



FAIRWINDS

Living

11 fall 2011



Inside

Meet Rick and
Wendy Hollinshead

Active lifestyles in Fairwinds

Golf Tips, Improve your putting

Fall Tapas, a recipe from the Clubhouse

Live here Live more

Community involvement, key to keeping busy

After spending nearly 40 years in Calgary, it was time to leave the cold winters behind and move to the mild climate of the West Coast. Rick and Wendy Hollinshead retired in Calgary and the very next day moved to Fairwinds. Even without knowing a single person in the area, they quickly settled into their new home.

"We chose Fairwinds for the warm weather (no more shovelling snow), laid back serene setting, and because every house is uniquely built into the landscape," says Rick. "We like how the houses here are all nestled into the rocks."

They have lived here for three years now and the biggest draw to Fairwinds was the commonality of the residents. "Most residents have moved here from somewhere else," says Wendy. It didn't take long to become friends with people in the neighbourhood. "Before we moved we decided that in order to meet people, we would need to become involved in the area." They began by attending the Fairwinds community development consultation meetings. These meetings gave them a better idea of the direction Schooner Cove and the Lakes District developments, and allowed them to meet many people with whom they have become

close friends. Rick and Wendy were also surprised to see a variety of social clubs, including the Diners Club, the Yacht Club and other informal clubs that residents are encouraged to join.

Rick is a member of the Community Advisory Group for the development planning of Schooner Cove Village and the Lakes District. "It will be great to have more amenities down at Schooner Cove. Wendy and I are excited about the proposed development in the area," says Rick.

Wendy spends some of her time managing two vacation properties they purchased two years ago in Scottsdale, Arizona. When not golfing, Wendy also relaxes with yoga classes at Fairwinds Centre. Rick volunteers as a starter and

marshal at the Golf Club and helps plan community events with the Fairwinds Community Association. He also works part-time with Vancouver Island University as a teacher advisor in the Faculty of Education.

Even though Rick and Wendy moved to Fairwinds to retire, they find themselves busier than ever! They recently moved into their new home on Schooner Ridge, built by Ken Kruper of Surecraft Developments. With a recent home purchase in Palm Springs, they will be spending some of the winter months in California, but will look forward to heading back to Fairwinds. They love how every lot in Fairwinds has a view – ocean, forest, or golf course. Rick and

Wendy both agree wholeheartedly that "we will never leave Fairwinds."



"We will never leave Fairwinds"



Active lifestyles in Fairwinds

"For over a year now, I have been participating in a personalized Nuvia fitness training program with personal trainer, Kjirsten Sigmund. I am 84 years old, and I have noticed significant improvements to my health and body, including:

- Major drop in blood pressure and body fat, while maintaining muscle mass
- Significant increase in upper and lower body strength
- Improved flexibility, core endurance, and cardiovascular fitness
- Lower fitness age by 25 years
- Hip pain has completely disappeared

This has been an excellent experience with a personal trainer who knows what she is doing and can lead her clients to successful accomplishments with positive, measurable results. The training is challenging, but definitely worth the effort, because the rewards are so beneficial."

- Douglas Babcock, August 2011

Receive a complimentary fitness assessment (a \$99 value) when you sign up for a Fairwinds Centre membership. Call Fairwinds Centre at 250.468.5303 for more information on memberships and to book your fitness assessment.



Fall Tapas

by Dan Vogt and Charles Stephen

Citrus Grilled Apple & Chorizo topped with Goat Feta

The sweet apple caramelized on the grill with the spicy chorizo and tangy goat cheese offers a delightful contrasting of flavours. A nice chilled Sumac Ridge Riesling from BC with its ripe apple and citrus notes and a crisp, tangy finish is a great pairing with this dish.

Ingredients:

- 1 Large Crisp BC Apple
- 1/2 each Fresh Lemon & Lime
- 1 Chorizo Sausage
- 3oz Goat Cheese

Preparation:

Turn grill on low.

Cut top, bottom, and round sides of apple to "square up".

Slice each side into 1/4 inch squares (you should get two slices out of each side for a total of eight squares).

Slice each square lengthwise to create rectangles.

Squeeze juice out of lemon and lime into 1/3 cup water and pour over apple pieces in a bowl.

Slice chorizo to match the size of apple pieces.

Crumble Goat Cheese into small dish.

Instructions:

Place apple and chorizo pieces on the grill for two minutes.

Turn once and grill for one minute; you should see nice caramelized grill marks.

Turn grill off or very low.

Place chorizo pieces on apple pieces and top with crumbled goat cheese.

Close grill lid until goat cheese is soft and almost melted.

Serve warm with chilled wine.

Clubhouse menus can be viewed at www.fairwinds.ca



Golf Tip from the Fairwinds Golf Academy

Improve your Putting

by Steve Busswood – Head Teaching Professional

Watching golf on TV will demonstrate to you many different styles. Mike Hulbert, sportscaster and professional golfer, even demonstrates one-handed putting. I would not recommend this, but the point is to do whatever feels comfortable and enables you to get the ball in the hole consistently. However, there are some fundamentals that will improve your putt:

- Keep your eye over the ball
- Set the putter square to the target
- Keep body motion limited
- Accelerate through the ball
- Be comfortable
- Hit the ball in the sweet spot of the putter.

Fairwinds Golf Academy offers a variety of lessons from an introduction to golf for beginners, to refresher courses for those with more experience. Or if there is one area you would like to improve, talk to one of our golf professionals.

**Contact Steve or Brett at
250.468.7666 or 1.888.781.2777
for your next lesson!**

Oceanview Properties

BUILDING LOTS STARTING FROM \$209,000

FAIRWINDS CONTACT INFORMATION

Fairwinds Centre

3455 Fairwinds Drive
1.866.468.7054 ext232
fwcentre@fairwinds.ca

Schooner Cove Marina

3521 Dolphin Drive
1.800.663.7060
marina@fairwinds.ca

Fairwinds Golf Club

3730 Fairwinds Drive
1.888.781.2777
teetimes@fairwinds.ca

Real Estate Information

3455 Fairwinds Drive
1.866.468.5957
livehere@fairwinds.ca



Are you planning to build your next home? Fairwinds has a limited collection of ocean and golf course view lots situated on a quiet cul de sac off Bonnington Drive, located down the street from the Fairwinds Fitness Centre and a short drive to Fairwinds Golf Club and Schooner Cove Marina.

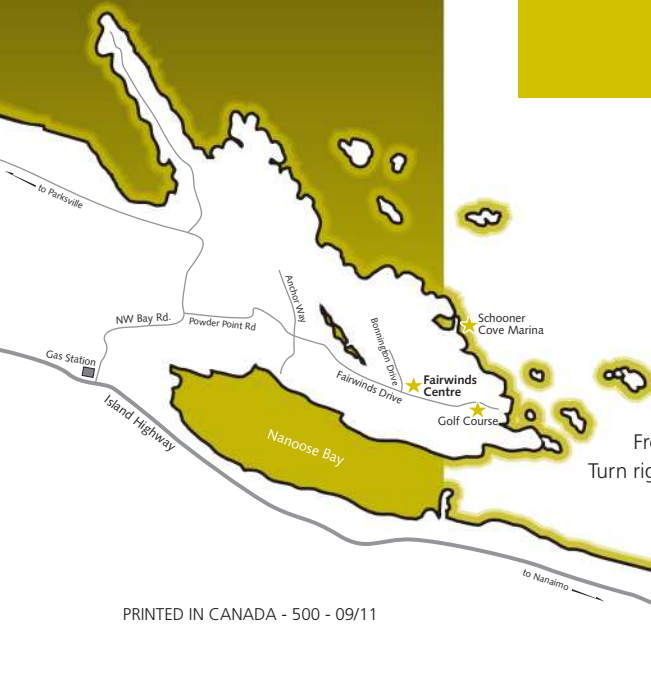

BONNINGTON
Ridge
AT FAIRWINDS



Colette Maers
1.888.243.1071

Luxury Patio Homes Available in Fairwinds

Choose from three elegant designs at Rockcliffe Park
www.rockcliffeparkatfairwinds.ca




FAIRWINDS
Live here Live more
how to find us

From the Island Highway, turn at the Petro-Canada Gas Station onto Northwest Bay Road. Turn right onto Powder Point Road which turns into Fairwinds Drive. Fairwinds Centre is on the left. Keep driving along Fairwinds Drive to reach the Golf Club and Schooner Cove Marina.

Nanoose Bay, Vancouver Island

www.fairwinds.ca