



Protecting Community Health and Property



Vancouver, B.C. – Consistent effort is the key to unlocking one’s potential and achieving success, to paraphrase Winston Churchill. After donating blood 41 times over the past nine years, Alaina Burnett’s consistent effort has saved lives. As she rolls up her sleeve and takes a deep breath for the prick of a needle, she knows that what she is doing is vital for people with chronic illnesses and those undergoing surgery, including emergency surgery as a result of accidents that can happen to any of us, at any time.

“Donating blood is a great way to contribute, and Canadian Blood Services will be using what you give completely towards helping others, instead of administration costs,” says Alaina.

For those considering making their first donation, she suggests visiting www.blood.ca. “If you have had certain illnesses, or have lived in certain parts of the world when there have been disease outbreaks, you may be disqualified. If you are able to donate, eat well beforehand, ensure your iron levels are up by taking a regular supplement, especially if, like me, you don’t eat meat, and drink plenty of fluids beforehand.”

Alaina is also a crime fighter. She became a neighbourhood Blockwatch Captain in 2015. “In conjunction with the Burnaby RCMP, I canvassed my neighborhood and signed up neighbours. Bringing Blockwatch to our block has increased our vigilance against crime, brought people together, and recently we even recovered stolen property (a missing bike).”

With her real estate experience, Alaina goes above and beyond what is expected of a Blockwatch Captain. “I send out a monthly newsletter with the area crime statistics, showing which types of crimes are occurring, and in what areas. Although we have not caught any criminals in the act, our participants can enjoy lower house insurance premiums, which I’m sure is appreciated!”

Additionally, Alaina volunteers on the strata council of her condominium complex and is Secretary and Vice President of the Lotus Car Club of BC. Lotus is a British sports car brand, whose cars are featured in the James Bond franchise, The Avengers, and RED 2. She has also supported many causes over the years, among them Doctors Without Borders, the BC SPCA, the Alzheimer Society of B.C., and the B.C. Lung Association.

Sutton is a 100% Canadian-owned and operated company with more than 7,500 REALTORS® in over 200 offices nationwide. To find out more about Sutton, visit www.sutton.com. To learn more about Sutton Spirit, visit www.suttonspirit.com.

-30-

Sutton Group Realty Services Ltd. Contact:

Gabrielle Giroux 604-691-1689 stories@suttonspirit.com

Sutton Group - West Coast Realty (Broadway) Contact:

Alaina Burnett 604-714-1700 aburnett@sutton.com