

Welcome To Summer!

You've been working hard all school year and have definitely earned your summer break! Here at Capital Estate Planning, we're not only the Providers of your ATA Voluntary Benefits, but we also can provide some of the best summer recipes around to help you get ready to recharge.

To start off on the right foot, we have a refreshing Sweet Iced Tea Summer Spritzer - trade off whining about exams for 'wine-ing' about a delicious wine spritzer with blueberries, tea and mint. And for something savoury, we have a Chimichurri Sauce recipe. Forget about getting grilled about marks and get grilling on the BBQ! All year long you work hard at setting your students up for success, today we want to set you up for success - at the grill! We have some tips on grilling vegetables, these are a great side dish to any summer picnic.

Our most important recipe that we would like to share with you is our recipe for financial success. This is a recipe that has been tested over the years and has proven to be a winner in many households.

And don't forget: once the dust settles on the school year, it's a great time to talk to us about your ATA Group RRSP, ATA Group TFSA, ATA Life Insurance, Mortgage Insurance or Critical Illness Insurance.

Happy Summer from your friends at Capital!



Provider of your **ATA** Voluntary Benefits Program

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A simple recipe to use as inspiration to create your own summer spritzer.

Go ahead, make it your own and take all the credit!

- 2 cups of brewed tea, chilled (you can use any kind of tea; black, green, or herbal)
- 1/2 cup of sugar
- 1 large handful of fresh mint
- 2 cups of berries (our favourite is blueberries but blackberries would be delicious)
- Sparkling wine for an adult version or sparkling water for a family friendly version

1. Make the simple syrup to sweeten your tea. Bring 1 cup of water to a simmer, add in the 1/2 cup of sugar and stir until it is dissolved.
2. Take the simple syrup off the heat, allow it to cool for 10 min. Add in the mint and steep it for 20 to 30 minutes. You can muddle and mash the mint to release more minty goodness here if you like.*
3. Call your friends over because it is time to put it all together! In a large pitcher, combine the chilled tea with the mint simple syrup (here you can adjust the sweetness to your own preference, adding as much or as little as you want).
4. Fill 6 tall glasses with ice and a handful of berries, muddle and mash together. Pour the chilled tea among the glasses and top off with either sparkling wine or sparkling water and a mint sprig.
5. Enjoy immediately with family and friends, toasting our beautiful summer weather!

*Once the mint simple syrup is cooled you can store any leftover in a jar in the fridge for 2 weeks.

Recipe inspired by: www.foodnetwork.com/recipes/food-network-kitchen/earl-grey-tea-and-blueberry-spritzer

a recipe for FINANCIAL SUCCESS

1 part ATA Group RRSP - contribute with payroll deduction, \$100/month only costs you \$69.50/month

1 part ATA Group TFSA - grows tax-free
Group Life+ Insurance to taste, depending on individual needs

1 part ATA Group RRIF - provides your income during your retirement years

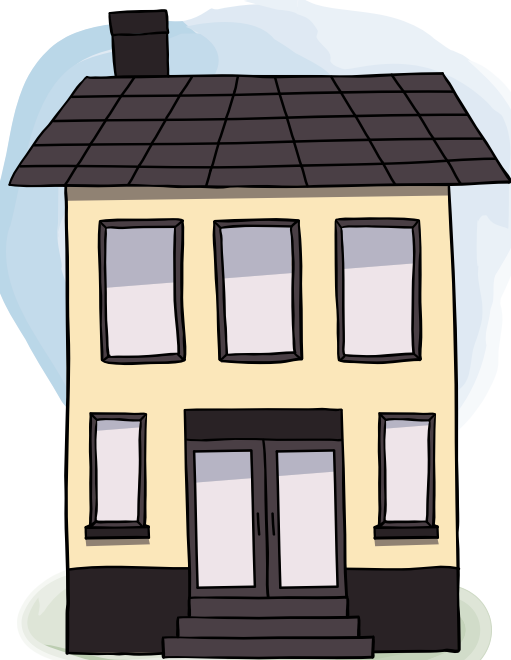
Optional mix ins:

Mortgage Insurance, ATA Critical Illness Insurance

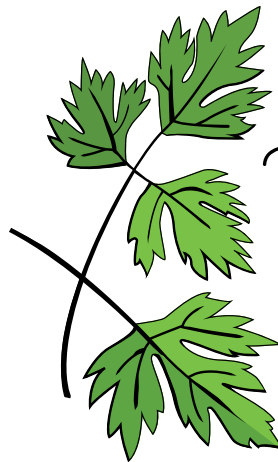
1. Place all ingredients in a medium-sized financial strategy.
2. Bake for 20 to 30 years.
3. Adjust your optional mix-ins with help from the experts at Capital Estate Planning.
4. Remove when hot and ready to retire.
5. Allow to cool and add in the ATA Group RRIF.

Notes:

- This recipe can be created in a "taster size" for those with smaller appetites.
- The RRSPs & TFSAs can also be partially removed early, for example; to help with a home purchase or large item purchase.
- Recipe is best if prepared in advance



Recipe credit: the creative department at Capital Estate Planning



Chimichurri SAUCE

This is a great all purpose sauce that can go on grilled steaks, grilled fish, grilled or oven roasted vegetables. You could even use it to dress a hearty romaine salad or even top garlic toast. Try it out and impress your family and dinner guests!

- 1 cup cilantro*
- 1 cup parsley
- 3 cloves of garlic (or more if you really love garlic)
- 1/2 of a medium sized red onion
- 2 tbsp lemon juice
- 2 tbsp red wine vinegar
- 1/4 tsp black pepper
- 1/4 tsp salt
- 1/4 tsp red pepper flakes (omit this for a mild version)
- 1/2 cup olive oil

1. Here is the easy part... combine all ingredients, except the olive oil, in a food processor and pulse until all is chopped together.
2. Increase the blade speed and drizzle in the olive oil.
3. Serve immediately or store in a sealed jar in the fridge for 2 to 3 days.

* If you are opposed to cilantro, you can make this with 2 cups of parsley.

Recipe credit: www.gimmesomeoven.com

GRILLED Vegetables

On a hot summer day, who wants to turn the oven on and heat up the house? Fire up the grill and enjoy some grilled vegetables with your steaks!

2-3 minutes per side:
cherry tomatoes, asparagus, broccolini

3-4 minutes per side:
mushrooms, romaine, kale, radicchio

5-6 minutes per side:
zucchini, squash, peppers
(cut in half or large slices)

6-7 minutes per side:
onion, carrots, parsnips, fennel,
red potatoes, sweet potato

All vegetables going on the grill should be washed, dried then tossed with a bit of olive oil. Once the vegetables come off the grill, season with fresh cracked pepper and sea salt and serve immediately.