



## From the GM

Where is our Summer??? I wish I knew, but this weather has certainly contributed greatly to casual conversation in the lobby over the past three to four weeks. The good news, even when it's raining, Touchstone is a better place to be than Toronto during a municipal services strike. The better news, Taste and Touch are opening shortly to give you more options, regardless of the weather.

Contractors are working diligently to get our Restaurant and Spa ready for business. Things are taking shape beautifully; the kitchen is ready to receive equipment, which is scheduled to arrive next week. The ceilings in Taste are complete and the flooring is currently being put down. Additionally, we expect the millwork to arrive next week together with the restaurant furniture.

Touch is looking wonderful as well with the installation of the experiential showers nearing completion and the floors and wall coverings in place. The change rooms are waiting for lockers and seating (and clients of course).

We are looking forward to welcoming you to these wonderful new venues next month.



### **Looking Good...**

Have you seen the new entrance to Touchstone? I think you will be suitably impressed. The stone work, and landscaping are just about complete and the transformation is nothing short of amazing. The sense of arrival is spectacular with trees lining the roadway and plenty of granite and greenery to welcome our owners and guests. The landscaping continues throughout the property and helps complete the overall package. Additional work is to be done to the open space between the Lodge building and the Cascades to better define access to the waterfront from both areas as well as the roadway.



The new Touchstone Signs are the perfect complement to the new landscaping. The entrance will now be lit in the evening to better define our property. Pathway signage for the property is in production and is expected to be complete and installed by the end of this month. Suite identification signage is also in production and will be installed this month.

### **So what's involved in opening a Restaurant?**

Have you ever thought about what might be involved in opening a restaurant? Have you seen any of those Food Network shows that get everything done in an hour and no one breaks a sweat. The reality is somewhat different from what appears on the small screen.

Our process started a few years ago with the layout and design of the kitchen, bar and dining room. This was followed by determining the equipment required and making sure that it would work in the space provided. All of this seems pretty clinical but involved many meetings and countless emails working from what at the time were conceptual drawings. Fast forward to this summer, we are now dealing with a built space, weather, trades, supplier delays, and oh yes, a recession.

Concepts are now reality and the immediate questions come into focus...

**Staff** - who to hire, when to train them, where to train them (remember the restaurant is under construction), china, glass and silverware, linen, lighting, liquor license and the list goes on.

**Wine list** - how many selections, how many of each, where do we store all this, when should it be delivered, did we remember corkscrews?

**Menus** - wholesome, fresh, local, focus on quality, first and foremost taste.

### **Some sample stats;**

- 500 bottles of wine
- 600 bottles of beer
- 15 kegs of draft
- 2,136 pieces of cutlery
- 1,632 pieces of china
- 300 wine glasses
- 600 cocktail glasses
- 75 menu covers & cheque presentation folders
- 4 patio heaters
- 1 Executive Chef
- 6 kitchen staff
- 8 service staff
- 300 table cloths
- 1,000 napkins
- 1 Best View in Muskoka

We look forward to welcoming you in August.

## Wellness Tip of the Month: Beat the Heat...

(We must be optimistic...)

### Tips for staying healthy in the summer

- Drink before, during and after you exercise. It is essential. Adults should drink 12 cups of water a day, children 5-8 cups a day. Don't wait until you feel thirsty.
- Start slowly. It takes about a week to get used to exercising in the heat.
- Workout when it's cooler - morning or evening. If you plan to exercise outdoors, avoid the hours between 10 a.m. and 5 p.m. Be sure to exercise with a friend and apply sunscreen while in the sun.
- Try indoor exercises during the summer, invest in a couple of good exercise videos and equipment, go to the club or walk in the mall.
- Wear light coloured, loose fitting, clothes with "wicking" material, avoid dark colour clothes. Wear a hat and sunglasses to protect yourself from the sun.
- Be especially careful on humid days, when your body's natural air-conditioner - sweat evaporation - doesn't work nearly as well. If the heat index (combination of temperature and humidity) is especially high, don't risk exercising outside.
- Avoid hot and heavy meals.
- Know when to STOP. If you start to feel dizzy exhausted or disoriented. STOP! Find shade, drink water, breathe deeply and cool down.

### Know the symptoms of heat-related problems:

- Heat cramps (muscle cramps, twitching, spasms)
- Heat exhaustion (headaches, dizziness, weakness, goose bumps, shortness of breath)
- Heatstroke (all of the above plus disorientation, confusion or loss of consciousness)

If despite these precautions, you or someone you know develops heatstroke, call for emergency help immediately. Move the victim into shade or air conditioning, pour water over him and, if alert, encourage drinking fluids.

Our Front Desk hours through the Summer are from 8am to midnight, 7 days a week. Additionally, our Guest Services team will be available overnight should you require assistance.

I look forward to sharing our menus for Taste and Touch with you in next month's newsletter, I'm sure that we will be able to tempt you.

As always, we welcome your input and it is our pleasure to be of service to you at any time.

Sincerely,

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