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# THE TEMMY TIMES

OVER 20 YEARS OF EXCEPTIONAL SERVICE AND ASSURED RESULTS.

## VANCOUVER REAL ESTATE MARKET SAILS THROUGH OLYMPICS IN TIME FOR SPRING

Greater Vancouver housing market activity remained steady throughout the excitement of the Olympics, according to Real Estate Board of Greater Vancouver (REBGV) past president Scott Russell.

"Two months into 2010, we [saw] the total number of homes listed for sale on the rise, and demand in the market strong, but less frenzied than we saw in the latter part of 2009," he says.

Low interest rates and a diverse range of available properties have encouraged a significant number of first time and move-up buyers, according to REBGV's president Jake Moldowan.

"We don't know at this point what long-term impact the Olympics will have on our housing market," says Russell. For now, though, the effect has been positive.

All the budding and blooming of springtime is not restricted to the real estate market: our biological homes – our human bodies – experience springtime, as well. Many people consider spring the season for decluttering the attic and the body. This issue, we look at proactive and practical approaches to staying healthy along with the benefits of the purifying regime known as the spring detox.

Perhaps the relief brought about by the onset of the warm season after a long winter is the reason why our ancestors devised spirited celebrations of renewal in time with the onset of spring. In honour of April Fools' Day, we take a peek at the history of foolery.

Natural jesters and mimics, children gravitate toward this fresh, energizing season for outdoor play. For inspiration, consider our list of twenty springtime activities to engage in with your children.

And to add flare to your cooking while bolstering your health, this issue we extol the virtues of the spring onion – sweet, spicy, and nutritious.

There are so many ways to savour this fresh, new season— bon appetite!

### SPRINGTIME MAGIC: SEASONAL SENSATIONS FOR KIDS

A huge and often surprising gift children offer adults is the reminder of what it meant to be a child. Children love to play, and as we engage with them, we realize that we still do, too! Children's playfulness can often be inspired by the newness of the seasons, which they are witnessing with fresh eyes. Let spring catalyze you into a renewed appreciation for blossoms and warm breezes as you and your child take in the magic with these crafts and activities.

1. make ice cream sundaes
2. dress warmly and make the first sandcastles of the season by the ocean
3. start a garden
4. don full raingear and play in the park in the rain
5. finger-paint outdoors
6. play sidewalk chalk games like hopscotch
7. teach your child how to fix her bike
8. go on a nature walk in a park and collect wildflowers for art
9. paint with Kool-Aid (smells great!)
10. go for a jog around the park with your kids (on their bikes) and the dog
11. make your own kites and fly them
12. organize a relay race for the neighbourhood
13. decorate Easter eggs and plan a hunt
14. make homemade chocolates (why not?)
15. try rollerblading
16. make a springtime mural using fallen petals and leaves
17. host a mad hatter outdoor tea party with riddles and scones
18. write and perform a play on a grassy stage
19. learn an instrument (like the recorder) with your child
20. lie on a blanket in a quiet outdoor place and listen to the grass



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## SPRING FEVER

### FROM TRADITIONAL CHINESE MEDICINE (TCM) TO PRACTICAL, NO-NONSENSE PREVENTION, TIPS FOR IMPROVING YOUR HEALTH THIS SPRING

The change of season from winter to spring provides us with ample opportunity for action and enjoyment. With trees in bloom and all of nature poised for renewal, springtime poses a natural entrée for healing of the body. As we pursue healthfulness this season, mindful awareness and a few practical tips can help lead us gracefully down the garden path.

### FOREWARNED:

*Health issues common in the springtime include:*

Spring colds and energy blow-outs – found especially as activity increases after a sedentary winter. Easy does it as the season starts (unless you're sixteen and can build six-pack muscle overnight!).

Digestive issues – instead of heavy oils, try sesame or olive oil and avoid deep-fried foods

Hay fever and allergies -- popular natural remedies include butterbur, freeze-dried nettles, goldenseal, and grape seed extract. Google these notions and see what you learn!

Insomnia – spring is exciting, but sleeplessness is anything but. TCM offers relief through balancing the Liver (different than the liver in western medicine), which can be affected by spring, according to practitioners.

### FOREARMED:

Spring, with its bright, high energy is the perfect time to assess your health situation and be proactive in advocating for your most precious possession – your body.

Who is your healthcare provider? If you don't have a family doctor you trust, take the opportunity to ask your friends who their physicians are. Your relationship with your doctor can be fundamental to finding and maintaining good health.

Consider whether or not you are up-to-date with regular health tests and check-ups. Only you can do this for yourself, and it is also an act of caring for the people who love you.

Make a list of any new or ongoing health issues. Now is the perfect time to re-visit or, if you've never broached a continuing health issue, to take the bull by the horns.

Mental health is not all in the mind. Our state of mind impacts our bodies and the entirety of our lives. If you've been experiencing a mental health issue, consider finding a therapist who can assist you.

### (BE)FORE PLAY

Enjoy your outdoor time more fully with these precautions:

Be mindful when lifting: bend at the knee, tighten your abdomen, lift with your legs, and hold close to the body.

When using a ladder: check for broken parts, plant on firm surface, move materials carefully, don't sit at the top.

Before mowing the lawn: service the mower; wear good shoes, mask, and glasses; and always keep fingers away from blades.



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## THE DETOX DIET: A RITE OF SPRING

It's not surprising that springtime's influx of new life and clear skies might invite us to contemplate purity. And what more vital vehicle to purify than our bodies? There are numerous approaches to a spring detox, and the good news for the curious and prospective is that a detox does not have to be radical to help. By taking a break from some foods that might not be serving our best interests and adding a few choice options and activities, we can allow our body-minds a renewing break, and rid our bodies of toxins without denying our palates.

The following notions could be incorporated to create a springtime detox. Remember that if you are in any doubt as to what would be healthful for your diet, consult a healthcare professional.

Water, water, everywhere: Yes, even you are mostly comprised of water. Drink at least eight, 8 ounce glasses a day of it to flush your system of toxins and boost your mood and metabolism. Warm water with the juice of half a lemon in the morning can be a great start to a detox, and look good on your skin, too.

Nature's multi-vitamin dispensers: Eat lots of fresh, seasonal fruits and vegetables, with a vegetable focus on broccoli, Brussels sprouts, kale, arugula, cauliflower, and rutabaga.

De-stress with smart carbs: Try increasing your whole grains, rich in vitamin B and fibre. (It's easy!)

Choose probiotic yogurt. Promotes a healthy gut, exactly what you're after with a detox.

Just say "no" to...processed foods, trans and hydrogenated fats. Try it! Just say: No!

Say "yes" to fruit-juice or honey-sweetened baked goods in lieu of those containing white sugar, and herbal tea instead of caffeinated.

As without, so within: Environmentally responsible household and personal products are easier on your body, too.

Downward, dog! Try yoga, t'ai chi, or ch'i kung for stress reduction. Walking is great, too. Your body will benefit and so will your mind.

Listen up: There is a lot our bodies are telling us daily about what we need, if we would only listen...

## SPRINGTIME ONIONS: SWEET & ZESTY...BUG-PROOF, TOO!

Hello springtime! Spring onions are one of the first vegetables in the vernal garden. Part chive and part onion, the spring onion combines the best of two worlds with a zesty sweetness. Their slightly spicy taste makes them ideal for spiffing up both cold and warm dishes. For a most savoury result, add them to the pot when the meal is nearly cooked.

Spring onions are good for you: they work against heart disease (as do all onions), and contain vitamins A and C as well as iron. And their juice can be used as a natural insect repellent! This is truly great news. But if you prefer not to smell like raw onion, you're not alone in your aversion: apparently, parasites are turned off by this aroma, too.

*"If Eve had bitten it, instead of the apple,  
how different, Paradise."*

Excerpt from poem "Onion" by  
Lorna Crozier

## SWEET AND CREAMY SPRING ONIONS: SPRINGTIME ON A GRILL

Grill your spring onions to maximize sweetness and summon up potential for creaminess.

Trim wilted greens and remove root while keeping bulb intact.

Brush with olive oil.

Place on medium grill and cook, covered. Turn once and cook about 15 minutes, until both sides are grill-marked and onion is tender throughout.

Season with salt, pepper, and lemon juice.

Enjoy!

*(excerpted from a recipe courtesy of about.com)*



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## FOOLS' DAY CHRONICLE: A BRIEF HISTORY OF FOOLERY

A survey of the history of April Fools' Day is a contemplation of the tradition of pranksterism in human society, and it is one very long tradition. Although the first recorded references to April Fools' Day date back to the 1500's, an historical review of foolery strongly hints to the notion that as long as there have been humans, there have been tricksters. It stands to reason then that there might be (at least) one day of the year on which tricks and tricksters would be celebrated! That day is April first.

While tricksterism is the name of the game, certain rules still apply. Some April Fools' traditions discourage the playing of tricks after noon (bad luck!), and encourage the tricked to bear their humiliation in good humour (good luck!). Others dissuade men from marrying their sweethearts on April first, lest they be dominated by their future wives (weird luck).

Historically, the origin of the day is inconclusive. Some believe it sprang from a French calendar change. In 1564, France moved New Year's from late March to January first. Sticklers who refused to yield to the change (and let's remember how challenging it can be even to embrace Daylight Saving Time) endured the small humiliation of having paper fish stuck to their backs and labeled "Poisson d'Avril" - April fish.

Some link April Fools with the playful springtime renewal festivals common to so many cultures. The Roman Saturnalia involved dancing, drinking, gifts, and king-mockery. In India's Holi festival, people threw coloured powder and water at each other. In the medieval Festus Fatuorum, people made fun of the church. Despite the church's dismay, this continued for twelve centuries (!).

In recent times, there have been numerous famous examples of April Fools' Day shenanigans, from which the following are but a selection.

In 1957, the BBC aired footage of peasants harvesting spaghetti from trees. Enticed by this imagery, viewers called in to ask how they might grow their own spaghetti. The station responded, explaining that they need simply plant a small piece of pasta in a can of tomato sauce.

In 1965, the BBC interviewed a professor about his recent invention - the smell-o-vision, a device that could transmit aromas. To demonstrate its efficacy, the inventor told viewers he would transmit the scent of onion and coffee, a (false) fact confirmed by viewers who called in to describe the aromas that now filled their homes.

In 1985, journalist George Plimpton wrote an article for Sports Illustrated about Sidd Finch - "Barefoot" Sidd (hartha) - who had learned to pitch in a Buddhist monastery and could throw a 168 mph (270 km/hr) fastball with precision. If readers thought to scrutinize the subtitle of the piece, they would have seen that the first letter of each word revealed the subtext:

"He's a pitcher, part yogi and part recluse. Impressively liberated from our opulent life-style, Sidd's deciding about yoga - and his future in baseball."

In other words: Happy April Fools!



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