

Hello friends,

We hope you are having a wonderful spring so far. We love this time of year as we watch the many flowers, bushes & trees come into full bloom. Everything seems to be at its 'greenest', especially after a spring rainfall.

This newsletter is long overdue as we recently realized the last one was sent in December. While we don't have much to report in terms of new packages or renovations, we do feel the need to reach out to those who have spent time at Victoria View or plan to in the near future. In light of the current economic situation, our 2009 rates for accommodation and spa services have stayed the same as last year. Also, we are extending accommodation discounts to all returning guests; 15% on Wednesday & Thursday nights and 10% on Friday & Saturday nights.

Scott recently received a volunteer recognition award from the youth correctional facility in Cobourg where he teaches yoga on a weekly basis to a group of 4-5 young men. While the class has been incredibly challenging and forced Scott way out of his 'comfort zone', the impact he has had on several of the boys has made it all worthwhile. Some of them are so inspired by his class and the positive effects of yoga & meditation that they are practising on their own.

Jeremy's triathlon training (aka 'midlife moment #2'), leading up to his first tri-a-tri in Milton at the end of the month, is going very well. He has signed up for the July half triathlon in Peterborough and is planning to participate in the Olympic distance triathlon in Cobourg at the end of August. Scott is banking on all of this leading to a trip to Hawaii for the annual ironman competition there!!

Our beloved canine friend Dylan recently turn 10 years old and like his dads, occasionally thinks he's still three years old and acts accordingly!!

What's New in Cobourg

After many years of dreaming about a local Thai restaurant and downtown food store, our prayers were answered this spring. Miss Thailand, located in downtown Cobourg, is absolutely fantastic while the new grocery store, Peech's Market, near the waterfront is perfect for locals, boaters & tourists.

The Farmer's Market is now open every Saturday from 7:00am - 1:00pm. In addition to buying free-range eggs from a local farm, we try to make a regular habit of buying in-season, local organic produce as much as possible. Northumberland Tourism has recently put together a brochure and guide map for approximately 65 farms in the area. If you are interested in seeing the brochure, click on this link <http://www.victoriaview.ca/FarmGateGuide.pdf>

Here are some useful definitions from the Farm Gate Guide brochure:

Food Miles: An expression used to explain the number of miles food travels before it reaches the consumer (or the plate.) A potential indicator for the environmental impact of the food and its components. The current average is about 2000km.

Carbon Footprint: A measure of the amount of carbon dioxide (CO2) emitted through the combustion of fossil fuels to bring a product or commodity to market. It is directly related to the amount of natural resources consumed and is largely referred to as the 'environmental impact' because CO2 is a greenhouse gas which is linked to global warming and climate change.

Sustainable Farming: An attempt to provide the best outcomes for the human and natural environments by meeting the needs of the present without compromising the ability of future generations to meet their own needs.

Century Farms: A Century Farm sign in Rural Ontario indicates the farm has been in the same family for at least 100 years. There are approximately 6000 Century Farms across the province, and fewer than 12 farms that have been in the same family for 200 years. These numbers continue to decrease as farming operations decline across the province.

Certified Organic: A third-party, independent certifying agency has documented that the food has been produced without specific pesticides, fertilizers, genetically modified organisms, antibiotics, and growth hormones.

Cobourg Events Schedule

In addition to enjoying the beach, waterfront, bicycle & hiking trails, local theatre, house & studio tours in the area, there are a number of fun events taking place during the summer.

June 27 Highland Games

July 1 ~ 4 Cobourg Waterfront Festival

July 20 ~ 25 Craft Show & Sale

August 1 Sandcastle Festival

August 14/15 Ribfest

For more details, refer to the Cobourg Tourism website at http://cobourgtourism.ca/2008_Events_Schedule_-113775.html

Until we see you again...

Scott, Jeremy & Dylan

"Consider your own life--how many times a day does some situation pop up that leads to moments of frustration and anxiety? Surrendering your head to your heart in those moments will lead you to balance and fulfillment. As you listen to your spirit, peace follows. So follow your spirit. Build your foundation in your heart. Love must be your innermost and spontaneous response towards every person you encounter.

Say to yourself inside, 'I just love.' Use these words as a key to start the engine running in your heart and watch life brighten with new love and understanding. Surrender to your new awareness and let love unfold the purpose of creation to you." - Sara Paddison

