

October 2014

**Kate Gladchun**  
**TOP 10 in 2013**  
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*Just Call Kate. . .*

# The Resource

## Fall Favorites!!!

### GOODRICH FAMILY CALICO BEANS

(My husband agreed to go to any of my family reunions as long as these beans were served!!)

- \*10 Slices of bacon, cooked until crisp
  - \*1/2 c chopped onions \* 1/2 c chopped celery
  - \*1/2 c ketchup \* 1/2 c brown sugar
  - \*1 t dry mustard
  - \*16 oz can kidney beans, drained
  - \*16 oz can butter beans, drained
  - \*16 oz can green lima beans, drained
  - \*16 oz can pork and beans
  - \*(any other favorite beans can be added too)
- Saute onions, celery; combine all of the above ingredients. Bake 1 to 1-1/2 hours at 325 degrees. May be frozen before or after baking.

### SUNRISE SOUP — ADULTS ONLY!!!

(Original recipe from the Big Creek Lodge)

- \*1-1/2 jigger bourbon
  - \*1-1/2 jigger Meyers dark rum
  - \*1/4 t bitters
  - \*1/4 t brown sugar
  - \*1/4 c hot water
  - \*nutmeg
  - \*small slice of butter
- \*(recipe for ONE serving; multiply for others!)
- Put sugar in appropriate sized pan or pot. Place bitters on the sugar. Add bourbon, rum, then water. Bring ALMOST to a boil, but do not let it boil! Pour into a coffee mug; add 1/4 t butter and a dash of nutmeg.
- Great way to start a cold (weekend!) morning! You may want to take a mid-morning nap after this....



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## 20 Tips on Getting to Sleep

1. **Drink tea:** Herbal tea can help you relax before bedtime
  2. **Read a book:** Helps you power down
  3. **Put away the iPad:** The blue light from tech devices tricks your mind into thinking it's day, so turn off gadgets 30 minutes before you need to go to sleep.
  4. **Have a snack:** Honey, nuts, and dairy all have something in common. They contain compounds that may induce sleep.
  5. **Stretch it out:** Stretching relieves aches, but it can also calm you and prep you for sleep.
  6. **Meditate:** Clearing your mind allows you to drift off to sleep.
  7. **Hide the lights:** Electronics, alarm clocks, street lamps can all prevent deep sleep. Cover up anything that's contributing to light pollution.
  8. **Take a warm shower:** A warm bath or shower can soothe muscles; also great if you're suffering from a cold or allergies.
  9. **Exercise:** Expend your energy for the day with exercise, and you'll be ready to drift off to sleep sooner
  10. **Eat dinner earlier:** Gong to sleep with a full stomach can make lying down uncomfortable. Eat lighter and earlier.
  11. **Soothe with smell:** Lavender and tea tree oil are soothing scents; add a few drops to your sheets.
  12. **De-stress:** Worrying keeps you up; learn to take time out to de-stress. Both during the day and before bed.
  13. **Put away the wine:** (What?!) Nightcaps equal restless sleep.
  14. **Find the right temperature:** The best temp for getting proper sleep is between 65 and 72 degrees.
  15. **Do yoga:** Besides the stress-releasing stretch, yoga helps relax the mind.
  16. **Don't nap:** Restless sleep makes you want to nap, but it may be just what's keeping you up at night.
  17. **Get a new mattress:** This may be the problem for not getting sleep
  18. **Stop the afternoon coffee break:** Caffeine could be the problem!
  19. **Try a natural remedy:** Melatonin? Valerian? Natural sleep aids
  20. **Have a routine:** Taking time to wind down preps your mind and body.
- Sweet dreams. . .**

*“ . . . I cannot endure to waste anything so precious as autumnal sunshine by staying in the house. So I have spent almost all the daylight hours in the open air.”*

*—Nathaniel Hawthorne*

## Fun Fall Goals

- Have a fall picnic
- Re-read a favorite novel
- Try new pumpkin recipes
- Make homemade doughnuts
- Go to a drive-in movie
- Host a chili night
- Clean out the closets
- Start a neighborhood "Boo reaction"
- Spruce up outdoor space for cozy evenings
- Paint pumpkins
- Have a movie marathon
- Host a yard sale
- Take a scenic fall foliage drive
- Make a kids Halloween craft
- Volunteer for an outdoor cleanup
- Go on an afternoon "thrifting crawl"
- Make homemade candy corn
- Decorate with foliage
- Bundle up and enjoy walks or bike rides
- Host or attend a bonfire
- Help with a food drive
- Make little "scary" pumpkins
- Make mulled apple cider
- Plan a fall-themed vacation
- Plan your Christmas/holiday lights now!
- Make a Halloween costume
- Drink hot tea at night.
- Rake leaves!
- Make roasted vegetable soup
- Attend a craft show
- Plan your holiday menus
- Wear loafers and crew socks

**PICK UP A HALLOWEEN PUMPKIN AT THE MAX BROOCK BIRMINGHAM "GREAT PUMPKIN GIVEAWAY" USE THE ENCLOSED CARD TO CLAIM YOUR PUMPKIN!!**

## Web Sites and Apps

I'm always looking for ways to make my life easier with apps and websites. I've fallen into the habit of becoming complacent with my usual programs. However, I don't like to get lulled into too much delirium so I have been looking for some of the newest, most fun, most productive, or helpful apps to share with you.

I get daily emails from **The Grommet**. I would have to say that of all the push emails I get, this is one I pay attention to and have probably made the most purchases. Unique gifts and innovative products are announced daily, weekly and monthly. Most of the time I find that they are useful, thoughtful and relevant. They relate to cooking, fun, wardrobe, pets, hobbies, parties and technology. My favorite and most useful purchase was the "eyn" cover for my iPhone. Everyone thinks it's a battery pack, but it's actually a teeny tiny purse. You open up the back and there inside is a little mirror and a clip-like device that holds a credit card or business card or two, some cash, even a single key if necessary. There's also a wrist strap, which makes it easy to carry when I walk or show houses. It's also easy to take off. For instance if I need to switch to another case or just want my iPhone as slim as possible to fit into an evening bag or smaller purse. ([www.thegrommet.com](http://www.thegrommet.com))

Everyone has been talking about **Uber**, but do you know you can use it in our area? Yes, and I have done it! While visiting my daughter in Chicago, we used it everywhere and she set it up for me on my phone..... I think in order for me to be able to pay with my credit card (not hers!). Once I returned home, I had to meet my husband somewhere but I did not want us to have two cars to drive home. I pulled out my phone, punched in my request and voila! There was a car about 10 minutes away, waiting to take me to my destination. It's very interesting because you can watch a map on your phone as the car makes its way to you. In advance, you are notified as to what type of car to look for, the driver's name and photo. **Uber** notifies you when the car has arrived and you simply look for it! In my experience, the drivers have been very nice, chatty if you are, and have nice clean cars. There is no money exchanged. It is all set up prior to your first usage and the charges go on a credit card. Friends have used **Uber** to go out for the evening when they want to have fun and don't want to be drinking and driving. And it's cheaper than a taxi! iTunes.

I have tried many different To Do lists, but have found one that seems to be most efficient. I loaded it onto my iPhone and iPad and they sync together with no effort on my part. It's called **Any.do**. You can use their standard folders "Personal" and "Home", or create new folders for other purposes. Me, I just lump everything I need to do into the Personal folder since everything seems to need the same amount of attention! There is also a little task button at the bottom of your screen that will run through each "to-do" item, tell you how many days overdue it is, give you the option of moving it to another day, deleting it, or saying that it's complete. You can also have it remind you at a certain day and time. I have found this to work best for my needs. This is an app that you search for in the iTunes store or on your droid.

I've mentioned these before, but I think it's worthwhile mentioning them again..... If you're trying to keep track of weight, exercise and food and water consumption, **MyFitnessPal** has really improved. It tracks all of these items and if you are good at inputting the data, it gives you a lot of good info back. No need to get a "FitBit" really. You do need to input the data tho!!

Love **theSkimm!** Daily news delivered to your email first thing in the morning. Two college friends created this app/website and do a great job of getting down to the nitty-gritty of news, including international, domestic, sports, throw in a little George Clooney now and then and just generally make you feel like you know what's going on in the world! ([www.theskimm.com](http://www.theskimm.com))

Don't forget **estatesales.net** if you love estate sales. Helpful, with photos, maps, hours and descriptions. Great time-saver!

If you would like to receive *this* newsletter more regularly, would you send an email to me? We can produce it quickly and easily and send it out by email if you'd prefer it that way. Just let me know at [kate@gladchun.net](mailto:kate@gladchun.net). Thanks!



## CITY OF BLOOMFIELD HILLS

### January 1 through March 30, 2014

\$100,000-\$500,000 Price Range

Number of Homes:	3
Average Sale Price:	\$237,667
Average Square Foot	1749
Average Cost per Square Foot:	\$129

#### \$500,000 and up

Number of Homes:	9
Average Sales Price:	\$1,644,989
Average Square Foot:	5594
Average Cost per Square Foot:	\$276

### From April 1 through June 30, 2014

\$100,000-\$500,000 Price Range

Number of Homes:	12
Average Sale Price:	\$265,083
Average Square Foot	1914
Average Cost per Square Foot:	\$136

#### \$500,000 and up

Number of Homes:	20
Average Sales Price:	\$1,907,675
Average Square Foot:	5881
Average Cost per Square Foot:	313

### July 1 through September 30

\$100,000-\$500,000 Price Range

Number of Homes:	8
Average Sale Price:	\$304,385
Average Square Foot	2236
Average Cost per Square Foot:	\$134

#### \$500,000 and up

Number of Homes:	9
Average Sales Price:	\$991,556
Average Square Foot:	3908
Average Cost per Square Foot:	\$255

## BIRMINGHAM

### January 1 through March 30, 2014

\$100,000-\$500,000 Price Range

Number of Homes:	45
Average Sale Price:	\$200,426
Average Square Foot	1124
Average Cost per Square Foot:	\$172

#### \$500,000 and up

Number of Homes:	39
Average Sales Price:	\$748,748
Average Square Foot:	2916
Average Cost per Square Foot:	\$255

### April 1 through June 30, 2014

\$100,000-\$500,000 Price Range

Number of Homes:	102
Average Sale Price:	\$290,213
Average Square Foot	1451
Average Cost per Square Foot:	\$200

#### \$500,000 and up

Number of Homes:	70
Average Sales Price:	\$972,475
Average Square Foot:	3329
Average Cost per Square Foot:	\$292

### July 1 through September 30, 2014

\$100,000-\$500,000 Price Range

Number of Homes:	96
Average Sale Price:	\$281,274
Average Square Foot	1309
Average Cost per Square Foot:	\$215

#### \$500,000 and up

Number of Homes:	69
Average Sales Price:	\$964,552
Average Square Foot:	3224
Average Cost per Square Foot:	\$299



Your "Second Home" deserves a little attention. Drive a cleaner car with our favorite Car Wash!

Snow, dirt and salt are around the corner, so take advantage of these discounts just for readers of **The Resource**.

- **25% off any detailing services of \$89.95 or more**
- **\$3 off Works Wash Package (reg. \$12.99)**
- **\$19.95 for the 1<sup>st</sup> month of unlimited car wash pass when you sign up for 2 or more months (reg \$24.95)**

**SHOW THIS COUPON!!!**

(My car interior was recently detail cleaned by **American Car Wash**. I didn't realize until it was cleaned how dirty it really was . . .

Now it's like driving a new Second Home!)

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