



## Construction begins on Seawalk, InSight's luxury waterfront tower in Nanaimo

**May 22, 2008, Nanaimo, B.C.** — Construction is now underway on Seawalk, InSight Developments' 24-storey luxury tower at 10 Front Street, overlooking the Nanaimo Harbour and seawall. Seawalk is a key part of Nanaimo's waterfront renaissance and is set to attract homebuyers seeking affordable waterfront in a city increasingly known as a lifestyle destination.

As construction moves forward, neighbours surrounding the Seawalk site will experience some disturbances from blasting and rock excavation of the parkade area. The blasting is currently scheduled for May 26<sup>th</sup> to August 26<sup>th</sup>, 2008, and from October 27<sup>th</sup> to November 10<sup>th</sup>, 2008. Please note that due to precise requirements for drilling and blasting, in addition to unknown subsurface conditions, this schedule may change. On average, there will be two to four blasts per day, Monday to Saturday.

Special precautions will ensure that vibrations are minimized and kept to specific thresholds. The blasting signals detailed below reflect the protocol for notification of an impending blast:

- Blasting whistles will be sounded two minutes before blasting.
- The blasting signals will consist of 12 short whistles separated by one-second intervals; two minutes after the final whistle, the blast will occur.
- After the Blaster in Charge has checked the blast area, one long whistle will be blown to sound the All Clear.
- Signs detailing the blasting signals will be posted.

InSight Developments appreciates the community's understanding and cooperation during this crucial stage and will strive to ensure that interruptions and noise are kept to a minimum. For more information regarding Seawalk and its expected presale launch this fall, please call 250.756.0119 or visit [www.insightdevelopments.ca](http://www.insightdevelopments.ca).

### **About InSight**

InSight Developments began in 1993 with the active retirement lifestyle community of Longwood. As the project grew, so did the company. By the end of 2007, it had built and sold 242 homes in the five buildings in Longwood. A sixth is now on its way, slated for completion in 2009. InSight also developed Longwood Station next door, with its shops, services and popular Brew Pub. From Longwood, the company branched out into creating Hawthorne, a neighbourhood for young families and Seawalk, a stunning 24-storey, waterfront tower overlooking Nanaimo Harbour coming this fall.

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