

Stonebridge NEWS

APRIL • 2012

Road Works for Cambrian Fast Tracked!

The City of Ottawa Planning Committee has given the 'green light' to road improvements for Cambrian Road, an essential connection between Jockvale Road and Greenbank Road in Stonebridge. According to the Transportation Master Plan, the section of the Cambrian Road from Greenbank Road to Jockvale Road is planned to be reconstructed to a four-lane urban cross section by the year 2019. The arterial road works were planned to include:

- The reconstruction of the existing road,
- The addition of two lanes,
- Addition of bicycle lanes and
- Addition of sidewalks on both sides.

However, because of how fast the area is being developed and both the new Catholic Elementary School and Recreation Centre opening within the next two years, the city has decided to accelerate the urbanization of two-lanes of Cambrian Road to accommodate not only the additional traffic, but most importantly current and future pedestrian demand. This work will include the reconstruction of two lanes of pavement on Cambrian Road, which will become the future eastbound lanes, with curbs and a sidewalk along the south side of the right of way (side where the school will be).

The reconstruction of Jockvale Road including the new bridge across the Jock River is scheduled to begin construction this year. Completion of the two-lane urbanization of Cambrian Road section between the soon-to-be four-lane Jockvale Road and Greenbank Road, will help to accommodate the expected growth of traffic in the area. It will also complete pedestrian connections to the future Catholic Elementary school and New South Barrhaven Recreation Centre

New Tucana Park



The first meeting to review the conceptual plans for Tucana Park was recently held. It was proposed that the park have 2 play areas:

- tot lot for children 18 months-5 years
- play area designed for 5-12 year olds.

Both areas are to include contemporary play structures with a web climber and swings.

The park will also incorporate benches, a gazebo, landscaping including trees and ornamental grasses.

Construction is expected to start in June 2012 and be completed by September 2012, weather permitting.

For more information on this park or any other Stonebridge Park please contact stonebridgeparks@hotmail.com

(This park is a shared park between Half Moon Bay and Stonebridge Residents, and so we were lucky to have both SCA and HMBA Parks & Rec Representatives present)

OC Transpo Route 177 Change starts in April, 2012

Please note that effective in April, with the completion of Kilbirnie Drive through to Greenbank Road, Route 177 will provide all-day service on Kilbirnie, and the temporary operation on Dundonald Drive will end.

Northbound trips during the morning peak period on Route 177 will be extended to Fallowfield Station, where customers will have additional transfer connections possible.

For more information on transit routes, schedules and fares please visit www.octranspo1.com

ROYAL LePAGE
Gale Real Estate
Independently Owned and Operated, Brokerage
5510 Manotick Main Street
P.O. Box 803, Ottawa, Ontario K4M 1A7



Lisa
HOPKYNS
Broker

O. 613.692.2555
C. 613.227.1773
F. 613.692.0952

lisa@stonebridgehomes.com
www.stonebridgehomes.com

Community Stuff



It is that time of the year again!
Come out and help clean up your neighbourhood.

Saturday April 21st, 2012

For more information on when and where to meet please visit our website at www.stonebridgeca.com

2nd Annual Stonebridge Golf Tournament & Family BBQ

When: Sunday, June 10, 2012

Registration is at 1:00pm
Shot Gun start 2:00pm

Where: Stonebridge Golf and Country Club

What: 9 hole best ball

Cost: \$70.00 per person
(includes Golf, Cart and BBQ)



Can't make it for Golf?

Come afterwards for the BBQ!

Please register your foursome early we sold out last year and space is limited.

Please e-mail lhopkyns@hotmail.com or stonebridgeca@hotmail.com to register your foursome.

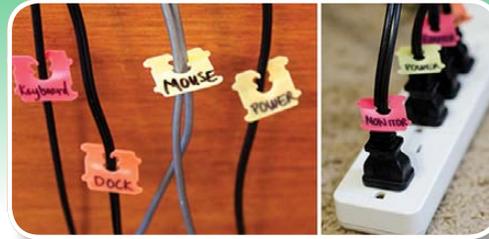
We are looking for hole sponsors, donations of prizes, and both silent and live auction items. All proceeds for this event will go to **Camp Trillium**, a camp for kids with cancer.

Last year we raised \$2,500.00 for Camp Trillium and bought them a much needed Child's Difibrillator. For more information about Camp Trillium please visit www.camptrillium.com

For a copy of their wish list please visit www.camptrillium.com/fundraising/gi_wishlist_2012.

Fun Stuff

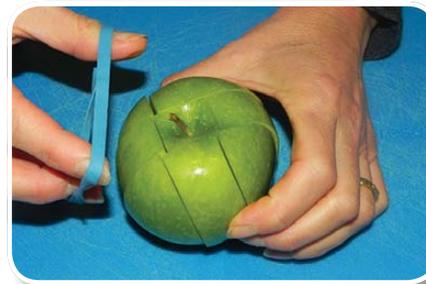
Ideas to make you life easier



Bread Tags can be used to label cables.



Turn your muffin pan upside down, bake cookie-dough over the top and voila, you have cookie bowls for fruit or ice-cream.



Stop cut apples browning in your child's lunch box by securing with a rubber band.



Remove crayon masterpieces from your TV or computer screen with WD40.

Brain Teasers

1. What do you have to give before you can keep it?
2. What can you break without touching it?
3. What is so fragile that sound can destroy it?
4. The more you take, the more you leave behind. What are they?
5. What goes up but never comes down?
6. What's always coming but yet never arrives?
7. What do you throw out when you want to use it, but take in when you don't want to use it?
8. What grows down while it grows up?
9. When I was born I was big but the older I get the smaller I am. What am I?
10. What is greater than God, more evil than the devil, the poor have it, the rich need it and if you eat it you'll die?

ROYAL LePAGE
Gale Real Estate
Independently Owned and Operated, Brokerage
5510 Manotick Main Street
P.O. Box 803, Ottawa, Ontario K4M 1A7



Lisa
HOPKYNs
Broker

O. 613.692.2555

C. 613.227.1773

F. 613.692.0952

lisa@stonebridgehomes.com

www.stonebridgehomes.com

MANAGING YOUR INVESTMENT ADVISOR

GETTING PAID (Part 2 of 3)

Having an investment advisor on your team can help you maneuver through the complexities of capital markets. They are legally obligated to act in your best interests at all times, right? You would not be alone in thinking this, but you would be dead wrong. In fact, the vast majority of advisors do not owe you a fiduciary duty.

DIFFERENT ADVISORS: There are different advisors with titles and qualifications that are confusing even for professionals to understand. In this series we are examining the three important things you need to know about advisors:

- How is your advisor getting paid? – covered last month
- What is their duty to you?
- What securities registration do they have?

WHAT IS THEIR DUTY TO YOU?

There are three basic registration types with the Ontario Securities Commission and only the smallest group, Portfolio Managers (formerly called investment counsellors), must treat your money as if it were their own. Portfolio Managers must meet the highest standard of education and experience requirements of all registrant categories. Their compensation is usually fee only meaning that they charge a percentage of assets each year, 1.0% to 1.75% is a typical starting

range. This compares to the average Canadian equity mutual fund at over 2.5%/year. Fee-based compensation means that they can only grow their revenue by growing your assets. A good thing! Two other major registration categories are overseen by self-regulating organizations the Mutual Fund Dealers Association (MFDA) and the Investment Industry Regulatory Organization of Canada (IIROC). The approximately 75,000 folks under the MFDA are sometimes referred to as financial advisers and can only sell you mutual funds. The IIROC dealers are called dealing representatives but are really stockbrokers who are authorized to buy and sell securities on exchanges for you. They are sometimes called investment advisers (IAs). Confusing eh!

MFDA financial advisers and IIROC investment advisers are normally compensated based on commission. They are supposed to offer you only products that are suitable for you, but they are on commission! Some are better than others but the more you buy the more THEY make. You figure out whose best interests they have in mind! Next month: how to measure performance.

Any questions? Send us a note at info@purinvesting.com and mention this article.

Listings



910 Rossburn Crescent



18 Bentgrass Green



1 Leatherwood Crescent



424 Dundonald Drive



108 Cheyenne Way



137 Cedardown Private



520 Erinwoods Circle



90 Golfinks

For more information on these listings please visit www.stonebridgehomes.com or e-mail me lisa@stonebridgehomes.com

Brain Teasers Answers

- | | | |
|--------------|--------------|-------------|
| 1. Your Word | 5. Your Age | 9. A Candle |
| 2. A Promise | 6. Tomorrow | 10. Nothing |
| 3. Silence | 7. An Anchor | |
| 4. Footsteps | 8. A Goose | |

ROYAL LEPAGE
Gale Real Estate
 Independently Owned and Operated, Brokerage
 5510 Manotick Main Street
 P.O. Box 803, Ottawa, Ontario K4M 1A7



Lisa
HOPKYNS
 Broker

O. 613.692.2555
 C. 613.227.1773
 F. 613.692.0952

lisa@stonebridgehomes.com
www.stonebridgehomes.com

MUFA Recipes to Flatten Your Belly at Breakfast!



Fruity-Nutty Oatmeal

Our secret ingredient: Add a MUFA (monounsaturated fatty acid) to every meal.

By Miriam Rubin

Time: 18 minutes

Servings: 4

INGREDIENTS

- 1 c water
- 2 1/2 c fat-free milk, divided
- 1 1/4 c old-fashioned rolled oats Pinch of salt (optional)
- 1 lg pear or med Granny Smith apple, cored and cut into 1/4" pieces (about 1 1/2 c)
- 1/2 c dried sweetened cranberries
- 1/4 c dark or golden raisins
- 1/2 c chopped walnuts (MUFA)
- 2 tsp brown sugar

DIRECTIONS

1. Bring water and 1 1/2 cups of the milk to a boil in large, heavy saucepan over high heat. Stir in oats and salt (if using). Reduce heat to medium-low and simmer 3 minutes, stirring often, until oats start to soften.
2. Stir in pear. Cover and simmer about 3 minutes more or until it is tender but still a bit crisp. Stir in cranberries and raisins. Remove from heat, cover, and let stand 1 minute to soften.
3. Divide evenly among 4 warm bowls. Sprinkle each with 2 tablespoons of the walnuts and 1/2 teaspoon of the sugar. Top each bowl with 1/4 cup of the remaining milk.

Nutritional info per serving

353 cal, 11 g pro, 57 g carb, 6 g fiber, 12 g fat, 1.5 g sat fat, 3 mg chol, 70 mg sodium.

Flat Belly Bonus

Eating four 400-calorie meals--like this hearty oatmeal--a day gets you on the path to lasting weight loss.

These Exercise Machines You Can Do Without

I'm a research junky, I admit that, but I would have to say that I have come across some pretty interesting and factual information.

We now know that in order to fully effect and train the body you must be working out in all planes. Simply stated, up and down, side to side and rotation. This is a systemic way (whole body training) or as Dr. Kareen puts it, a 3D workout. Our bodies function in a 3D format, just doing everyday movement so why are we training in only one function dimension ie using fixed equipment.

Now I am not saying not to use this type of equipment but my reasoning is of the following. When using a leg press your goal is to strengthen the legs, specially the quads. However, you are in a fixed seated position, which means you have shortened the hip flexors and there isn't enough force on all engaging muscles. This isn't practical as in real life you shorten and lengthen your hip flexors in order to get full movement. The leg press doesn't really get the quad, glut and hamstring working together as they should, it lacks engagement. As well, the leg extension which places more weight on the ankles and is a long distance to the knee but as a result of the tork it can negatively affect the knee. This also places you in a sitting position which shortens the hip flexors and no engagement on the hamstring and glut.

Other Exercises, in my opinion that decrease muscle affect are the following;

Leg Curls - This puts you in a lying down position on your stomach and shuts down the abs. This machine is to isolate the hamstring however many engage their back and glut incorrectly which can result in back injury.

Smith Squats - using a machine to control the movement into a squat but it is the machine that takes the load. If you were to do a squat using a barbell or ball your body learns to take the load on its own providing you have a good squat pattern. Even though the Smith machine makes it easier you are more prone to injury as you are not working to strengthen or stabilize your muscles properly.

This is not the say that gyms should be rid of these particular pieces of equipment BUT that you should consider why you are using them. I have used them in the past for rehabbing back



from an injury. I have also found that by using a ball, squat rack, weights, I engage my core more, and all working muscles that were designed to worked together.

This type of training where you work more symmetrically provides better muscle balance, no muscle dominance and better stabilization. Working the body is like looking at the total picture first and then the smaller highlights. It is important to have muscle stability to ensure no injuries and my biggest secret to success is keep the body guessing. The body is great at adapting, do the same old, same old, you won't see much in results. How many people do you see doing endless cardio only to see them again 6 months from now with no change.

Incorporate intensity, speed and balance and don't forget fun. There are many tools that are simple to use and inexpensive: balance balls, weights, skipping ropes, sand balls or even a kids beach ball just to name a few.

Here are just a few Exercises you may want to try

- Ball Squats with or without weights
- Walking and standing lunges
- On back one leg lifts for hamstrings
- Box jumps
- Bridges for Glut squeeze

As a trainer I always try to make sure my clients are reaching their goals through obtainable and functional exercises. This means shaking it up, having fun and making sure the body is balanced and injury free.

Should you have any questions, please feel free to contact me.

Have a great work out today.

Sue Mackey is a Certified Personal Trainer, Life and Wellness Coach and Sports Hypnotist.

If you have any questions you can email totalmecoach@hotmail.com



Lisa HOPKYNs

Broker



O. 613.692.2555

C. 613.227.1773

F. 613.692.0952



Gale Real Estate

Independently Owned and Operated, Brokerage

5510 Manotick Main Street
P.O. Box 803, Ottawa, Ontario K4M 1A7

lisa@stonebridgehomes.com

www.stonebridgehomes.com