



From the GM

We are starting to see warmer temperatures and beginning to see a few brave souls dipping a toe into the lake. Most, however, are opting for the pool and hot tub. In spite of the warmer temperatures during the day, evenings remain cool, in fact we had an overnight frost last week. We are holding back on our seasonal plantings until we are sure the frost is gone for the season.

Contractors are just finishing up the Suite deficiencies. I have received positive comments from many of you as the deficiencies are addressed. Contractors are also on site working hard to get Taste and Touch ready for you to enjoy in August. You will notice that the temporary wall in the lobby has been replaced by a poly sheet that will let you get a sneak peek at what things are going to look like. The kitchen is approaching completion and is ready for the equipment to be delivered. Drywall is up in Touch allowing the area to really take shape. The feature wall is up in Taste as are the supports which will secure the feature ceiling.



Rental Pool Payout

Your Owner Statements and Rental Pool cheques have been processed and are in the mail on their way to you. Our suite rentals in the first six months of rental operation were below expectation. The addition of Taste and Touch this summer will round out our offering to the public and should have a positive impact on occupancy. We have already seen a dramatic increase in demand for the summer and are working to solidify a number of corporate groups for the fall and winter. As we move forward, your Rental Pool disbursements will be processed on a quarterly basis. We hope you agree that the new frequency will be easier to manage.



Summer Activities

If sitting on the beach or beside the pool with a good book and good company is all the excitement you are looking for this summer, then this section may not be for you. If you are looking for a little more, we may be able to help you out. We have a number of new programs to present to you this summer that range from hiking tours to air tours and just about everything in-between. Just ask one of our front desk team for an activities program.

One of the exciting options is the introduction of a partnership with a Fractional Boat Ownership group. You already know the benefits of fractional ownership. Having an interest in a boat can take it to the next level. Information on this opportunity will be available at the front desk.

Our recreation attendants will be available to assist you with water toys, towels and pretty much anything else that you may need this summer. The team will be on duty daily through the summer.

If there are any activities that you would like to see introduced, please let us know, we are here to be of service.

Rental Pool Reminder...

For those of you that have multiple fractions, and are participating in the rental pool, we are only able to rent units that are free of personal belongings. Clothing, food and other personal items must be stored in your owner closet when leaving your Suite. We are not able to secure these items for you and you may lose out on rental revenue. Your assistance is very much appreciated.

Wellness Tip of the Month: Sleep Hygiene

“Sleep Hygiene” Doesn’t Mean Bathing Before Bed.

As a performance benefits from adequate rehearsal and a meal benefits from skilled preparation, a good night’s sleep does not just “happen.” Sleep experts recommend the following tips to help ensure a good night’s sleep. These habits, known to experts as “sleep hygiene,” often are sufficient to combat occasional sleep problems. More serious, chronic disorders may require additional techniques. If you have difficulty sleeping night after night or your daytime sleepiness is interfering with your performance at school or work, consult your medical professional or a sleep disorders center. Sleep disorders can be treated successfully.

The National Sleep Foundation recommends the following tips for improving your sleep:

- Limit your bedroom use to sleep and err... relations. Turn off the television, remove your computer workstation and other objects that stimulate you, making sleep more difficult. Make your bedroom as pleasant and quiet as possible.

- Sleep in a comfortable bed with a comfortable pillow. Find a comfortable sleeping temperature. Temperature extremes can make falling asleep difficult or can awaken you from sleep.
- Establish a regular bedtime and bedtime routine and follow them even on weekends. More than an hour's variation from the weekday schedule on the weekend can throw off your biological clock, making Monday morning a particularly difficult time. Avoid bright lights in the evening (which stimulate the body to stay awake). Try a warm bath before bedtime. This may help by relaxing the body and by lowering your body temperature once you leave the tub—a signal to the body that it is time to sleep.
- Avoid caffeine, nicotine and alcohol in the late afternoon and evening. Nicotine and caffeine can delay your sleep and alcohol interferes with your ability to sleep deeply, a key to feeling rested in the morning.
- Do not nap during the day if you are having trouble falling asleep at night. The nap may interfere with your ability to fall asleep.
- Exercise regularly, 20 to 30 minutes each day if possible, but do it early in the day—at least three hours before going to sleep.
- Exercise before bed can raise your body temperature — an internal signal to your body to stay awake.
- If you cannot fall asleep after 30 minutes, get up and go to another room. Read something entertaining (do not work) or listen to soothing music until you feel sleepy, then return to bed. Use this time to clear your mind, not to try to solve problems that are worrying you.
- Let the sunlight help awaken you. Leave curtains open, if possible, or use bright lights when you wake up. The bright light helps the body to reset its biological clock.

Our Front Desk hours will move to a Summer Schedule starting in July. Hours will be from 8am to midnight 7 days a week.

I look forward to sharing our menus for Taste and Touch with you in next month's newsletter, I'm sure that we will be able to tempt you.

As always, we welcome your input and it is our pleasure to be of service to you at any time.

Sincerely,

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