

# The **Neighborhood** Paper

*Inspired Living - All Things Home*

**THE FREDRICKSON REAL ESTATE TEAM**

WHAT'S  
**IN FRONT OF YOU**  
pg. 2

GLUTEN FREE WINTER  
**COMFORT FOOD**  
pg. 8

LEGENDS OF  
**VALENTINE**  
pg. 7

IT MATTERS  
**FOR ONE**  
pg. 4

REAL ESTATE'S  
**NEW MAN**  
pg. 5

**JOHN AND TAMMY FREDRICKSON**

(626) 688 9890

**SOTHEBYS**  
INTERNATIONAL REALTY

CA BRE #: 00853111



## FROM THE EDITOR

A BIT OF CONNECTION FROM OUR HOME TO YOURS

A woman stands ahead of me on the escalator - she just found out her tumor is malignant; a young man stands behind me and he just found out his tumor is benign. You'd never know. This was only one of the scenes of a silent video I recently watched as part of a Pet Therapy Training Program. Four minutes of what appeared to be ordinary people going about ordinary things in life, but with their "story" running above them. The video hits hard, makes tears. The point? It's this: everybody has a story and, things are rarely as they appear so kindness, grace, and patience are the protocol at all times.

My volunteer training was a couple of weeks ago, in the middle of January, and I was reminded of another shift in perspective that I have experienced: I use to dread January, the cold, short, dreary days of winter, but I was shaken and sifted into a new place, a new view. It came about in this way: one January a dear friend made a most astonishing statement by comparison to my dread. She said, "I love the beginning winter months of the new year. I love that every thing is curled up, quiet, hidden away, at peace. It's my thinking season." The oppositeness stunned me into thinking: Our winters aren't that different- our days are cold, short and bare, leaves have blown away, roses appear brutalized, and there are few flowers any where. Life seems curled up, off in a closet somewhere. But clearly one thing was different inside the sameness of our experience. Our perspectives. So I started thinking.

Winter started telling me a story: "Inside cold, short, bare days is rest, stillness, budding potential, life to unfurl in new and bright ways." I remember the first time I say my father-in-law trim his extensive rose garden down. I was horrified. I thought, "Surely they're done for." But he'd say, "Just you wait. What looks like death, isn't. This has to happen." And he was right; the first blooms in Spring were the biggest and brightest. I've come to think we are meant to have seasons just like nature: preparation, blooming, change and rest.

So, I've come to carry new views with me: 1) winter isn't dead, there's a lot going on, a building for life, and I'll choose to join that rhythm, and 2) people around me have untold stories that if I knew, I'd probably be way more patient and gracious, so I'll choose that ahead of time, reminding myself that I don't know what has happened to the person in front of me.

When it comes to Real Estate we have been getting ready for Spring too:: our son-in-law, Patrick, has joined us, we have a new, absolutely lovely assistant, Heidi, and we have corralled ideas for bringing you pertinent and helpful real estate bits this year. We are full of excitement over it all, and we'd love your addition of any referrals of friends or family who we could help in real estate.

Here's to seeing differently inside our HOMES and out,

-Tammy

## ALL THINGS FAMILY

IDEAS FOR BUILDING THE FAMILY STORY INSIDE HOME

### A Gentleman In Moscow

*An entertaining and inspiring book.*

This historical fiction novel immerses itself in some of the most tumultuous decades of Russian history beginning in 1922. A 30 year old Count, Alexander Rostov, is deemed an unrepentant aristocrat by a Bolshevik tribunal and sentenced to life imprisonment in the Grand Metropol Hotel across from the Kremlin.



Should he step foot outside he is to be shot on sight. With a glimmering cast of characters, some humor and a step inside history, the novel is captivating and readers are caught up in the Count's endeavor to gain a deeper understanding of what it means to be a man of purpose.

#### Sweet Pea...

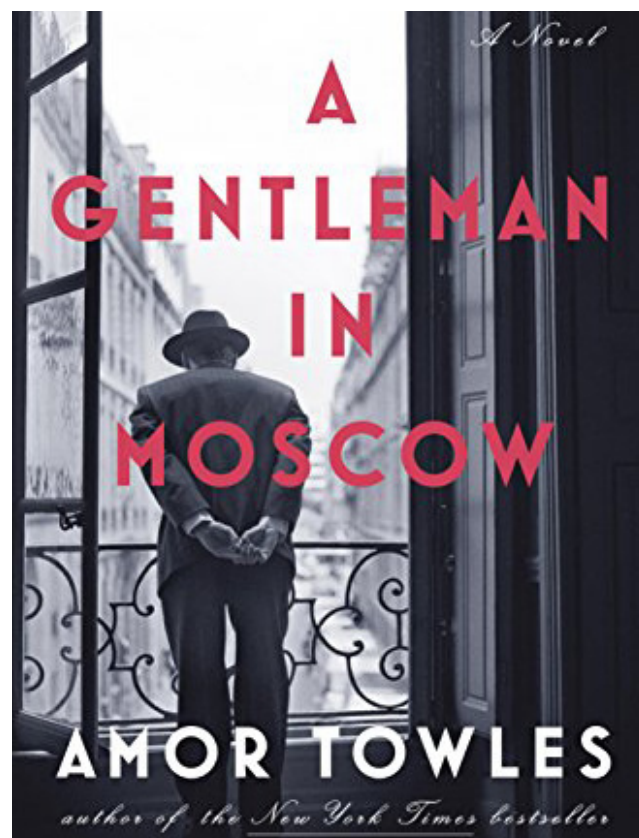
*Some of the first bits of life and brilliance winter inspires around our homes comes from the lovely sweet pea plants.*

January and February do not exactly cry out, "get out in the garden and plant!"; however, there are a few seeds to toss in that cold soil that deliver quite a show: sweet peas! Sweet peas will need something to climb on, but outside of that they pretty much take care of themselves and grow prolifically producing dainty, colorful, and sweet smelling flowers atop delicate stems that last a long time as cut flowers.

### Get Set....Baaaake!

*Doing life together inside our homes around a television show that displays great sportsmanship, humility, and inspiration.*

BBC's series titled, "The Great British Bakeoff", takes 12 nationally selected bakers out of a thousand applicants and gives them 3 themed bakes per show, crowning one- star baker and letting one go by the end of each episode. Even if you don't consider yourself a baker, or don't bake, this show will inspire you to bring out the flour, butter, and eggs or at the very least make you crave a cup of coffee and a baked delicacy! But baking aside, the contestants are endearing and the camaraderie, good sportsmanship, and humility are inspiring; a rare effect from a television show. Available on Netflix and we recommend starting with season 5.



## | For Inspiration |

STORIES FOR INSPIRING LIFE INSIDE OUR HOMES

**It Matters to the One**

An old man walked across the beach until he came across a young boy throwing something into the breaking waves. Upon closer inspection, the old man could see that the boy was tossing stranded starfish from the sandy beach, back into the ocean.

“What are you doing, young man?” He asked.

“If the starfish are still on the beach when the sun rises, they will die,” the boy answered.

“That is ridiculous. There are thousands of miles of beach and millions of starfish. It doesn’t matter how many you throw in; you can’t make a difference.”

“It matters to this one,” the boy said as he threw another starfish into the waves. “And it matters to this one.”

**The Weight of a Glass**

Once upon a time a psychology professor walked around on a stage while teaching stress management principles to an auditorium filled with students. As she raised a glass of water, everyone expected they’d be asked the typical “glass half empty or glass half full” question. Instead, with a smile on her face, the professor asked, “How heavy is this glass of water I’m holding?”

Students shouted out answers ranging from eight ounces to a couple pounds.

She replied, “From my perspective, the absolute weight of this glass doesn’t matter. It all depends on how long I hold it. If I hold it for a minute or two, it’s fairly light. If I hold it for an hour straight, its weight might make my arm ache a little. If I hold it for a day straight, my

arm will likely cramp up and feel completely numb and paralyzed, forcing me to drop the glass to the floor. In each case, the weight of the glass doesn’t change, but the longer I hold it, the heavier it feels to me.”

As the class shook their heads in agreement, she continued, “Your stresses and worries in life are very much like this glass of water. Think about them for a while and nothing happens. Think about them a bit longer and you begin to ache a little. Think about them all day long, and you will feel completely numb and paralyzed – incapable of doing anything else until you drop them.”





## News in Real Estate



INTRODUCING, Patrick Armstrong. We are thrilled to have Patrick with us as he is a very amiable and trustworthy young man with a passion for real estate. So allow us to introduce you to one of the industry's newer professionals, and our newest team member.

It seems that the sports element is an undercurrent in our team with Tammy's past LPGA journey, and Patrick's journey towards the Olympics. Patrick's journey began when he was 5, and by his junior year of college his backstroke was within a second and a half of making an Olympic Trial's cut time. But life is not always a straight road and Pat hit a hard curve when his shoulder tore apart in the middle of his junior year. He was devastated. One surgery later and months out of the pool, life's curve brought new avenues for him with college ending, career opportunities to consider, and becoming engaged (to our daughter). In 2014 he was married, graduated and on his way to California where a new kind of water would take care of his spirit.

Patrick grew up in Colorado, and ocean swimming was a kind of, 'what's that?' thought. Patrick soon turned his arm stroke into a paddle, rotated his back from down to up, and partnered with a board...he discovered surfing, and LOVES it. He often squeezes in an early morning surf prior to work. When we asked Patrick what, from competitive swimming, carries over into his life, he had two words for us: passion and perseverance. Patrick said, "Passion carries you from the desire to accomplish something to the will to make it happen. The passion part makes you train your mind

not to stray away from the big picture goals; you keep moving forward." On perseverance, he said, "you have races that don't go your way and you've got to be able to have a change of attitude, forget that race, and go for the next one." Tammy and I were struck by the similarities in character traits for being a great Realtor; clients need somebody working for them who can keep a great attitude, work around any bumps, and keep going hard for the goal. They need somebody in the 'waters' around them, who has the will to work for their dreams and keep focused on the big picture goals.

Besides surfing Patrick loves (!) football, and hockey, especially his Broncos. Give him an opportunity to go to a hockey game and he'll make a way. He and his wife often go to Huntington Beach where Patrick surfs and Sarah lets their two golden retrievers hit the surf. When asked what he loves about real estate, Patrick said, "I love seeing a smile on a client's face when they find the house they love, and I really enjoy the designs of homes that make them uniquely special." We are proud to have Patrick join our team and in just a few short months he has already closed two transactions. We take care of all age groups and price ranges and we are, all, here to take care of your housing needs.

We would consider it a privilege to help you, your family, or your friends with any real estate or Home needs.

Please keep our names in mind if you have the opportunity to suggest a real estate agent to anyone.

All the Best

*John*



## CURIOUS INFORMATION

BRINGING HOME SLIVERS OF REMARKABLE STORIES

### Three Benefits of Eating Dark Chocolate

**1. IT IMPROVES BLOOD FLOW TO THE BRAIN.** Problem solving skills, attention span, reaction time, and memory receive a boost from compounds in dark chocolate .

**2. ANTIOXIDANTS IN CHOCOLATE NEUTRALIZE FREE RADICAL DAMAGE.** Your brain is highly susceptible to free radical damage because it uses a lot of oxygen, about 20% of the body's total intake. The antioxidants in chocolate help protect you brain from this damage and prevents premature brain cell aging.

**3. MAGNESIUM FOUND IN DARK CHOCOLATE RELIEVES STRESS.** Magnesium educes stress by suppressing the release of the

stress hormone cortisol. It's generally thought that we crave chocolate for its magnesium and receiving more magnesium from chocolate can improve memory, focus, mood, sleep, and resilience to stress.



## INFO BYTES

### Geese Stay Warm

A single Canadian goose has between 20 and 25 thousand feathers. Just a fraction of an inch of these feathers can keep the bird's body at 104 degrees even in freezing weather.



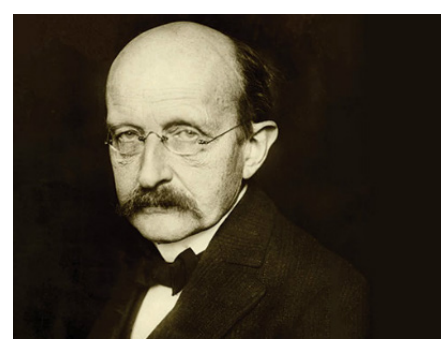
### Go Away Green

Disneyland has its own color called "Go Away Green". It is meant to help things blend in with landscaping. It's a grey-green tested and formulated to blend in with almost anything.



### No More Physics

Max Planck was told by his professor not to go into Physics because "almost everything was already discovered." He went on to originate quantum theory and won the Nobel Prize.





## FROM ANTIQUITY FOR TODAY

A BIT OF HISTORY FROM LIVES LIVED IN HOMES PAST

**A History of Valentines Day**

The Catholic Church recognizes at least three different saints named Valentine or Valentinus, all of whom were martyred. One legend contends that Valentine was a priest who served during the third century in Rome. When Emperor Claudius II decided that single men made better soldiers than those with wives and families, he outlawed marriage for young men. Valentine, realizing the injustice of the decree, defied Claudius and continued to perform marriages for young lovers in secret. When Valentine's actions were discovered, Claudius ordered that he be put to death.

Other stories suggest that Valentine may have been killed for attempting to help Christians escape harsh Roman prisons, where they were often beaten and tortured. According to one legend, an imprisoned Valentine actually sent the first "valentine" greeting himself after he fell in love with a young girl—possibly his jailor's daughter—who visited him during his confinement. Before his death, it is alleged that he wrote her a letter signed "From your Valentine," an expression that is still in use today. Although the truth behind the Valentine legends is murky, the stories all emphasize his appeal as a sympathetic, heroic and—most importantly—romantic figure. By the Middle Ages, perhaps thanks to this reputation, Valentine

would become one of the most popular saints in England and France.

Americans probably began exchanging hand-made valentines in the early 1700s. In the 1840s, Esther A. Howland began selling the first mass-produced valentines in America. Howland, known as the "Mother of the Valentine," made elaborate creations with real lace, ribbons and colorful pictures known as "scrap." Today, according to the Greeting Card Association, an estimated 1 billion Valentine's Day cards are sent each year, making Valentine's Day the second largest card-sending holiday of the year. (An estimated 2.6 billion cards are sent for Christmas.) Women purchase approximately 85 percent of all valentines.



<https://www.history.com/topics/valentines-day/history-of-valentines-day-2>

John and Tammy Fredrickson  
Sotheby's International Realty  
800 E. Colorado Blvd. Suite 150  
Pasadena, Ca. 91101

# The *NEIGHBORHOOD* Paper

EST: 1995

HELPING YOU BUY AND SELL HOMES

FEBRUARY 2019

## IN THE KITCHEN

### Winter Comfort - Gluten Free Cornbread

#### Ingredients:

- 1 1/2 cups gluten-free all-purpose flour
- 1 1/2 cups gluten-free cornmeal
- 1/3 cup sugar
- 2 tbsp honey
- 2 tsp baking powder (key rising agent)
- 1 tsp baking soda (partner to rising process)
- 1 tsp salt
- 2 eggs
- 1 1/2 cups almond milk, or if we break the "no dairy" line, buttermilk is awesome.
- 6 tbsp ghee butter, melted
- 2 tbsp Crisco Vegetable Shortening

#### Directions:

Preheat oven to 400. Mix together dry ingredients. In a separate bowl, whisk together eggs, milk, and butter (be sure the melted ghee is cooled). Make a well in

the middle of the dry ingredients and pour in the wet ingredients, mixing together just until incorporated. Don't over mix. Now we like a crispy outside edge and a soft interior so the next steps are crucial. In a cast iron pan over medium-high heat, melt 2 tbsps of Crisco vegetable shortening. When it is melted and hot, pour in the batter at which time the edges will sizzle a bit. Cook for 1 minute then transfer skillet to oven and cook for 20-25 minutes. When it comes out of the oven, drizzle the 2 tbsps honey over the top to soak into the cornbread. Alternative to using skillet: line a cupcake pan with wrappers and fill halfway with batter to make cornbread cupcakes. These go great in lunches!

