

# FOCUS Kingston



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Contest  
Inside!

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Cottages & Escapes

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Thank you so much Dave, we are very satisfied customers. ” ~ George & Debbie Lachance

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# Feature Cover Story

## Bobs Lake Cottages & Escapes

by Gail Paquette

Be forewarned: if you come to Bobs Lake Cottages & Escapes, you may never want to leave! If you want respite from the pressures of everyday life, Bobs Lake Cottages offers the perfect escape. You can wake up to the sounds of the loons, and spend your days swimming, biking, canoeing, playing basketball, and pickleball, all right outside your front door. In the winter, you can ice fish, snowshoe, ice skate, and brave the cold in a hot tub on your deck.



When the owner, Marla Isaacs, and her family first set eyes on Bobs Lake, they had never seen anything as beautiful! After years of vacationing there, they decided to make it their own.

“It was a rudimentary fishing camp, but the setting was so beautiful that no inconvenience mattered,” said Marla. “Fixing it up became a labor of love.”

They turned cabins into winterized luxury cottages, built the Great House to host weddings and retreats, and added new docks, a playground, hot tubs, and a



fleet of boats.

There are four cottages, with hot tubs, decks, and splendid views. The accessible Great House boasts five bedrooms and baths, and the Eagle has four bedrooms and two baths. The one-bedroom Little House, the honeymoon cottage, has a four-poster bed, and steps that go right into the lake. The Lake House is a duplex. Each unit has two bedrooms and one bath. All cottages have hot tubs, decks, and breathtaking views. There is even a sandy beach.

Take your young ones to the playground and then grab a complimentary kayak, canoe, paddleboard, or bicycle. There is weekly bingo and a dedicated stage for performances. No one can get bored. But if you do...you can rent a speedboat, pontoon, or fishing boat to explore the nooks and crannies of the many islands that dot the lake. The anglers will find large and smallmouth bass, crappies and pike.

The resort is ideal for family reunions and gatherings. Everyone can sit at the large table in the Great House while the

family cooks prepare dinner using two stoves, refrigerators, and dishwashers. And if you want a wedding on the lake, your caterer will love the chef's kitchen.



The Badour Island Retreat, which comfortably fit 20 people is a five-minute boat ride away. It has a main house that was featured in Fine Homebuilding magazine. The romantic couple can stay in the fully furnished treehouse, the campers in a glamping tent and Bunkie. Everyone will love the six-person hot tub. The views of Crow Bay, positioned between “Big Bob” and Crow Lake, are wonderful.



“We keep our cottages up to date, making sure that everything—and I mean everything—is in working order. We

landscape our property so that it's beautiful. Our staff is our secret sauce. With their help and attention, we can respond to our guests' requests in the shortest time possible and treat them as if they were members of our own family. And did I mention? We love their pets!



What makes us special? You have the intimacy of a small cottage setting with the amenities of a small resort. When guests book with us, they get more than just a single cottage on the lake, the conventional offering of Airbnb; they get access to all the facilities and equipment we provide. Where else can you rent a pontoon boat by walking 100 feet to our office and knocking on our door?”

For more information or to book your one-of-a-kind getaway visit [bobslakecottages.ca](http://bobslakecottages.ca).

~Gail Paquette

*Gail is a photographer, videographer, writer & digital marketer in Kingston, Ontario.*

# FOCUS Kingston

## CONGRATULATIONS!

To Bryant Tong of Kingston, Ontario,  
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Good Luck to all the entries!

# K-Town Foodie

*Michelle Deschenes, owner of ACE Nutrition, knows good food when she sees it. She knows good food when she tastes it. Lover of wine. Lover of food. Well travelled.*

## It's Patio Time!

My two favourite times of the year are spring, and patio season. The daffodil-lined Princess Street (downtown) is a welcoming and inviting sight to behold, encouraging us to linger, shop, and check out the vast array of local restaurants. Continue across the causeway to Barriefield and luxuriate in the heady scent when the lilacs are in full bloom.

It puzzles me that Fort Henry's Battery Bistro feels like one of those best kept secrets. Their outdoor oversized barbeque grill is sizzling and the live music is entertaining. Behold the most spectacular view awaiting you at one of Kingston's largest waterfront patios.

If you have your heart set on downtown Kingston, let me suggest the Wharf & Feather, at the Holiday Inn. It's a friendly and inviting patio with an amazing view of the Confederation Basin and the boats in the harbor. Get together with a couple of friends and share some apps. They have a super special drink menu, live music some nights, and comfy outdoor furniture.

Another top-notch place that should be on everyone's must-try list this year is AquaTerra's waterfront patio restaurant at the Delta Hotel by Marriott. It may truly be the preferred choice for Kingston's waterfront dining. Treat yourself

to superb food, and wine, all while taking in the relaxing views of Lake Ontario and Kingston's harbourfront.

Enjoy the charming and intimate setting of Chez Piggy's backyard patio. The menu items feature an assortment of unique wine, small plates, fresh seafood, and interesting side dishes including an array of gluten-free options.



Gather with friends, amongst the trees and greenery, and cheerful umbrellas, and enjoy the experience.

There is an endless selection of outdoor patios in Kingston, so let's get out and support the businesses that take the initiative to provide us with this wonderful option of socializing and dining.

Take the time to try something new, after all food and friendship are two of the greatest pleasures in life.





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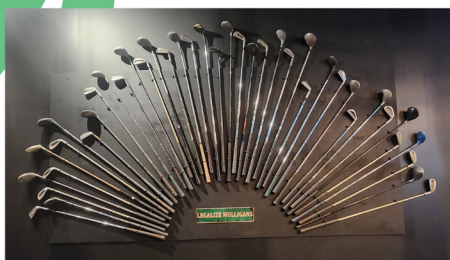
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# Health & Wellness With Cheryl

*Certified Wellness Coach, Cheryl Hiebert can help you learn to follow your life's bliss and inner calm. Hiebert's ultimate goal is to inspire a wellness movement.*

## Ways to Recharge with Self-Care

Our lives are busy, and we buzz around like little bees until we begin to feel burned out. Do you find yourself just 'getting through the week'? If so, you might have too much on your plate.

Why is it so hard to put ourselves first? When we are feeling nourished with good self-care practices, we have much more to give. And of course when we feel nourished, we experience more joy, peace and happiness. And feel less stress and anxiety.

And even as you are reading this, I think I can hear you say: "But I just don't have the time!" My response is: "You simply must find a way to make the time." We are here to enjoy life, not just go through the motions for the paycheck. It's soul crushing to live this way and it can't go on forever.

Self-care practices help us smile more, sleep better, feel more at peace and let's face it – we're just nicer all the way around when we feel good.

Ways to know you are getting burned out:

- tired all the time
- weight gain
- short fuse; less patient
- not sleeping well; insomnia
- drinking coffee to make it through the day
- headaches, joint pain
- drinking too much alcohol

A few practices you can nourish yourself with now:

- Take the time to rest, relax and rejuvenate. We need to relax and release mental, emotional and physical stress.

- Our minds need a break that can include limiting computer time and TV. This is mental recovery from stress and busyness.
- Our physical bodies need to recharge and regenerate with good deep sleep. If you are cutting back on the amount of time you sleep, it definitely means your schedule needs to change.
- Get regular massages, get outside for some walks or hikes, do some yoga for quiet and gentle movement.
- Learn to meditate to create space between the thoughts. In those gaps are where the ideas, intuition and creative solutions arise from.
- Ensure you drink enough water. If we lose as little as 5% of our hydration; headaches, confusion fatigue and forgetfulness and elevated heart rate can occur.
- Take items off your to-do list. Perhaps replace them with activities you truly enjoy.
- Practice gratitude to elevate your mood, optimism and outlook.
- Talk to a counsellor or therapist to work through issues or emotions you need support with.
- Read a lighthearted book and get lost in the story to let go of the stress and worry.

It is normal to feel over-worked and burned out from time to time. Starting to incorporate healthy self-care practices gives you a place to land when it all gets to be too much. Give yourself permission for put yourself on the top of your list.

I am here and welcome any and all questions.

Call or email me.

info@cherylhiebert.com

cell: 613-985-2442



# Cheryl HIEBERT

*Inspiring Wellness, Passion & Purpose*



## Cheryl Hiebert

Holistic Wellness Expert: Practitioner Teacher & Coach

368 Main Street, Bath, ON, KOH 1G0

**Phone:** 613-985-2442

**Email:** [info@cherylhiebert.com](mailto:info@cherylhiebert.com)

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Certified Wellness Coach, Cheryl Hiebert can help you learn to follow your life's bliss and inner calm. Hiebert's ultimate goal is to inspire a wellness movement. Providing an encouraging, guiding light, she promotes living who we are at our best, living authentically and in alignment with our values. Her works centers on having more ease in our lives and teaches the benefits of self-healing. Hiebert carries out a diverse range of health and wellness healing workshops, which are all ripe for fiery inspiration, self-enlightenment and personal progress. She provides personal sessions, workshops and retreats, both within and outside the city of Kingston. As a speaker and author, Hiebert shares wisdom and teachings to a broader audience through her books; writing for several publications and as an expert for several wellness panels, blogs and websites.

She lives her life with passion and purpose, and by example, leads others to do the same.



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Kingston's expansion continues as construction progresses along Princess Street.

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The Loyalist Parkway, stretching from Kingston to Trenton, travels through 4 municipalities, each with its own charm and attractions.

Photography by Razor Aerial Productions



# Tammy Watson

## Your Local Handywoman

Tammy is the *Canadian Handywoman*. She is a problem solver, values her integrity, and is committed to excellence. Tammy will return your call!

### Spring Maintenance Chores for Everyone

Hi, I'm Tammy Watson, an award-winning professional handywoman. I own and operate Canadian Handywoman, a successful country home and cottage handywoman service in Frontenac. I provide property checks, general maintenance activities, small jobs, and everyday repair and 'to-do' lists offerings. My business was founded on the principals of reliability, expertise, and personalized service. In this column, I will provide tips, tricks, and information to help make home maintenance and repairs less intimidating regardless of if you live in a house, condo, or townhome.

Spring is like a fresh start for nature, and it can be for your home too! Whether you live in a big house, a cozy condo, or a comfy apartment, there are some maintenance chores that can help make your living space brighter, safer, and more enjoyable. Here are five easy tasks that anyone can do, even if you're just starting to learn about taking care of a home.

#### Say Goodbye to Dust Bunnies: Clean and Dust Everywhere!

During winter, dust and dirt can pile up because we spend a lot of time indoors. Grab a dust cloth, a vacuum cleaner, and chase those dust bunnies away! A good place to look is under beds, behind furniture, and even on top of shelves. If you have a ceiling fan, give it a good wipe too—it's a secret hideout for dust! Vacuuming the vent on your fridge will help extend the life of your appliance and keep your food cooler. This will not only make your place look neat but also help you breathe easier, literally.



MY HOUSE IS GUARDED BY DUST BUNNIES

#### Window Wonderland: Make Your Windows Sparkle

Windows can get grimy from winter storms and dust. Clean windows will let in more sunlight, making your space feel brighter and bigger. Mix some water with a little bit of vinegar in a spray bottle, grab a cloth or some newspaper, and start cleaning. You'll be amazed at how clean windows can change the feel of your room. Plus, it's like giving your home a new pair of glasses to see the beautiful spring outside!

#### Safety First: Check Your Smoke Detectors

Safety might not be the first thing that comes to mind when you think of spring cleaning, but it's super important. Testing your smoke detectors and changing their batteries can be a lifesaver. Literally. Most smoke detectors have a test button; press it to make sure it beeps loudly. If it doesn't, you might need new batteries or a new detector. Did you know smoke detectors must be replaced after 10 years? This is a quick check that can make a big difference in keeping you safe.

### Declutter Your Space: Keep, Donate, or Toss

Spring is the perfect time to look through your stuff and decide what you really need. Go through your clothes, books, and toys the Marie Kondo way. If you haven't used something in a year, maybe it's time to say goodbye. You can donate things that are still in good shape or recycle things that can't be used anymore. This not only cleans up your space but also makes your home feel bigger and more organized.

### Welcome Nature: Add Some Green with Easy-to-Care-for Plants

Spring is all about nature coming back to life, so why not bring a little bit of that inside? Adding a plant or two to your home can make it feel more lively and fresh. There are lots of plants that are easy to take care of, even if you don't have a green thumb. Spider plants, succulents, and peace lilies are great choices. They don't need a lot of water or sunlight, making them perfect for beginners and they come in some pretty cool planters too.

There you have it, five spring maintenance chores that are easy-peasy and can make a big difference in your home. By tackling these tasks, you'll not only improve your living space but also get a sense of accomplishment and readiness for the new season. I'd love to hear your feedback on spring cleaning. If you'd like to dive deeper and discuss scenarios, examples, and uses of these or other shop supply materials, just send an email to [info@canadianhandywoman.com](mailto:info@canadianhandywoman.com).

Happy spring cleaning!



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# Ask Michelle

*Michelle Deschenes is a Registered Dietary Technologist. She is the Owner/Operator of ACE Nutrition and Diet Consulting and Kingston's Weight Loss Specialist.*

## How Do I Develop Healthy Eating habits for my Children?

Parents are responsible for deciding what food to serve at meal time, when the food is served, and where the food is served. Your child needs to be given the responsibility to decide how much to eat.



## How to Encourage Healthy Eating Habits in Young Children

Water should continue to be the beverage of choice. We should be making an effort to eliminate fruit juice and sweetened beverages from your family's daily intake.

Enjoy the natural taste of food and choose less pre-packaged and prepared foods.

Eat family meals together as often as possible. It is preferable to eat together at the kitchen table and avoid eating in front of the television. Create a nurturing environment during meal time, avoid scolding and save the negative talk for another time.

Encourage your children to get involved in the kitchen. At first it may be as simple as helping to set the table, clearing off the table, or washing/drying the dishes. Your chefs can make salads, wash fruit and vegetables, and help pack their own school lunches.

Talk to your children about their food likes and dislikes. Remind them that their taste buds grow as they grow. It may take 8-10 opportunities to try certain foods before children develop a pal-

ate and begin to enjoy foods they normally did not enjoy. Don't give up even if last week your young child did not want a particular food, try it again. Remember an adult voicing displeasure of their own food preferences may have strong persuasion of the child's willingness to experiment and discover a variety of foods they may grow to enjoy.

Offer three meals and 2-3 snacks per day, including a variety of different flavours, textures and colours. Serve smaller portions (1/4 to 1/2 and adult serving size), and let your child ask for more if they are still hungry.

Teach your children to make wise food choices and distinguish for them that some foods are "everyday" foods, and others are "sometimes" foods. Make "sometimes foods" like French fries, candy, chips, and pop available only once in a while. Give children an opportunity to make some simple choices from a young age i.e., an apple or a pear.

Adults should try to foster a healthy relationship with food and avoid telling children to finish everything on their plate. This teaches them to eat even when they are already full. Avoid using food as a reward or a punishment.

Involve your children in meal planning. Ask for menu ideas and get the family's buy-in when planning the meals. Grocery shop together more often and use this as an opportunity to promote healthier choices. After all, the goal is to develop a healthy eating pattern for life at an early age.





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— Lonnie King, *Ontario out of Doors*



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