



Greetings everyone,

Fall is the season where the leaves turn to beautiful browns, yellows, magentas, reds, and light greens; where the cool wind blows calmly, and the sun dangles its light between the trees. Fall is when we love to go for hikes in the forest, make hearty soups & stews and cocoon inside catching up on movies with popcorn (Dylan loves the popcorn part!). Fall means taking a spontaneous road trip in the country to "ooh" and "ahh" at the changing leaves, making new memories and recalling the old ones, getting apples by the bushel from a local grower, and spending relaxing mornings with a loved one in a park as the leaves cascade from the branches above. The year will end in a few months, and fall is a time to think and meditate on the direction of your life.

We recently celebrated our 6th anniversary in Cobourg. Thank you to everyone who has supported and encouraged us on this journey, especially during the recent tough economic times. We feel incredibly lucky that our business is actually up this year compared to last year, primarily due to our wonderful repeat guests and word of mouth. The forty-five 'Excellent' reviews of Victoria View on [TripAdvisor](#) have been invaluable as we have seen an increasing number of 'new' guests finding us on TripAdvisor. A special thank you to everyone who has taken the time to submit a review.

We are very pleased with our new walkways and landscaping at the front and back of the house. The pea stone walkway to the front door is a thing of the past and now you and your suitcase on wheels can make a much more graceful entrance to Victoria View!

Based on the popularity of our [Ultimate Escape](#) retreat package, we are putting together a new two-night package which includes two hot stone massage therapy treatments and your choice of either a Thai Foot Massage/Pedicure combination treatment or Manicure/Pedicure (both options 75 minutes). The total cost for the package ranges from \$590 to \$670 per couple. Note insurance receipts are provided for the hot stone massage treatment.



Scott is still teaching at [Moksha Yoga Uptown Studio](#) in Toronto 2-3 times a month. Through the support of the Moksha community, he also continues to teach and offer yoga to a small but dedicated group of boys at Brookside Youth Correctional Center in Cobourg. One of the primary goals of the program is to build self esteem and discipline. While this is difficult to quantify, the subtle changes in some of the boys have been tremendous. After a couple of weeks in class, one boy exclaimed "Hey sir - after an angry discussion with my lawyer, I tried those 'breathing exercises' you showed us and it was the first time I realized that I could watch my reactions and emotions change simply by watching my breath...thanks." These little victories make the entire experience at Brookside both rewarding and thought-provoking.



Jeremy successfully completed all three of his triathlon events in this his first year of training. The tri-a-tri in Milton and the sprint (1/2) triathlon in Peterborough were warm-up events leading up to the Olympic distance triathlon in Cobourg at the end of August. Unfortunately the weather for the August triathlon was so miserable, organizers had to cancel the swim and replace it with an additional 5K run...prior to the existing 40K bike ride and 10K run! The bike portion of the race took place in a heavy rainstorm however that didn't stop Jeremy from reaching a top speed of 64 km/hour and scoring a personal best time. It's amazing what several 60 and 70 year-old racers flying by you on the course can do to your time! In addition to the positive benefits of the physical activity & pride felt crossing the finish line and saying "Yes - I've done a triathlon", the feelings of comradery, support and mutual respect amongst the triathletes was truly wonderful. Jeremy is already gearing up for next year and planning to compete in the Muskoka half ironman in September.

While we didn't go on any 'big' trips this year, we spent a long weekend in Chicago and absolutely fell in love with the city and everything it had to offer. We had a relaxing several days at a friend's cottage in Muskoka near the end of the summer and a long fall weekend with both sets of parents in Quebec City. Next March we are planning a 3-4 week trip to Cambodia, Vietnam & Laos with stopovers in Bangkok and Hong Kong. As a result, we will be closed for most if not all of the month of March.



We look forward to hopefully seeing you this fall or winter. If you happen to be in Cobourg on December 15, watch out for the Olympic torch making its way through town.

Scott, Jeremy & Dylan

*"Knowledge is learning something every day. Wisdom is letting go of something every day."*  
Zen Proverb