

How Recent Zoning Changes To The Cambie Corridor May Affect You

Did you know that City Council recently approved changes to zoning on and around Cambie Street from 16th Ave to Marine Drive? Do you know how this will affect you and the value of your property?

For some, it will mean an increase in the value of their property. For others, the value will remain the same and for still others, it may actually decrease the value of their property. **For a free current market evaluation of your home, call (604) 808-9661 or email me at robinmcinnis@shaw.ca**

Cambie: 16th -19th Ave

- Mixed-use buildings will be allowed up to 6 storeys
- Buildings will use the adjacent lane or Tupper St by providing townhouses or active uses on the rear

Cambie: 19th - 24th Ave

The existing RM-3A zoning will be retained to preserve this stable rental housing.

Cambie: 24th - 25th Ave

- Same as 16th -19th but will consider buildings up to 8 storeys around King Edward Avenue

King Edward Ave: Heather to Columbia

- Residential buildings will be allowed up to 4 storeys, with consideration for up to 6 storeys in close proximity to Cambie (i.e. within 2 lots)
- Buildings will include front doors onto the street and use adjacent lane by providing townhouses on the rear

For those closest to Cambie, the value of the property is likely to go up as developers start looking for places to build. To date, no development application has been filed with the city.

Cambie: King Edward – 29th Ave

- Residential buildings will be allowed up to 6 storeys
- Buildings will provide front doors onto the street and will use the adjacent lane by providing townhouses on the rear

Two land assemblies have been put together for this area but to date, no development application has been filed with the city.

To learn more, email me for the **Cambie Corridor Plan** or go to <http://vancouver.ca/commsvcs/planning/cambiecorridor/resources/pdf/CambieCorridorPlan.pdf>

Don't Forget The Kids!

Each summer, Douglas Park Community Centre hosts a Performance in the Park series during the months of July and August. On Thursday evenings starting at 6:30 PM there will be an open air performance of live music or other “living” art.

There is also a concession, which opens at 5:30 and the wading pool stays open until 6:30 PM on Thursdays as well. So grab a blanket and the kids and come have some fun! Always a hit with the little ones!

Thursday, July 7 – Marla Rosen – EMOTIONS

Thursday, July 14 – Mr. I and the Rainbow Singers

Thursday, July 21 – Tony Prophet

Thursday, July 28 – Will Stroet

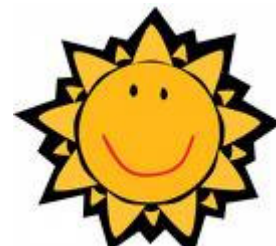
Thursday, August 4 – TBA

Thursday, August 11 – Gogo Bonkers

Thursday, August 18 – TBA

Thursday, August 25 – The Barboonyacks

**** In the event of rain, the show goes on – in the gym****



How to Use Date Nights to Keep Romance Alive

It's a catchy television ad, to say the least.

A sheepish pizza delivery guy is met at the door by a lingerie-clad lady and enticed inside to share her pizza.

Cue disgusted teen boy, who announces: "You're not a delivery boy ... Dad. No wonder I don't have any friends."

Ah, yes, the time-honored tradition of date night, when a married couple with kids steals time from their busy schedules for a weekly rendezvous.

Everybody seems to be doing it - even President Barack Obama and first lady Michelle.

They've been spotted all over Washington enjoying each other's company.

According to Arthur Aron, a professor of social psychology at State University of

New York at Stony Brook, you need to introduce some novelty into the game.

In an article that appeared in the New York Times, he suggested that new experiences with your partner fool the brain into re-creating the same feelings and releasing the same hormones you had in the early stages of romantic love.

If you don't think you can keep the romance alive by revisiting old haunts, then try something new.

Walk on the beach, visit the zoo or even take up the tango.

And don't talk about money or the kids.

Talk about those things you love to do.

"When people talk about their passions, they light up and the brain chemistry changes," says a blogger named jpwriter at Ehow.com.

Quick Quiz

Each month I'll give you a new question.

Email robinmcinnis@shaw.ca or call **(604) 808-9661** for the answer.

What is the most common element found in the universe?

Why Not Pass Me to a Friend?

If you've enjoyed this newsletter and found its information useful, please pass it to a neighbour, friend or co-worker.

And if you have any comments about it, don't forget to give me a call or send me an email!

Wondering How Much Your Home Is Worth?

How has the price of your home changed in today's market? How much are other homes in your neighbourhood selling for?

If you're wondering what's happening to prices in your area, or you're thinking about selling your house, I'll be able to help.

Just give me a call for a no-fuss, professional evaluation.

I'll give you the most current market data about your home and its value.

Maybe I'll also give you the "inside scoop" on what's happening in the housing market near where you live!

Call me today at **(604) 808-9661** to arrange an appointment.

Interesting Facts

An average person laughs about 15 times a day.

315 entries in Webster's Dictionary will be misspelled.

A 10-gallon hat barely holds 6 pints.

A dime has 118 ridges around the edge.

A giraffe can go without water longer than a camel can.

A "jiffy" is an actual unit of time for 1/100th of a second.

A man named Charles Osborne had the hiccups for 6 years. Wow.

Al Capone's business card said he was a used furniture dealer.

All of the clocks in the movie "Pulp Fiction" are stuck on 4:20.

Almonds are a member of the peach family.

Bats always turn left when exiting a cave.

Charles Lindbergh took only four sandwiches with him on his famous transatlantic flight.

Donald Duck comics were banned from Finland because he doesn't wear pants.

How to Shed the Pounds by Eating More Often

Hunger is the best sauce for diners and the arch enemy of dieters. Eating many times daily helps to reduce hunger and take off pounds.

Biology

The internal mechanisms designed to protect us against starvation work to our disadvantage when we want to lose weight. The first thing that a conscientious dieter does is eat less. Unfortunately, that's a signal to the body to become more efficient.

Seeing less food on the horizon, the body is more careful with what it has, storing calories against a rainy day. Most of us won't know actual starvation, so the saved calories become unhealthy fat. By

eating frequently, we assure the body that there's no need to worry about bad times. It continues to burn calories off willy-nilly.

Frequent meals can be smaller and add up to a lower daily intake. If stomachs are not overstuffed, they shrink, consequently filling up sooner. Dieters are able to turn off hunger signals with fewer calories.

Some researchers and nutritionists argue that frequent small meals don't affect our biology so much as our psychology. Weight loss, they say, is the simple result of what we eat and how much, not when. Their thesis is that long gaps between meals causes mental stress and binge eating.

Delectable Diets

What to eat is not news to anyone. Fruits and vegetables top the list. Reduce sugars and fats without removing them entirely. Eat from the major food groups daily. Avoid processed foods and pre-packaged convenience items.

Good Advice

Michael Pollan wrote a fantastic book called Food Rules which contains common sense wisdom about what to eat – and what not to.

“Don't eat anything your great-grandmother wouldn't recognize as food.”

Favourite iPhone Apps

GasBuddy – Find the cheapest gas on the go, for free! Locate gas stations near your current location. Never overpay for gas again.

Postcard – Mail real postcards to real mailboxes using only your iPhone. Select a picture from your iPhone and have it addressed, printed and mailed to your recipient!

Netflix – if you have an existing Netflix account at home, download the iPhone app for free and watch movies from your phone. Make sure you have a large data package or you're on wireless. Great for entertaining the kids in long lineups or in restaurants.

Whatsapp – missing your Blackberry Messenger? Download Whatsapp and keep in touch with all your contacts.

ColorSplash – lets you give photos a dramatic look by converting them to black and white, while keeping chosen details in colour.

NikeTrainingClub – your own personal trainer, anytime, anywhere!

Find a Hotel Room With a Great View

Have you ever had the experience of visiting a beautiful city full of famous buildings and beautiful vistas, only to discover your hotel room looks out onto a parking lot?

A website called Rooms With Great Views aims to avoid that problem by collecting pictures taken from hotel rooms around the world. You can search for hotels in your favorite destinations.

And some of them have truly fantastic

views. The site owners once rented a houseboat in the Florida Keys, where they watched pelicans dive for their supper. And for the week they spent in Paris, their room looked across the Seine to Notre Dame. Once they couldn't sleep because of the noise of the surf pounding the seawall just below their balcony on Maui.

See www.roomswithgreatviews.com to find your next room with a view!

Ask the Agent: This Month's Question

What tips do you have for hiring a moving company?

You don't want just any moving company, so ask friends who have moved recently for recommendations. Following are some other tips:

Let your fingers do the walking. Interview two or three moving companies over the phone to get a feel for the company.

Arrange for each firm to do a walk-through of your home and provide an estimate of the required cost, time, manpower and size of truck.

Ask about additional costs. Some companies may charge extra for moving large objects or carrying items down several flights of stairs.

Ask about insurance and how they'll protect special pieces.

Finally, go with your gut instinct, not the lowest quote.

NEWS YOU CAN USE

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Sudoku instructions: Complete the 9x9 grid so that each row, each column and each of the nine 3x3 boxes contains the digits 1 through 9. Contact me for the solution!

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Summer Freeze Cheesecake (kids' favourite)

Crust:

1 c chocolate wafer crumbs
2 tbsp butter

Filling:

1 pkg (250 g) cream cheese, softened
1 can (12 oz) frozen concentrated raspberry juice, thawed
2 tbsp icing sugar
1 container (1 litre) cool whip, thawed

Combine crust ingredients and place in freezer 15 mins

Blend cream cheese, juice and sugar in blender and beat on high speed til smooth. Pour into large bowl and blend in cool whip

Pour over crust. Freeze until firm, 4 hours or more

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