



**John and Thelma Jarvis**

Sales Representatives

MAKING THE JOURNEY AS REWARDING AS THE DESTINATION

## Drive Safely to the Cottage

### How many miles do you put on your car driving to the cottage in the average year?

Given how important driving is to our cottage life, and to the quality of life in general, you may be interested to know there is a new brain fitness program that improves safety and confidence behind the wheel. As you are nearing 50, you progressively lose the ability to accurately detect and respond to visual events in your far visual periphery.

These losses are substantially reversible, through appropriate, intensive training, in almost all adults. "Drivesharp" is a new program that trains the brain to think faster and react more quickly to dangers on the road. In fact, there are many articles in science and medical journals that report the benefits from DriveSharp.

It's been shown to cut the risk of a car crash by 50%, on average, and to help people drive in varied conditions.

This program is for anyone. Studies show it helps even the best drivers be safer—so you can react faster when a car swerves unexpectedly into your lane or a dog runs into the street. And for those who worry about giving up their keys, studies also show that the exercises can prolong safe driving and the independence that comes with it.

John and I have had some experience with brain fitness programs from Posit Science. We decided to start early to fight off the negative effects of aging in every way we can, enjoying only the benefits of aging, like knowledge and experience.

We first purchased an auditory brain fitness program and were very pleased with the differences it made in the keenness of our auditory skills. We then got the visual program which also really increased our peripheral vision and made us much more visually aware.



You don't realize that your skills are slipping, because it happens so very slowly; but it is encouraging to know that you can reverse that loss. This program made a noticeable difference for us, making it well worth the money we paid. Although the improvement lasts for quite a period of time, we can reuse the program to repeatedly sharpen our skills.

The brain fitness programs can be loaded onto any computer and it is suggested that you work at it for 45 minutes a day, 5 days a week, until completion. We could see a marked improvement in our abilities each week. It took us 6 weeks to complete one program. At times it felt difficult, because the computer adapts to your increasing strength, making you strive even higher; but if you persevere you will be amazed at your increased ability.

**Posit Science** ([positscience.com](http://positscience.com)) is a company that provides brain fitness programs for adults.



For information on Muskoka Cottage Sales, please go to our web site

## The 4th Turning

The 4th Turning references a book written by Neil Howe. I have attached an article from John Mauldin's newsletter about the implications of the 4th turning and its impact culturally, economically and socially.

Whether you agree with the political views or not, it makes stimulating reading and would be excellent input for a lively discussion with friends or family, or for a book club.

John Mauldin also provides some thoughts on the implications for long term investing. The article discusses how a roughly 80 year cycle, broken up into 4 generations of 20 years, has been repeating itself for generations. It discusses how generations determine the course of history and how the future is shaped.

For instance we have now begun the 4th turning, with our Boomer driven culture, but have you noticed the trend in the Millennial Generation to have a reduction in crime and to have more civic engagement? If you are interested in John Mauldin's newsletter, you can subscribe to it for free. My friend Tim Forwell tipped me off to this excellent resource. I really enjoy receiving it each week, although it is very heavy reading for me on some occasions.



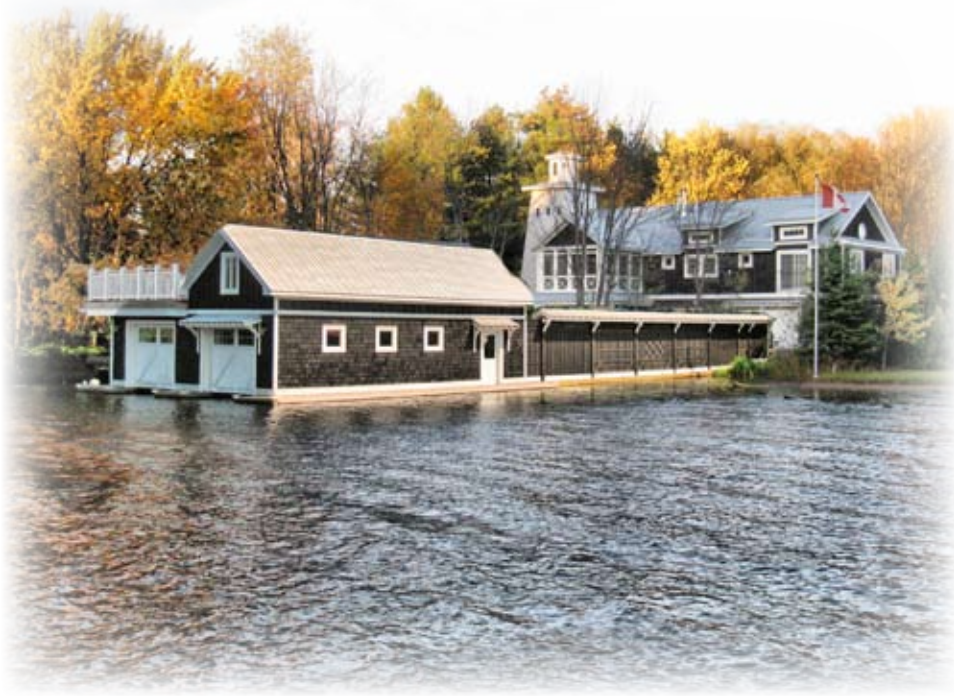
## Enhancing Privacy at the Cottage

If there are places at your cottage where you could use a bit more privacy, consider the use of a living wall. My friend Shawn Gallagher, who is a talented landscape architect, introduced me to this concept. He designed our fence that runs from the boathouse to the cottage, for privacy.

Living walls are modular systems that use vertical space to grow plants, and can be used standing alone, or can be applied to interior or exterior walls. Use them in long runs, or in smaller panels that break up space, creating privacy. When used on an outer wall they provide a cooling effect in the summer and a warming effect in winter. They can act as a wind block and can even be a source of food if planted with herbs. They support the environment and block views in a naturally beautiful way. They can even be used on flat top boat-houses to create a source of privacy.

There are a variety of plants that you can select for your living wall from herbs, to foliage, to flowering ground covers like ajuga, sedum, or low grasses. They are not inexpensive, but if they provide good privacy, they also provide both added value and personal enjoyment to your cottage or home.

To learn more about the use of living walls contact **Shawn Gallagher** at 416-427-7342 or call **Elevated Landscape Technologies (ELT)** at 866-306-7773 or **Google** "Living wall"





## Quick Cottage Friday Night Dinner

I was introduced to this fabulous pizza at a restaurant last winter. It is very delicious and extremely filling, and yet is reasonably low in calories. It is elegant enough to serve to company. You can also select a pizza crust that is wheat free and dairy free, if you wish. Onions, pears, and apples are at their peak, so this is a great time to make this simple pizza.

### Ingredients

1 large pizza crust

4 large Vidalia or sweet onions

4 pears ( or apples) cut into thin slices

Chutney spread in a flavour that will complement the fruit, like ginger.

### Directions

Spread the pizza crust with a very thin layer of chutney.

Caramelize the onions in a bit of olive oil, slowly, until they are a lovely deep colour.

Arrange the caramelized onions to cover the pizza crust

Quickly soften and slightly caramelize the pears or apples in the pan the onions were cooked in.

Arrange the pears or apples to cover the onions on the pizza crust.

You can dot the top with goat cheese, or blue cheese if desired, but it is not necessary.

Bake at 375 for 15- 20 minutes. (If you use cheese, put it on in the last 6 minutes of baking)

Enjoy the delicious flavor of the fruit having seeped down through the sweet onions!



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# Something Old and Something New

With the weather not at its best, this is the time of year to curl up in front of a fire with a book as often as you can on cottage weekends. Here are some suggestions to try:

**Train Your Mind Change Your Brain** by Sharon Begley, or **The Brain that Changes Itself** by Norman Doidge

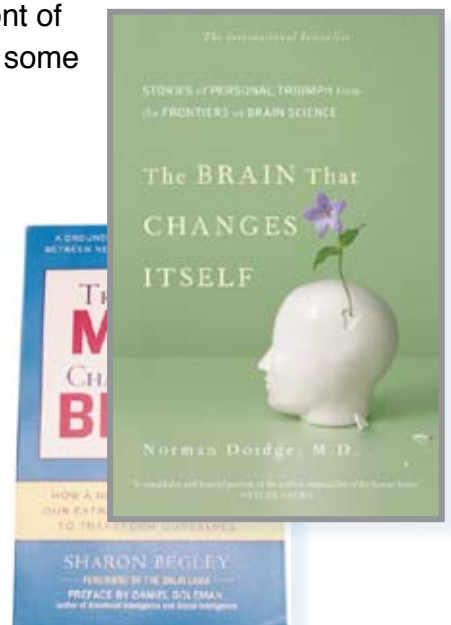
Both of these books inform you about the rapidly changing science of neuroplasticity. The brain can adapt, heal, renew itself after trauma, compensate for disabilities and rewire itself in ways that were never thought to be possible. Contrary to past belief, we have the power to literally change our brains by changing our mind. This is cutting edge material that is very comforting to know. It made me very hopeful for my future old age.

**Spark - The Revolutionary New Science of the Brain**  
by John T. Ratey

As you can see I have been soaking up information about the brain recently. Again, for me this book was very inspiring. It proves to me the power I have over my mental and physical functioning. This is a very entertaining, very readable book, which describes the importance of the relationship between exercise and your brain power. The stories about exercise helping kids with learning disabilities were as inspiring as the stories about maintaining brain power into very old age.

**Dale Carnegie, Zig Ziglar and Napoleon Hill**

If you have not visited these authors lately, it might be good to go back for a second time. I find their stories to be very entertaining and their messages to be right on target for today. They have upbeat positive messages for a successful life, which are time tested. I am especially fond of these books in an auditory format as the authors voices are so animated and their language so colourful. They can be ordered in this format through any bookstore, or through iTunes on your computer. I think the purchase would be worthwhile as I am sure you will want to share them with friends and family.



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