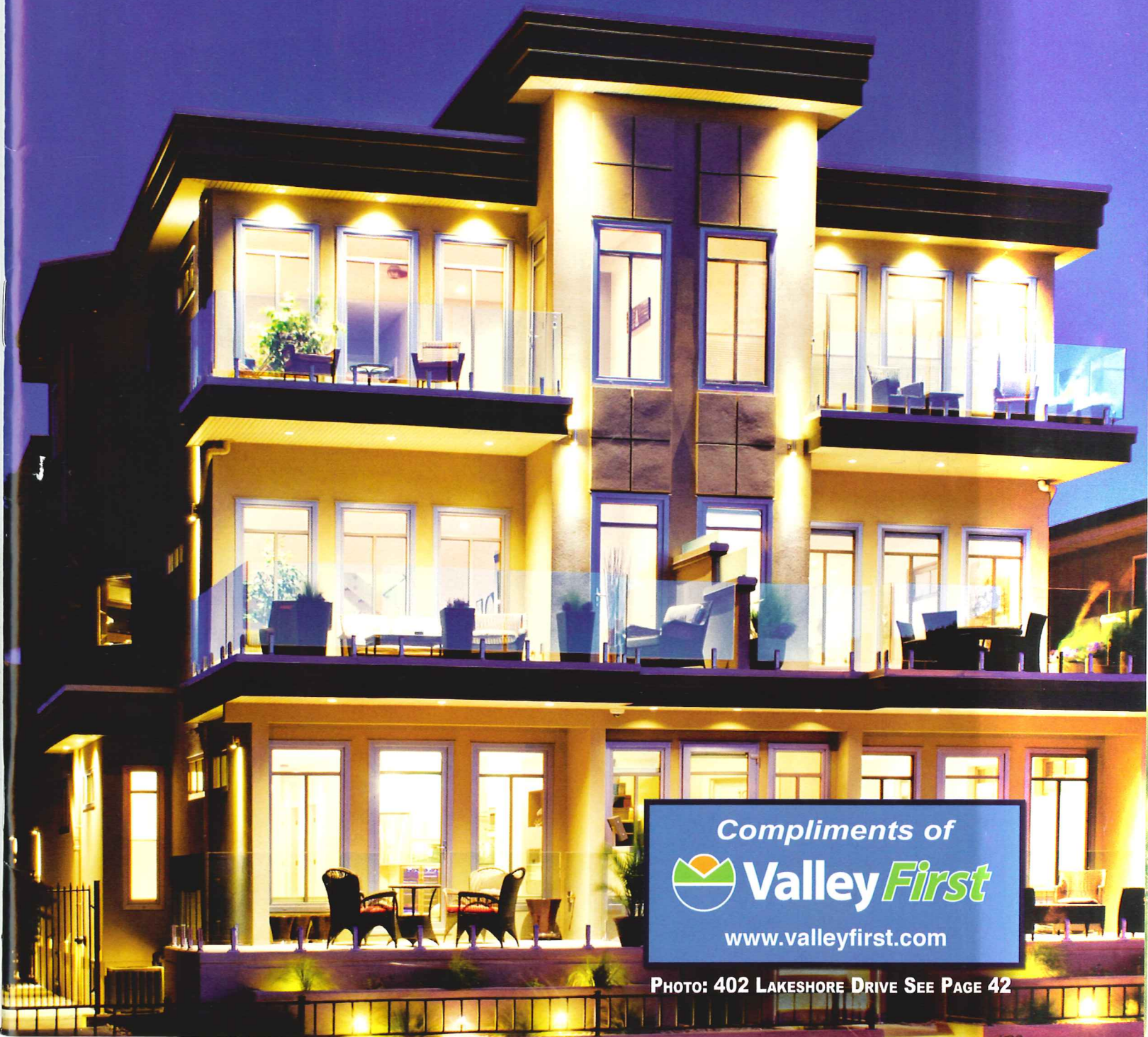


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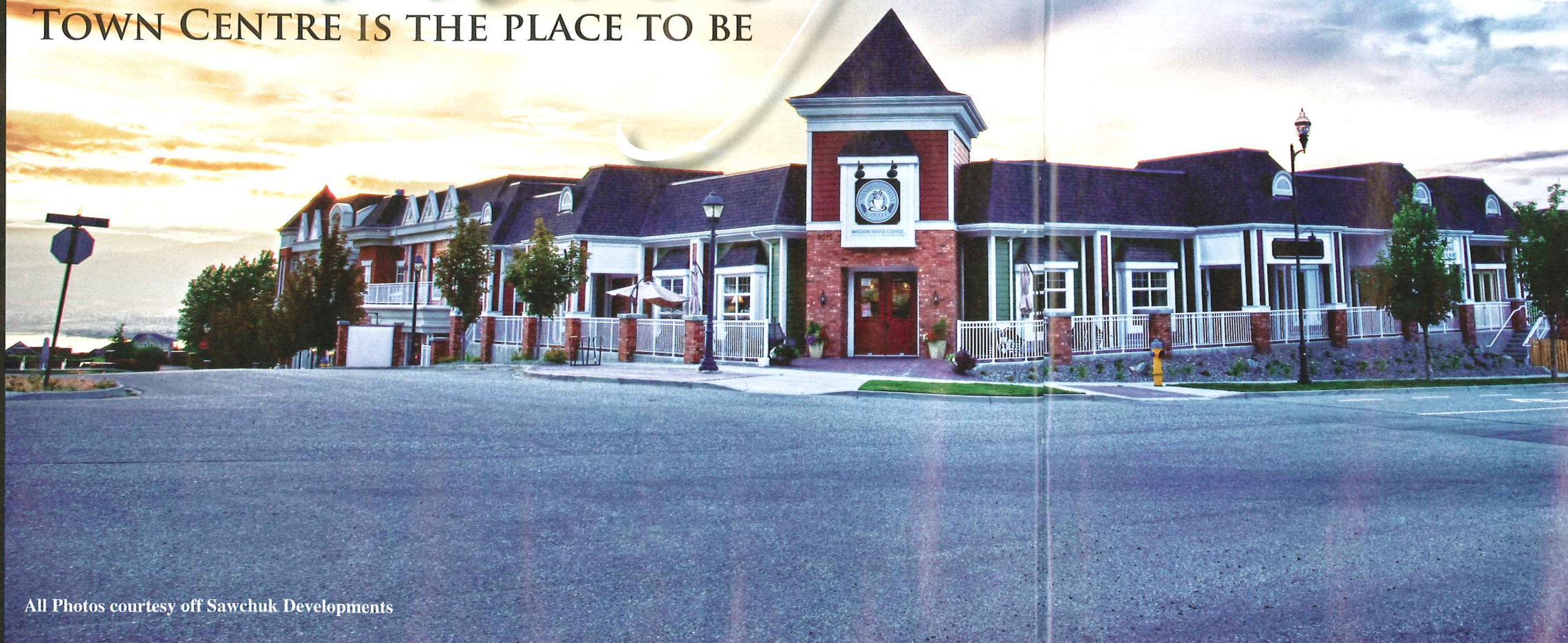


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PHOTO: 402 LAKESHORE DRIVE SEE PAGE 42

Kettle Valley

TOWN CENTRE IS THE PLACE TO BE



All Photos courtesy off Sawchuk Developments



By KERI-LYNN OELRICH

The Village of Kettle Valley is widely known as the best community in Canada. And it just got better.

A coffee shop, chiropractor, day spa and a day care are welcome additions to Town Centre. Within the next two months the centre will see a pharmacy and walk-in clinic. In total there are 25 independent businesses, including a gym, restaurant and grill, pizza take-out and a travel agent.



A new building has provided an additional 13,000 sq ft of commercial space and increased the Town Centre capacity to 30,000 sq ft. "We researched the local community to establish a list of services that the residents of Kettle Valley were looking for, and then set about marketing the space to match these requirements," says owner Tony Overton (overtons@live.ca). "The response from local businesses has been excellent, and only one unit remains unleased since the building was completed less than three months ago.

"The feedback from local residents has been excellent and all the


new businesses are enjoying a great level of support from the community," Overton says. "The biggest opportunity remains a local grocery store which has always been the number one requirement on the residents' list," he adds. Overton says he expects that with the normal churn of business additional space will become available, which would add additional medical services like an optician or dentist.

ON THE PROJECT:

The most challenging aspect was siting the building on the



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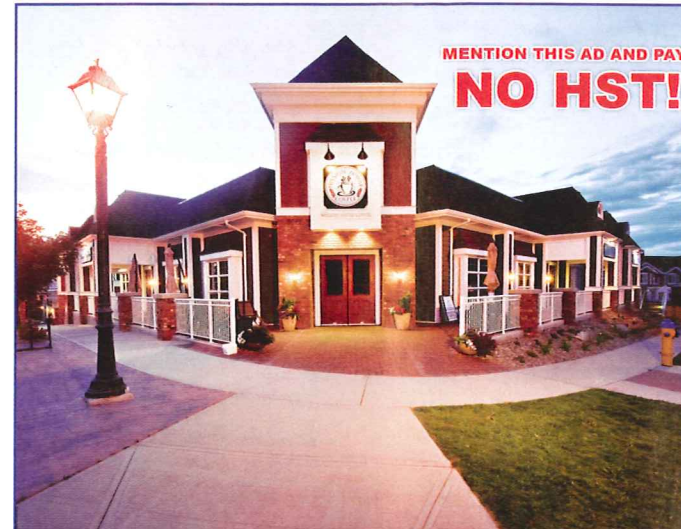
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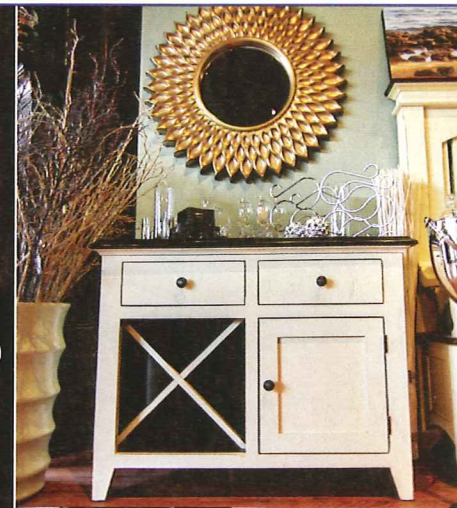

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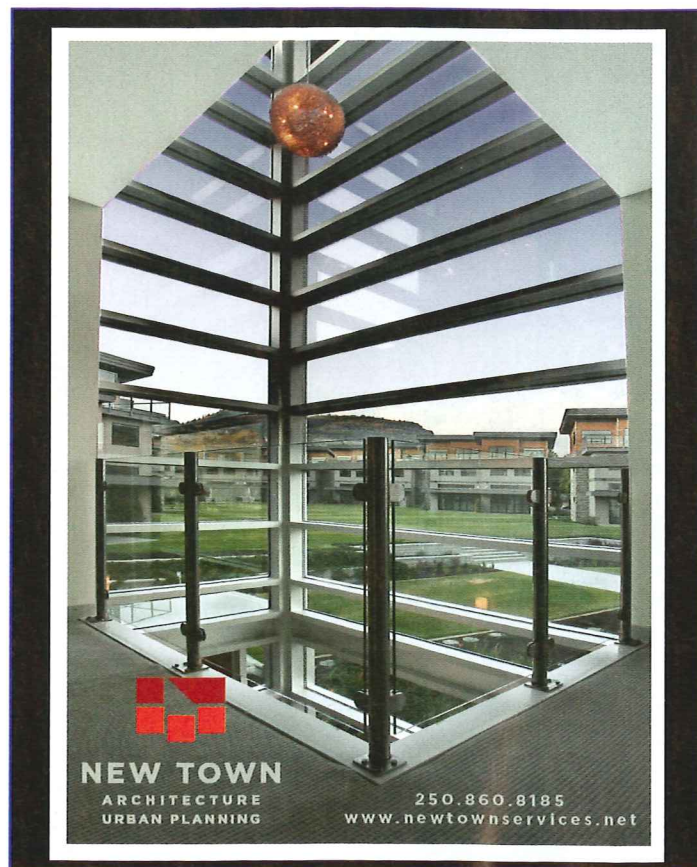
multi-level shopping site, while adhering to the client's programming and budgetary requirements, says Lisa Fraser, business and planning manager for New Town Architecture and Urban Planning (www.newtownservices.net). "New Town initiated and coordinated costing exercises with the client and contractor throughout the process in order to ensure that the budget was maintained and even reduced where possible," she says.

JVL Excavating Inc. is a family owned business that worked on the project. The business was started in 1995 with one bobcat and a dump truck. They now have five excavators, two bobcats and a loader. "We do everything from bulk excavation to civil pipe work and rock and block retaining walls; and landscaping and irrigation and interlocking pavers - we are your one stop shop for all your dirt work needs," Vic Lima of the company says.

OK Deck Doctor (www.okdeckdoctor.ca) worked with Sawchuk Developments and New Town Planning Services to provide them with decorative and functional aluminum guardrails and stair hand railings. "We were able to offer them the custom options which they required in an economical and efficient manner," says Conrad Loss-Wells, owner.

Grizzly Metal (www.grizzlymetalfab.ca) was responsible for the fabrication of all the structural steel for this Kettle Valley project.

"Sawchuk Developments (www.sawchukdevelopments.com) is extremely proud to be the chosen builder of the Kettle Valley Commercial Building. We feel the design and architecture of the building blends nicely with the existing structures. The commercial building is a perfect fit for the Kettle Valley community," says Gord Sandrin, project manager. For more information on space available to lease, contact Tony Overton.



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TENANT PROFILE

THE NEW YOU DAY SPA

Stress. We all live with it. It's what we do about it that determines our overall health.

Penny Pedersen, owner of The New You Day Spa has healthy solutions for your stress, and her location in Kettle Valley makes her easy to find.

Modern spas get their roots from ancient towns where patrons "took waters" as a way to heal themselves in hot springs and mineral waters. Today hydrotherapy, massage, wraps and mani-pedi's are used to heal tired souls.

Pedersen says that massage can promote heightened relaxation, stress reduction, and an overall sense of wellness and heightened work productivity. But that's not all. "The muscle manipulations caused by massage include reduced muscle tension, relief from pain, improved flexibility," she says.

"The spa fits each person's life differently," she explains. "It is more useful than people realize when it comes to de-stressing and taking some much needed time to yourself."

Pedersen goes on to say that this can be instrumental in a healthy lifestyle.

And who couldn't use better health?

The spa can play a big part in people's day-to-day lives. Many people have injuries or issues like back problems that require regular massage. Of course there's those who go strictly for a pampering session. At least they think that's what it is. The spa really offers a wide range of health benefits; even just the act of pampering oneself can lift spirits and re-energise—something we all need in our hectic lives.

The New You Day Spa can do group bookings Thursday through Saturday - mostly two at a time, but arrangements can be made for larger groups. The Kettle Valley location makes it just minutes out of downtown Kelowna and so easy to get to.

"The location is beautiful and scenic," says Pedersen. "The community of Kettle Valley gives the feel of a quaint small-

town atmosphere that is relaxing and laid back."

So when you're ready to relax, call the spa to make your appointment - your appointment for a new you!



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