



From the GM



It seems that weather has been the required way for me to start my monthly communication with you. I was hoping to avoid any conversations about weather in this newsletter in favour of some other topical prose... that was until I looked out my window to a wall of white falling from the sky. Up until today, it had been a somewhat typical October, beautiful colours on the trees, created by the cooler temperatures (which is why we have fall sweaters), some rain (ditto for the fall lined rain coat) but snow? I don't remember seeing a fall snow jacket in the rack at my local haberdasher. It's been quite the year, snow followed by rain, with but a few sunny breaks, followed by snow. It seems like we are all adapting, this evenings local news featured interviews with snowmobilers tuning up their sleds for winter, and we have yet to see Halloween. Guess I should be sizing the kid's costumes to allow for a snowsuit this year.

Our Website

The internet is a funny place, everyone wants to be there in some form or another but few really know what is involved in getting there or making what you have successful. Touchstone has had a web presence for many years and there have been a number of upgrades to the look and offering, however the same basic look remained the same. That was until this week. Our website has been completely revamped, with new imagery, content and functionality.

Over the past few months we have talked about new photography and video being shot around the resort. Our new site presents Touchstone with vivid imagery and video which tells the lifestyle story of the resort and showcases the breathtaking views from your suites. I hope you will agree that these new pictures represent your resort well.



Taste Something International

We were fortunate to be asked by the Canadian Tourism Commission to host a group of Asian Culinary writers for a tasting menu of Chef Watter's offerings. This group travelled by motor coach through Quebec City, Montreal and Ottawa before arriving at Touchstone. We were happy to greet the group headed by Anita Stewart, the acclaimed Canadian food activist. Anita writes for Canadian Geographic Travel, FOOD & DRINK, and has written commissioned articles in magazines and newspapers from Gourmet to the Los Angeles Times; from the Toronto Star to the Globe and Mail. Joining Anita were eight food and beverage writers from some of the Pacific Rims dominate food and travel publications. Following our dinner the Chief Food and Beverage Reporter from China's FOOD & WINE magazine proclaimed his meal to be the best food he has had in Canada! We will be sure to share copies of any press that is created from this dinner.



We were also pleased to host some local food writers in Taste this month. Their article appeared in the Muskokan in October and will appear in a number of other regional publications over the next few weeks.

We are starting to receive calls for seasonal parties in Taste. While not a banquet facility, we are well suited to hosting groups of up to 50 for special occasions. If you or someone you know may have need for a picturesque location for a special occasion or a seasonal party, please let me know. I would be happy to make the occasion memorable for them.



Taste is now open from Thursday to Saturday for Dinner and for Lunch from Friday to Sunday. In addition to these operating hours, I welcome you to join me for a cocktail each Friday evening from 5pm until 6pm as a way to start off the weekend. I look forward to catching up with you then.

Get in "Touch" with our new environment

Touch is now open to the public! The much anticipated opening was on October 1st just in time for the weekend. This first weekend saw a considerable volume of business looking to experience the offerings of our Spa Team. While the most popular treatments were Massage related, the Pedicure and Manicure chairs were well occupied as were the Facials and Body Treatments.

I am told that the Hydradermie Lift facial is a must. This "Star Facial Treatment" has not been available north of Toronto until now. Ladies are lining up in the city to have this done, and now you can casually walk down from your suite and enjoy the treatment with a view of the lake and a glass of wine. Welcome to Touch, your new favorite Spa in Muskoka.

Wellness Tip of the Month: Time Management and your Health

Most college students learn very quickly the value of their time when they are struggling to balance work, school and a social life. With so much to do it can be easy to become overwhelmed, stressed, and eventually burnt out.

As we go through life, it is sometimes good to be reminded of the lessons learned in school. You probably know that good time management will help you get more done each day. But it has important health benefits too. By managing your time wisely, you can minimize stress and improve your quality of life.

Now consider the following principles to master time management and get out of feeling overwhelmed:

1. Time is your GREATEST asset in life. You get to CHOOSE how to spend it.

This is a hard concept to embrace because it means we all have to stop making excuses for our stress. Instead of saying, "I can't exercise because I don't have time," we have to admit, "I choose not to exercise because I'm not prioritizing it into my schedule." It means letting go the belief that the only way to lower stress levels is if your professor, adviser, boss stopped dishing out so much work. Instead of learning better time management strategies and easing up on perfectionism, you continue to spiral towards ill health, anxiety and sometimes depression. Take control of your time right now and be calmer and happier!

2. Time management means learning to say NO.

Saying 'yes' to requests for your time is not always a bad practice. In fact, it can often be rewarding and lead to accolades. The problem occurs when you say 'yes' to almost every request or volunteer your time no matter how much work you already have on your plate. Whenever you accept a new task or responsibility you are always giving up something else. It could be free time, an extra hour of sleep, or exercising. Without realizing it, you could be choosing to spend your valuable time doing things that are trivial and don't really matter to you or your well-being. Remember that you can do almost anything, but you cannot do everything!

3. Sleep SAVES time.

Sleep needs to be the first thing that goes on our master schedules. Sleep deprivation has the same affect on you as too much alcohol. Your reaction time is slow, you cannot think clearly, you gain weight, and you can get depressed. Don't make sleep the last thing on your agenda! In fact, schedule your day backwards from your goal of bedtime so that sleep is not an afterthought.

4. You can master procrastination.

Nearly two-thirds of individuals say they've procrastinated so much that it affected their performance at work. Often procrastination is because we have bit off more than we can chew and need distraction! So to avoid this trap, try breaking big tasks into small pieces and work backwards from your deadline. Also make sure to plan breaks. In fact, every 45 minutes take a 15 minute break to avoid brain fatigue and wasted time. In fact, if a break runs 15-20 mins. long, the brain is still processing the information you were working on.

Time management provides you with the opportunity to create a life and a schedule that works for you, not for anyone else. The personal attention given to YOUR time will give you the health and well-being you crave!

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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