffee shops want to reward you for choosing the eco-friendly option and will give you a better price on your cup of joe if you forgo the paper.



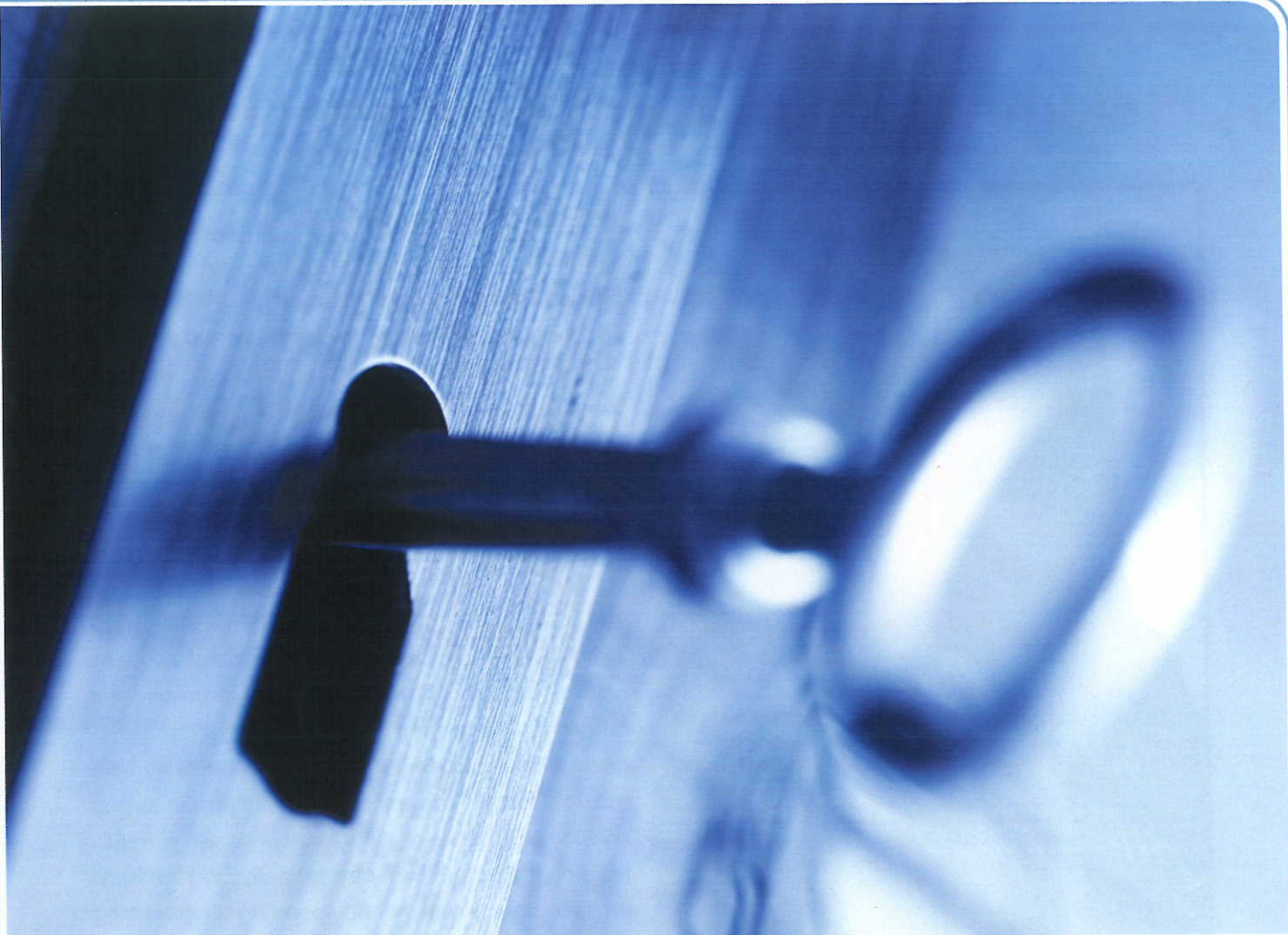
# SUPER SALADS

Keep your salads tasting fresh by straying from the norm. Skip the lettuce and create a crunchy salad filled with cauliflower, broccoli, carrots, celery and asparagus. A beet salad can also be delicious. Use roasted beets, yellow pepper, goat cheese and a light vinaigrette for a delectable mixture. If you love your leafy salads, add a salad green you would not normally use. Try arugula, endive or radicchio to add a new flavour then toss in a few vegetables such as corn, green beans, zucchini or match stick cut turnips to make your salad great!



# Doggone Fun

A man went to visit a friend and was amazed to find him playing chess with his dog. He watched the game in astonishment for a while. "I can hardly believe my eyes!" he exclaimed. "That's the smartest dog I've ever seen." "Nah, he's not so smart," the friend replied. "I've beaten him three games out of five."



# HOME SECURE HOME

**Going on vacation?** Working long hours at the office? Wondering what's going on at home? A home security system just may be the answer. Security systems are light years ahead of where they have ever been with a number of features designed to give home owners ease of use and peace of mind. Equipped with today's technology alarms have many beneficial options. They can be activated anywhere using your smart phone or the web, they can alert you when your kids get home if you're not able to be there, cameras can be incorporated so you can view certain areas in your home, sensors can be strategically placed to alert you to the presence of water in areas like your laundry room or basement, and some can be integrated with your thermostat to adjust the temperature as you come and go. Your home is your castle, know yours is secure even when you're not there.

# Commonym

A commonym is group of words that have a common trait in the three words/items listed. For example: the words; A car - A tree - An elephant.. they all have trunks. These will make you think!

1. A Bull - A Car - A Shoe Salesman \_\_\_\_\_
2. A Courtroom - A Dugout - A Park \_\_\_\_\_
3. A Football Team - A Phone - A Stereo \_\_\_\_\_
4. Yellow - Black - Baltic \_\_\_\_\_
5. Dark - White - Milk \_\_\_\_\_
6. Steak - Spaghetti - Tartar \_\_\_\_\_
7. A Bobbin - Spider Web - A Screw \_\_\_\_\_
8. Tow - Row - Show \_\_\_\_\_
9. Rally - Stock - Drag \_\_\_\_\_
10. Families - Trees - Hair \_\_\_\_\_

1. They all have horns
2. They have benches
3. They have receivers
4. Seas
5. Chocolates
6. Sauces
7. They have threads
8. Boats
9. Car races
10. They have roots

Courtesy of [www.WuzzlesandPuzzles.com](http://www.WuzzlesandPuzzles.com)