



# TOUCHSTONE

ON LAKE MUSKOKA

## From the GM

Last month I started off this newsletter by asking "Where is Summer?" I suppose if I was to start off this edition with the same questions it would be repetitive, so I will not. I will, instead celebrate the week of summer that we have experienced so far and hope that the next six weeks are warm and sunny.

### A "Taste" of things to come...

Taste, your new favorite restaurant in Muskoka, is open for business. Many of you have visited and sampled our food and spirits and have been kind enough to share your comments. I am pleased to say that the comments to date have been overwhelmingly positive. For those that are not aware, we have been introducing the menu in by way of sampling menus. Each week we have offered a selection of items that will be featured on the full menu. This allows us to train our culinary and service teams on the details of each menu item and perfect the way in which we display and describe the offerings to our guests. It has also allowed us to gather feedback from you, our owners as to your likes and dislikes. We value your thoughts and input as we move forward in this new culinary venture.



### Looking forward to a relaxing "Touch"...

The opening of Touch, your new favorite Spa in Muskoka (are you starting to sense a theme here?) has been moved back slightly as a result of a delay in the millwork for the facility. Unfortunately, the remaining items to be completed cannot move forward without cabinets.



The good news is that we are expecting delivery any day. We then require approximately two weeks from delivery to complete the remaining tasks including receiving product, training the staff and opening the doors for business.

Touch will feature fine products by Pevonia Botanica paired with services to sooth body and mind. We hope you will try our Tropical Oasis Yoghurt wrap with Mango and Passion Fruit, followed by a chilled glass of white wine while having an Essential Pedicure. Yes, Touch will be licensed and will feature a light menu for lunch or snack while you are rejuvenating.



### Rental Pool Payments

Rental Pool payments for the second quarter are currently on their way to you. The late Spring and continuous rain through the months of April, May and June



were not catalysts to resort business in Muskoka. Our competition in both the Muskoka and Blue Mountain tourist regions have been down 15 to 20 percent to last year. Touchstone was not immune to these situations however we were able to attract guests to the property through creative marketing and rate structures that kept with the competition. Heidi or I would be happy to address any questions you may have with your statement. Your next rental payment will be sent in mid November. Rental pool declarations will also be forwarded in Q4 for the 12 month period from July 2010 to July 2011.

A quick reminder for those of you who are GST registrants. We will require your GST number in order to process your GST payment. For further information please feel free to contact Heidi Watt Lamb to (705) 641-4014 or at [hwattlamb@touchstoneonlakemuskoka.com](mailto:hwattlamb@touchstoneonlakemuskoka.com).

### **G8 Update**

We had the good fortune to be visited by the Director of Accommodation for the upcoming G8 a few weeks ago. She was very impressed by Touchstone and praised Touchstone as the nicest property that she has visited in the region to date (and she has visited most).

Her recommendation will be that Touchstone be occupied by one participating country as well as by foreign press before and/or after the conference. These recommendations will now be presented to the participating countries as options. We should know in the next few months who will be staying in our fine resort in June 2010.

### **Wellness Tip of the Month: Advise to our kids?**

When researching this month's Wellness Tip I came across this tip for students. As school is about to start up again I thought that perhaps we could gain some wisdom and insight from this advise to our children...

### **Study Tips to Reduce Stress and Perform Better!**

- Time Management. Plan, plan, plan. Before finals begin, get out your calendar and schedule as much of your finals week as possible. Then stick with the schedule.
- Schedule in study breaks. Don't plan to study non-stop for the next five days. You'll go insane, and you'll be too fried to do well on the exams. When you write your schedule, include short study breaks to help you recharge. You'll feel so much better and will be able to concentrate so much more.
- Schedule in sleep. Some people can function well on three hours of sleep a night. Most cannot. You'll do much better during exams if your mental state is good, and sleep is essential for this.
- Exercise. There's no better source for stress relief. Just don't overdo it to the point that you're procrastinating heavily. Go for short, stress-relieving activities, like racquetball or a treadmill run. And don't underestimate the value of a brisk walk.
- Prioritize. You have limited time to study and will have to choose what to spend the most time with. You could spend hours and hours on that math exam because if you do really well, you might be able to pull off a C, or you can spend hours and hours on a history exam because if you do well, you've got a good shot at an A. It's up to you.

- Form effective study groups. Just don't waste your time with lousy ones. Here are a couple of tips for effective study groups.
  - o Free your schedule. As much as possible, eliminate other responsibilities. Work fewer hours. Put off social events. Definitely put off shopping.
  - o Ask your professor for help. If you're confused about your notes or the readings, go to the resident expert. This works much better if you don't put off studying until the last minute. It's a good idea to read through all of your notes before you start to study, so that you can inquire early about things that confuse you.
- Keep things in perspective. What's the worst thing that can happen if you don't do well on this test? Excessive stress will make you crazy and hurt your performance on tests. So as much as you can, relax. And if you're having serious problems with anxiety during exams, seek help at your school's counseling center. This is a common problem that schools are well equipped to help you with.

#### Reality Check...

The White House recently announced that the US deficit will reach 9 Trillion dollars... adding perspective to this number, consider this; 1 million seconds ago was 12 days ago, 1 billion seconds ago – 50 years ago, 1 trillion seconds ago was 32,000 years ago, 9 trillion ???

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

Sincerely,

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