

## Notice of Public Information Centre

### Watermain Replacement on Sunnyvale Drive and Sunray Road

**Town of Oakville  
PR-2806B**

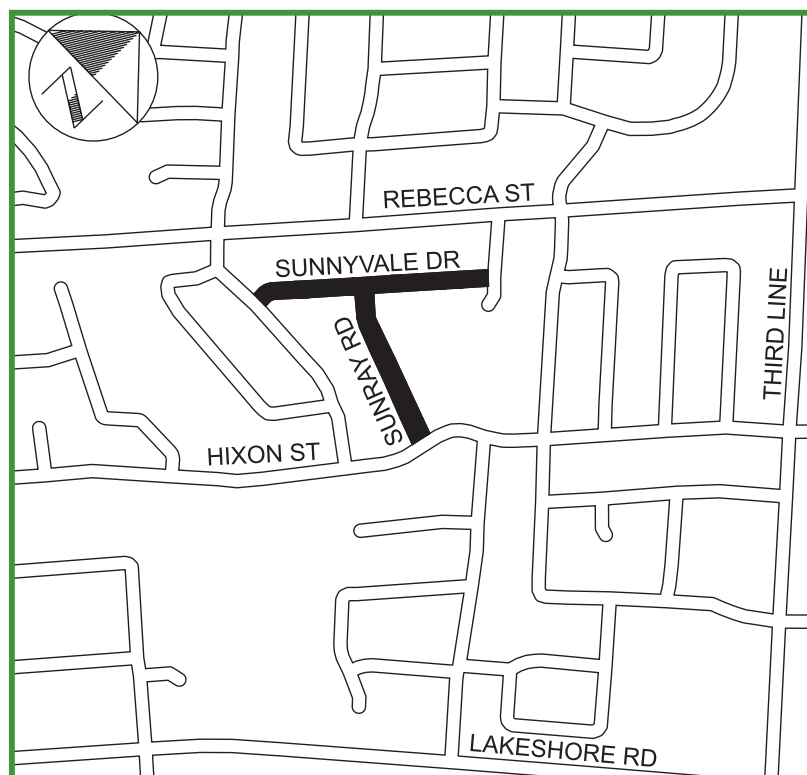
Halton Region is planning to replace the watermain on Sunnyvale Drive from Sunset Drive to Surrey Drive, and on Sunray Road from Sunnyvale Drive to Hixon Street beginning summer 2014.

A Public Information Centre will be held for residents who want to learn more about the construction project. Please drop in at any time. Halton staff will be available to answer your questions.

**Date:** Thursday May 1, 2014  
**Time:** 6:30 – 8:30 p.m.  
**Place:** St. Ann's Elementary School  
2123 Hixon Street, Oakville

If you would like to learn more about the project and are unable to attend the Public Information Centre, please contact:

Melvin Gonzalez  
Project Manager  
Public Works  
905-825-6000 x 3285  
Melvin.Gonzalez@halton.ca



Please contact us as soon as possible if you have any accessibility needs at Halton Region events or meetings.

[www.oakvillebeaver.com](http://www.oakvillebeaver.com)

# When exercising becomes the best part of any day

He was my track coach, an important mentor to the young version of me, and a guy who was forever having “aha” moments that he was eager and over-inclined to share. For my part, I was a disinterested teenager with abundant attitude and indifferent to most of coach's infernal old-guy revelations.

For the uninitiated, an aha moment is the moment you spend listening to a Norwegian pop band that had one monster hit in the 1980s or, the instant when you suddenly clue in to something — a moment of realization, inspiration and insight.

One day we were out running. Even though I was a sprinter, coach had determined that my training regimen should include distance runs to improve my endurance, or to punish me for smoking. Regardless, as I struggled to both catch a breath and keep up with him, he began to wax philosophically.

Forever a fitness fanatic, he began to explain how the role of fitness in his life was evolving. For years, he'd been a slave to the stopwatch, interval times, overall times. It had always been about how far, how fast, in comparison to other people and other outings.

Then came the aha moment. The moment when he realized it was no longer about the distance and the time, but, rather, it was just about being out there in the moment, in the elements, about losing himself in the act of running, about being aware of — indeed, being at one with — his surroundings.

The honeylike sunshine pouring down on our faces. The invigorating breeze. The picturesque lake, around which he was running and I was lurching.

He asked me if I understood. I asked him if he'd mixed up his medications. Seriously, he was talking loopy-talk. “What next,” I asked, “you going to go live on top of a mountain and meditate all day?”

That's  
Life

**Andy  
Juniper**

Guest Contributor



Kids, here's a story for you. Recently, having finally shucked the surly bonds of an interminable soul-sucking winter, my wife and I dusted off our bikes and hit the hills around our home.

We were way out there. Leg muscles tremulous under the first-time-out strain. Gasping for a decent breath at the top of a particularly challenging hill. Lungs doing that big old spring burn.

I suppose I was complaining, as is my wont. Whining about the pain. The effort. The burn. Moaning about the temperature (it was still a bit nippy outside) and about how I could be at home doing, well, other things. My wife suggested this activity, this escape from all of life's ‘other things’, would in fact be the very best part of our day.

And you know what? If being honest with myself, I have to admit she was right. It may have taken a few decades, but I'd been ever-so gently led to an aha moment.

Exercise is no longer simply something I do because I need to do it, or think I should do it. All my phony whining and moaning aside, I exercise — whether it be yoga, dog walking, cross-country skiing, golfing, cycling, whatever — because (gasp) I genuinely love the exercise, the activity, dare I say, the lifestyle.

Oh, and the moments spent doing those activities are by and large the best part of any day. And no, kids, I have not mixed up my medications. At least, I don't think I have.

— Andy Juniper can be contacted at [ajjuniper@gmail.com](mailto:ajjuniper@gmail.com), and found on Facebook and Twitter:

## McTavish Travel



### BERMUDA – SO MUCH MORE

Here's an idea for a quick warm up – save \$300 per couple on Bermuda packages when you book by 30APR14. With Air Canada's convenient non-stop service from Toronto to Bermuda you don't have to travel far to find paradise – pink sand beaches, green golf courses, bike trails and breathtaking views. Indulge in spa treatments, discover beachside restaurants, or simply relax and recharge. Air Canada Vacations offers flexible stays of 3, 4, 7 or 10 nights and features: Cambridge Beaches Resort & Spa, Elbow Beach Hotel, Grotto Bay Beach Resort, The Fairmont Hamilton Princess, The Fairmont Southampton, Newstead Belmont Hills Golf Resort & Spa and Surfside Beach Hotel. Bermuda may be small – just 54 square kilometers (21 square miles) – but the island is incredibly rich in history, architecture and culture – blessed by the loveliest weather, stunning scenery and friendly people. This offer is valid for new bookings for travel between 01MAY14 and 31OCT14. Call us for Bermuda reservations. [www.vacations.aircanada.com](http://www.vacations.aircanada.com)

### THE ENCHANTING RHINE

AmaWaterways' The Enchanting Rhine itinerary is a great way to see Switzerland, the Netherlands, Germany and France. This immersive river cruise will take you on a journey of stunning vineyards, castles and cathedrals as you visit beautiful cities like Amsterdam and Cologne as well as charming towns steeped in history. The cruise is 7-nights from Amsterdam to Basel, Switzerland, then 4-nights in Switzerland. The cruise and land tour

includes: 7-nights deluxe cruise accommodations in an outside stateroom; tours and excursions daily; complimentary WiFi onboard; gourmet dining; complimentary wine, beer and soft drinks for onboard lunches and dinners, as well as bottled water in the stateroom; lectures, cooking demonstration, and onboard musical performances; bicycles to explore on your own or with a guide; services of a professional Cruise Manager; transfers from Basel to Lucerne; 2-night accommodations in Lucerne at the Radisson Blu including daily breakfast; 2-night accommodations at the Zurich InterContinental including daily breakfast. There is very limited availability on European river cruises for 2014, but the 30OCT14 departure of The Enchanting Rhine is available and has been reduced by USD500 per person – call us for details. [www.amawaterways.com](http://www.amawaterways.com)

### AER LINGUS TO DUBLIN

Aer Lingus began non-stop service between Dublin and Toronto last week. The service, aboard a Boeing 757 is currently daily and will reduce to four times per week in the fall and winter seasons. Aer Lingus offers Economy and Business Class, free seat selection and meal service. Premium seats in the first rows and exit rows are extra and economy passengers can pre-order the Business Class meal for CAD20 including wine! This new service puts Dublin just 6h30m from Toronto! Call us for Aer Lingus reservations



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