



August 2004

Davis Realty News

The market's not boiling... but its still *hot!*



The Dog days of Summer...

Cold drinks, nice salads, sundecks, days at the beach or sitting in the shade of your special tree, are right up there as favorites with the “dog days of summer”...

Did you know that the “dog days of summer” comes from ancient times? In the summer the “Dog Star” Sirius rises and sets with the sun. The ancients believed that this phenomenon added heat to the already hot sun.

Folklore suggests that the saying “dog days of summer” comes from the fact that even dogs don’t move around too much in the heat of a summer day.

So, no matter how we think of the “dog days” we know it’s hot. We thought you could use a bit of fun and a few “cool” ideas to help you enjoy the rest of our beautiful Victoria summer days, because they don’t go on forever!

Keeping cool....

- Keep a few wet face cloths in a bag in the fridge or freezer for a refreshing quick cool down. You can even have different colours of cloths for everyone in the family.
- Keep a spray bottle with 3 parts water and 1 part *witch hazel* (available at any drug store) handy and spritz yourself often. You can store this in the fridge as well for an extra cool spray.
- Go ahead and eat some “spicy” food! You *will* start sweating from the inside out and that will cool you off in a hurry.
- Run cold water or rub an ice cube over the inside of your wrists. This will cool your blood as it circulates.

Some Yummy Treats....



Fruit Smoothies

Prepare any fresh seasonal fruit by washing and cutting into pieces. Freeze on cookie sheets until solid (approx 1 hour). Frozen fruit is also available at your grocer.

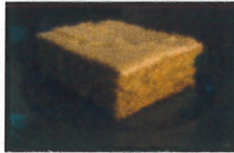
In a blender or food processor mix all together:

1 1/2 cups of frozen fruit (try different combinations) 1 cup of plain yogurt or whole milk

2 to 4 Tbsp. Sugar or sweetener to taste

Blend for a few minutes until smooth.

Pour into large glass and enjoy!



Banana Oat Squares

1/2 cup Butter or Margarine 1/2 cup Brown Sugar

1 Egg 3/4 cup Mashed Banana (about 3)

2 cups Quick cook oats 1/4 tsp. Salt

1/3 cup chopped walnuts (optional)

Cream butter and sugar, add egg and beat well. Add mashed banana and salt, mix well.

Add oats and nuts and combine thoroughly. Spread in 8x8 pan and bake @ 350* for 50-60 minutes until firm. Cool and frost if desired.



Asian Salad

1 cup Shredded Cabbage 1 cup Shredded Carrots

1/4 cup Sliced Red Onion 1 can Mandarin Oranges (drained)

2 tsp. Ground Ginger or 1 tsp. Fresh Grated Ginger

1/4 cup Catalina Salad Dressing

2tsp. Brown Sugar

Combine salad dressing, ginger and brown sugar and mix well. Place cabbage, carrots, onion and orange pieces in bowl, add dressing mixture and toss well.

Last but not least....

Have some fun by attending the 27th annual Victoria Classic Boat Festival at the Inner Harbour on September 3, 4, 5, 2004. The Victoria Real Estate Board and Monday Magazine sponsor this event. There will be a Steamboat Parade out of the Inner Harbour on Saturday at 2:00 p.m. and a Sail Past of all entries on Sunday morning at 10:30 a.m. and races Sunday afternoon from 1 to 4 p.m. For complete details, please visit www.classicboatfestival.ca or the Victoria Real Estate Board. With over 100 classic boats in the Inner Harbour it promises to be a fun event for all!

Jack's Famous Night Out....

This month's winner is Tom & Joan Sideris. They have won a great night out at the movies. It's easy to enter, just give Jack a call at 598-6200 or 1-866-598-3571 to say hello and your name will be entered into the next draw!

Give me a call anytime... I love talking to my clients!

Davis Realty Corporation

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