



FOR IMMEDIATE RELEASE

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Construction underway on highly anticipated sixth phase of Longwood

NANAIMO, BC – InSight Developments reports construction on its latest project is proceeding on schedule. Framing is well underway for Thornbridge, 63 beautifully designed West Coast Craftsman-styled condominium residences located in the award-winning lifestyle community of Longwood. Completion is slated for Spring 2010.

Longwood is a well-established, master-planned collection of condominium homes set amid 50 acres of beautifully landscaped property which is quickly becoming known as one of Canada's premier lifestyle retirement destinations. Evoking the feel of an English Village, Longwood celebrates its natural setting with water features, old growth and fruit-bearing trees, flowering shrubs, acres of gardens and a dramatic 8,000 sq. ft. lakeside arts and crafts style clubhouse.

“We're pleased with our progress at this point,” reports InSight President Doug Bromage. “Given the nature of the market, we're very appreciative of the support we've received from the members of the community who share our commitment to quality options for retirement housing.”

Adjacent to Longwood is the equally beautiful Longwood Station, offering residents and the surrounding community over 100,000 sq. ft. of retail shops and services. One of the prize features of this retail area is the Longwood Brew Pub.

Longwood has been recognized many times with awards including Project of the Year from the Canadian Home Builders' Association for Vancouver Island, British Columbia and Canada in 1997, 1999 and 2006. In 2009, Longwood's most recent addition, Origin, won a Vancouver Island Real Estate Board Commercial Building Award of Excellence in Senior's Housing, bringing a new level of retirement living to Longwood homeowners and the surrounding community.

About InSight Developments

InSight Developments, on behalf of InSight Holdings Ltd., has been active in Vancouver Island development since 1993, developing over \$250 million in real estate throughout the Nanaimo region. They began with the 50-acre retirement lifestyle community of Longwood, building and selling 242 homes in five buildings. The sixth, Thornbridge at Longwood, is now underway. InSight's other ventures include Hawthorne, a vibrant neighbourhood community of single-family homes plus a funky collection of urban lofts and one-bedroom flats complete with convenient retail shops and services. Hawthorne Corner and the 2nd phase of Hawthorne Community are now selling, with the 3rd phase of this community estimated to launch in Spring 2010. Also in early planning stages are Seawalk, a stunning 24-storey, high-rise tower overlooking Nanaimo harbour, and an ambitious new 26-acre community in Parksville.

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