

Sunraver Review

FALL 08

WE'VE MADE A GOOD POINTE

Stop in and see the showsuite



by Susan Kerschbaumer

Autumn means busy schedules and new beginnings, and nowhere are these more evident than at Sunraver, where new homes are being built and excited buyers are being welcomed every day.

July's unveiling of The Pointe showsuite was, not surprisingly, met with rave reviews. The property borders DeMamiel Creek, a salmon-spawning ground that boasts a natural waterfall in the cooler months. The 16 townhomes – four units in each of four buildings – will be surrounded by seven acres of protected parkland teeming with lush foliage and dense ferns.

In keeping with this idyllic setting, homes in

The Pointe are being constructed with sustainability in mind; each will carry the "Built Green" certification. Inside, they'll offer single-level living with luxurious touches including high ceilings and Shaker maple cabinets; outside, their front porches with cultured stone pillars and their lovely patios and meandering walks will make the most of the stunning surroundings.

The Pointe's first building will soon be complete and the first occupants will arrive by the end of September. The second building is scheduled for completion in mid-December.

Things are similarly active throughout Sunraver. In Phase 3A, the final 26 lots are

already one-quarter sold after having just been released in July and, in stages one and two, Città Construction is busy building homes. In Phase 5A, every house is already sold, and the last of the new families are moving in on October 21. Next to be released is Phases 4A and four gorgeous riverside lots in Phase 4C - Stage 1.

With all of these spectacular choices, Sunraver continues to enjoy brisk sales, and the Home Referral Program continues to be a rousing success. Already, nine Sunraver families have earned \$500 for referring new buyers, and The Pointe's double-bonus offer has already paid \$1,000 to one lucky resident. (See page 4 for more info.)

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Meet your Neighbours

The Dupuis Family

Why Sunriver? We've lived here for two months and we love it. Andre Sr. and I thought that Sunriver would be a great place to raise our children. It's such a beautiful community and it has lots to do outdoors. We got that feeling of 'home' the very first time we came to see Sunriver. It was nice to know that there were a lot of families with young children here. My cousin Allison and her family bought just before we did so we knew they would be just up the street. Then two of our best friends, Trish and



Origins? My father was in the Navy so we moved around a lot. I was born and raised in Halifax, then moved to Ottawa. I lived there for seven years and then moved to Victoria. I've been here 13 years. Andre was born in North Bay, Ontario. He grew up in Hearst, Ontario and then moved to Ottawa. He decided to come out to Victoria nine years ago to be closer to his brother and sister who, at the time, both lived here. We've only lived in Sooke for two months but we plan on staying here for a long time. It's such a great community and everyone is so friendly.



Robin, decided to move here as well. Now they live right across the street. It's great to have friends and family so close by. Our neighbours are wonderful and all the kids are becoming friends. I don't know if we'll ever leave.

Family? We have two very busy kids. Andre is five and Avery is two.

Pets? Our faithful cat Hercules.

Careers? For the past four years, Andre has been working for the City of Victoria in the Roads department. I'm a stay-at-home mom.

What's your favourite ...

- Thing to do for fun?** Family things. That's another reason we like Sooke so much; you don't have to go too far to have family fun.
- Books?** "Little Critters," "Thomas the Train," "Dora & Diego"... Again, the kids keep us busy.
- Movies?** See favourite books ...
- Dream vacation?** Somewhere tropical with warm oceans and all the stuff you see in the postcards your friends and family send you.
- Food?** Anything grilled.
- Restuarant?** The Tapa Bar.
- Favourite thing to do in Sooke?** Fishing and swimming at the potholes, and camping.
- TV show?** We couldn't agree on one, but overall we would have to say reality TV - sad but true.



What would you like to be when you grow up? We'll let you know when we decide to grow up.



Local Merchant

by Adrienne Dyer

NAME:
The Fresh Fitness Company

WEBSITE:
thefreshfitnesscompany.com



Kristen

Imagine a fitness centre where the workouts are tough but the instructors are kind and nurturing, the childcare is fantastic and affordable, classes are never cancelled, and the whole experience is so much fun you wouldn't dream of sleeping through your Cardio Blast class, even at 6:15 on a rainy Monday morning.

Australian-born Kristen Lindal's Fresh Fitness Company is just such a place. Here, women of all fitness levels and life stages are connected in an environment where everybody is made to feel a success. And the results are amazing: new moms gain the support and friendship they need to banish isolation and recover from pregnancy; mothers and daughters bond through shared memberships; women who never saw themselves as athletes begin to envision themselves in a whole new way.

"We don't talk about weight loss here; we call it 'shape shifting,'" says Kristen, a Registered Nurse and mother of five who started teaching gymnastics at the age of 11 and aerobics at 16. She opened Fresh Fitness in 2006 after her popular home-based gym became so big she could no longer handle it alone. She now employs nine instructors who teach classes that range from prenatal and postnatal fitness and outdoor boot camp to spinning and KinderGym.

Here, where friendship is as important as the workouts, a trip to the gym becomes a soul-nourishing social outing. "We encourage everyone to come to the Reading Room Café after class, where we sit and chat while our kids play," Kristen says. "The



whole experience is fun, spirited, entertaining, and supportive."

"At Fresh Fitness we actually care," Kristen says. "We've all had kids, been big, been small, had injuries, battled depression, felt isolated. We truly understand and are dedicated to making people feel good."



Classes with The Fresh Fitness Company crew

Sunriver COMMUNITY Bulletin Board

Road work:
From April through November, expect delays and closures on Phillips Road north of Sunriver Way. We appreciate your patience while the expansion and upgrades are in progress.

RV SCREENING
In accordance with the Statutory Building Scheme, boats, trailers, and RVs are not to be parked in driveways or on the streets. Instead, please park them behind the front line of your house in a fenced or screened area.

Remember - there are children playing in the community. Please drive slowly.

For the benefit of all residents, please pick up after your dogs.

It's bear season again - please keep your garbage secured.

