

Backyard Escapes

SPRING/SUMMER 2017
Vantage Pools and Spas

MAKE EVERY DAY
FEEL LIKE A VACATION

How to create a backyard
that feels like a resort

MAKING YOUR
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introduced a new line of water care products for hot tubs. Our new Air Miles program is in place for all of you collectors. In fact, we have a host of new products for you to revel in, and to be wooed by.

We're also honoured to have been recipients of the following awards which speak to the level of service we're committed to: the Best of 2016 Award from *Pools, Spas & Patios*, the *Langley Advance* Best of the Best Award (Swimming Pools Category), and the 2017 Consumer Choice Award (Hot Tubs, Spas, and Pools Category).

Just as you likely take great pleasure in the receiving best things in life, all of us at Vantage Pools and Spas are equally thrilled to be able to offer you our very best this season and for seasons to come.

Happy swimming,

- Doug, Ann, Rhett & the Vantage Family



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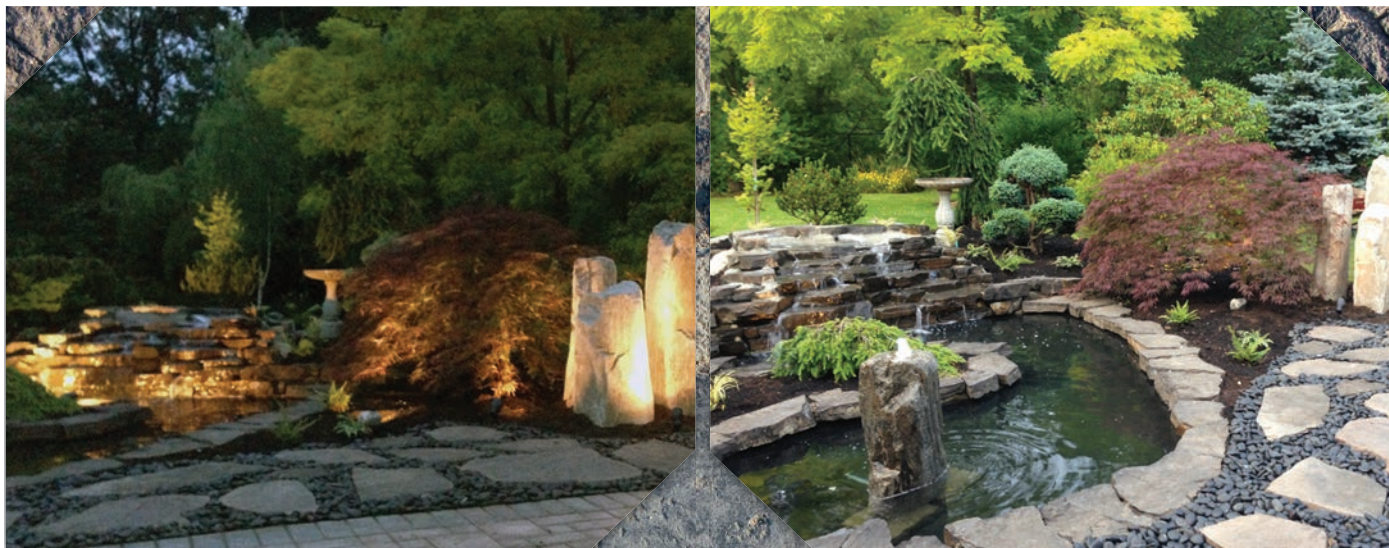


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FIBREGLASS POOLS — THE CLASSIC ONE PIECE

Photo: Gordon Waddington Photography

While we're not talking about swim suits, we are talking about another warm weather trend; fiberglass pools. It's true that one piece fiberglass pools have been around since the late 1950s. The fiberglass pool is not a new concept. But it's just been in the last few years that fiberglass has become a more popular option for families considering a new pool. When planning such a large undertaking homeowners expect luxury and quality; exactly what sets a fiberglass pool above the rest. Here are a few reasons why fiberglass has become a wise choice for prospective pool owners.

Longevity

The last thing a new pool owner wants to think about is long term maintenance. We all would love to believe that when we make a purchase, especially an investment as grand as a swimming pool, that it will stand the test of time. Really, that's the beauty of fiberglass pools; there isn't much long term maintenance. In comparison to concrete or gunite pools, which require acid washing, re-plastering, re-surfacing, or re-painting over time, fiberglass is quite impervious to water chemistry. The gel-coat finish outlasts many other pool surfaces.

Weighing fiberglass against vinyl lined pools also brings some advantages to the fore. Vinyl pools need to have the liner replaced after approximately 12 years (there are a number of variables that determine how long a liner will last) as they become brittle and lose their elasticity. Vinyl liners are also susceptible to punctures or tears. Fiberglass is considerably tougher and can withstand the sharp claws of dogs and racoons. Fiberglass is by far the toughest kid in the neighbourhood.

Features

High end homeowners won't settle for anything less than a high end pool. Part of the appeal of fiberglass pools is the look and feel of the product. Beautiful features can be incorporated to enhance the appearance and functionality of the pool. If basking in the sun is your favourite way to relax, tanning ledges allow you to set out your lounge chair and get your feet wet. Tanning ledges also make a perfect play area for kids. The soothing element of water falling turns the entire pool into a natural water feature.

Custom tile work also gives a fiberglass pool some unique appeal and helps to personalize it. Glass, Gemstone, Aztec or

other tiles add a rich depth and can be used to highlight steps, seats or ledges. Mosaics such as dolphins or turtles can bring a playful feel to the pool as well. Tile takes the pool to another level of craftsmanship.

Vanishing edges (or infinity edges) add mystique and intrigue along with a splash of elegance. Vanishing edges can be incorporated into virtually any fiberglass pool to create the feeling of water disappearing into oblivion. It's the best possible addition for a pool with a view.

Numerous other features and options supplement the incredible advantages of fiberglass pools. The antimicrobial surface, built in streams and cascades, and in floor cleaning systems are just a few reasons why more Canadians are choosing fiberglass pools. The old adage is often true, "You get what you pay for." While fiberglass isn't the cheapest option on the market, most families considering a new pool aren't looking for 'cheap'. Why settle for anything less than the best? ■

- Rhett Bradshaw
Operations Manager,
Vantage Pools and Spas

Installing the Dream

A number of steps need to be carefully executed to create the perfect backyard retreat.

1. The pool layout is carefully marked and measured for position on the yard.
2. Excavation of the hole. This is when the dirt begins to fly.
3. The hole is skillfully prepared to achieve the final shape and depth.
4. The fiberglass pool is delivered on a flatbed truck and lifted into place with a crane. This is usually the time when the entire neighbourhood comes out to watch.
5. The pool is then filled with water and the backfill process begins.
6. Plumbing, electrical are run, and the circulation, filtration and heating equipment can be installed and connected.
7. Concrete is poured around the lip of the pool, and decking and landscaping can be completed.
8. Pop the Champagne and plan the pool parties.



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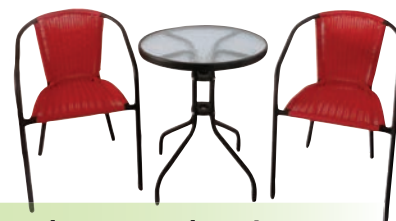
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MAKE EVERY DAY FEEL LIKE A VACATION

How to create a backyard that feels like a resort

BY **Heather Laura Clarke**

It's more expensive than ever to own a sliver of land in Cottage Country, and John Soychak says that's prompting many homeowners to think about other ways to create their own relaxing paradise.

"They think 'Hey, I can have my cottage in the backyard,' and take that money they were thinking of spending on a cottage and putting it towards a pool," says Soychak, the owner of Landale Gardens in Thunder Bay, ON.

He and his team put together full landscaping designs with plants, trees and stone surfaces that will rival any resort. Since the average homeowner doesn't have a gardener around constantly to groom their property, Soychak says it's important to use a land-

"The fewer reasons to go inside the house, the more the backyard will feel like it's all the need to feel like you're at a resort. Some families will even hire a caterer to serve them during their long weekend at home."

— **Rhett Bradshaw**,
Manager of Operations,
Vantage Pools & Spas

scaping expert who will know how to keep your pool oasis looking lush and tidy.

"We know what kind of plants can take a bit of chlorine and salt from splashing, and which ones won't drop needles or leaves in the water to upset the balance," says Soychak.

He's created some impressive backyards that use unique materials to up the wow factor at night, like glow-in-the-dark chips poured into concrete so it illuminates in the darkness.

Andrea Van Zoost, director of development with Holland Home Leisure in New Minas, N.S., says lighting makes all the difference in her own poolside oasis.



Photos: I23/RF



“Our backyard lights up in the evening so we feel like we are at a resort,” says Van Zoost. “Whether you have an aboveground or inground pool, there are lighting options for both.”

Rhett Bradshaw, manager of operations at Vantage Pools & Spas in Langley, B.C., says almost every resort has recognized the appeal of fire and water, so those are easy ways to take your backyard feel like a faraway vacation destination.

“Adding fire bowls, fire tables, and patio heaters really take things to the next level,” says Bradshaw. “Not only do they provide an enticement to the eyes, they can also create a warm environment in the evenings or

when the weather is less than perfect.”

Outdoor kitchens and wet bars get more popular every season as homeowners look to create the convenience of having food and drinks at their fingertips.

“The fewer reasons to go inside the house, the more the backyard will feel like it's all the need to feel like you're at a resort,” says Bradshaw. “Some families will even hire a caterer to serve them during their long weekend at home.”

Kara Redden with R&R pools in Timberlea, N.S., says sometimes the way to make a space feel really luxurious is by sectioning into more intimate spaces.

“Depending on the type of resort you're

envisioning, you might want to create smaller spaces — or give the perception of smaller spaces,” explains Redden. “When you plan out your seating, think about using plants, barriers and water features to creating different outdoor rooms.”

She says picking high-quality items is another way to elevate the feel of your backyard oasis.

“Quality makes us feel like we're at a luxurious resort, so choose better-quality patio furniture, drinkware and accessories,” says Redden.

While some pool-owners choose to outfit their cabana with televisions and full kitchens, Redden urges her clients never to feel



“Walking into your backyard and immediately feeling like you’re at a resort provides a level of relaxation that isn’t common for many homeowners,” says Bradshaw. “Sitting poolside with your martini while your neighbours are sitting in long weekend traffic is a no-brainer.”

— **Rhett Bradshaw,**
Manager of Operations,
Vantage Pools & Spas



the urgency to stretch their budget that very first season.

“Often you can’t afford a \$100,000 backyard in the first go, so we plan to do X this year and then maybe Y and Z the next year,” says Redden. “You can layer things in a way that makes your budget work as you get to use the backyard.”

Whether you’re looking to recreate your favourite tropical beachfront getaway, five-star spa resort or rustic mountain inn, Bradshaw says it’s all about designing a beautiful,

stress-free environment where your cares will melt away.

“Walking into your backyard and immediately feeling like you’re at a resort provides a level of relaxation that isn’t common for many homeowners,” says Bradshaw. “Sitting poolside with your martini while your neighbours are sitting in long weekend traffic is a no-brainer.”

“Being a pool-owner means more time enjoying life, and less time spent trying to find the enjoyment.” ■



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SWIM, SHOP, SPLURGE

From hand-dyed turkish towels to unbreakable cocktail glasses, let's take a look at what's trending poolside...

BY

Heather Laura Clarke



Photos: 123/RF

FURNITURE & DECOR

John Soychak, the owner of Landale Gardens in Thunder Bay, ON, says he's noticing more homeowners shelling out for fancier patio furniture.

"The standard 'four legs and a back' is a no-go," says Soychak. "They're wanting wicker furniture, furniture that can hold up well to the elements, furniture that will dry quickly — the sky's the limit."

Rhett Bradshaw, manager of operations at Vantage Pools & Spas in B.C., says more homeowners are bringing indoor elements into their backyard to make the space more inviting.

"Invest in comfortable patio furniture with soft cushions and big pillows," says Bradshaw. "Instead of running inside when it's too hot or too wet, large umbrellas, pergolas or gazebos can provide shade and protection from the elements that still allow you to enjoy the outdoors."

DINING

Kara Redden with R&R pools in Timberlea, N.S., says high-quality beverageware can elevate your outdoor oasis. Strahl makes everything from tumblers, wine glasses and beer glasses to cocktail glasses and shot glasses. Everything is made from

polycarbonate so it's shatterproof — important when you're around a pool or hot tub — but it's designed to look and feel like real glass.

For dining al fresco, be sure you're using plates and bowls that aren't going to smash on the pool deck. Pottery Barn has designed an all-melamine collection of dishes that look like hand-painted stone crockery but are completely unbreakable.

FASHION

Have you been wearing the same couple of swimsuits for years? Board shorts are trending with men and there's a focus on stripes, florals and fun prints. One-pieces are the hottest style for women right now, with details like laser-cut lace, ruching, buttons and ruffles.

If you're prone to sunburns and find yourself feeling envious of your kids' long-sleeved rashguards, you can buy yourself a stylish, striped grown-up version by Stella McCartney at Neiman Marcus for a mere \$295 U.S. Oh, and that doesn't include the matching bikini bottoms, which will run you another \$105 U.S.

(If that's too pricy, don't worry — Joe Fresh sells striped rash guards for women for a very reasonable \$29.)

If you're still wearing an oversized T-shirt

as a poolside cover-up, upgrade to a crochet-trimmed caftan, a loose maxi dress or a hooded tunic. Bergdorf Goodman sells a floor-length, patterned Emilio Pucci caftan for \$1,253 U.S.

(For a more budget-friendly option, there's a variety of pool-side tunics for under \$50 at La Vie En Rose.)


TOWELS

If you've been using faded old bath towels out by the pool, it might be time to upgrade. Beach towels are much larger than bath towels and they're thinner so they dry more quickly.

Shammy towels made from chamois leather are a favourite with pro swimmers because they can be dried quickly with a quick squeeze.

Terry velour towels are double-sided (one side is made of terry loops and the other is cozy velour) and feel perfectly luxurious. Pick up some king-size pool towels so everyone can snuggle up in one when they get out of the water.

If you really want to treat yourself after a swim, upgrade to a hand-dyed turkish cotton beach towel with beautiful hand-knotted fringe at the ends. One towel will run you about \$115 U.S. ■



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MAKING YOUR DREAM A REALITY

“I want a pool or hot tub ... now what?”

BY

Heather Laura Clarke



You’ve been dreaming of swimming laps in your backyard, throwing pool parties for the whole neighbourhood or soaking under the stars in your very own hot tub. But what’s involved in making it a reality?

Deciding to install a pool or hot tub is a big step. Andrea Van Zoost, director of development with Holland Home Leisure in New Minas, N.S., says the best way to get started is by consulting the experts.

“If you’re interested in either a pool or a hot tub, contact your local pool or hot tub store because the staff are trained in the product you’re looking at,” says Van Zoost. “They can help you create your dream backyard.”

Kara Redden from R&R pools in Timberlea, N.S., says browsing a showroom is fine, but the first

question you need to ask yourself is “Why do we want a pool?”

“You need to know why you want it in the first place — relaxation, exercise, increased family time, keeping the kids busy at home, providing a safe place for teens to hang out,” says Redden. “Once we know why you want a pool, we can talk about whether or not a pool is right for you.”

It may sound surprising that a swimming pool installer doesn’t believe pools are a good idea for everyone, but Redden is firm about the fact that they’re not for every person, every home or every situation.

“You need to think about if you’ll see value in it, how it’s going to affect your family, and what you’re expecting to get out of it,” explains Redden. “It sounds silly, but when I talk to potential clients I think ‘OK, you seem to really want it, but can you handle it?’”

Redden says swimming pools are an investment as well as “a lifestyle choice that most people don’t realize.” She sees a huge difference in the appreciation of homeowners who work through the process of purchasing a pool versus the people who buy a house that happens to already have one.

Once you’re sure a pool is in the cards for you, it’s time to talk about your finances. Can you afford the upkeep of a pool? Can you cover maintenance costs? Every so often, there will be renovation expenses — are you prepared for those?

Redden says if a homeowner gets through those stages with her, it’s time to move into research and planning to figure out the perfect pool for their yard and budget. One of the most common mistakes a first-time pool-owner makes is

thinking “bigger is better.”

“You don’t want to get something bigger than you need, because your goal was probably never to host a football team,” she says. “We can help them layer their backyard oasis in a way that’s multifunctional — not just one huge pool.”

Pool newbies tend to be either nervous or oblivious about the maintenance. Rhett Bradshaw, manager of operations at Vantage Pools & Spas in Langley, B.C. says sometimes first-time pool owners get a “set it and forget it mentality” — but even pools with automation need regular attention.

“Probes need to be cleaned and calibrated, pump and skimmer baskets need to be emptied of debris, and even small leaks won’t fix themselves,” says Bradshaw. “A reputable pool builder will be up front with the customer about what is realistic and



what is just wishful thinking.”

Redden points out that a pool is an investment — just like a cottage is an investment — and it’s just a matter of picking the right pool partner.

“Some pool-owners are very hands-on, do-it-themselves and we can teach them everything they need to know,” says Redden. “Other people are more middle of the road, and want to some of it themselves. And then you have the people who say ‘Do whatever needs to be done, and send me the bill.’”

“When you pick the right pool partner, pool ownership is really easy.”

That’s also true with hot tubs. Bill Brady from Cobra Pools & Spas in Perth, ON, says he hates to see homeowners impulsively buy a hot tub from a big-box store because it always leads to frustration.

“If their tub starts leaking and it’s minus 20 and it needs to be repaired before the lines freeze, they’re stuck calling a toll-free number in Florida and never getting a human voice on the line,” says Brady. “After-sales service is critical. You want to deal with a

business that gives you the best service, looks after your needs, and doesn’t forget about you once the sale is complete.”

You also need to think about who might be operating that pool or hot tub after you’ve moved on. John Soychak, the owner of Landale Gardens in Thunder Bay, says it’s important to consider how long you plan on staying in your current home.

“For some homes, a pool adds great value — and for other homes it does not,” says Soychak. “If someone is going to be selling their home in the next five to ten years, maybe we should lean towards generic appeal rather than really customizing it.”

Just like any major investment, it’s important to do your research, review your finances, think about how it would affect your day-to-day life, and listen to your gut instinct. Redden says taking the process slowly and seriously is what’s going to make your pool a good decision.

“If you think everything through — and start with taking a step back to make sure it’s really for you — you’re going to be so happy with the results.” ■

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HEALTHY FOR LIFE

How pools, hot tubs
can improve your health

BY

Heather Laura Clarke

An aquatic lifestyle can be good for your health — mentally and physically — so it's just a matter of determining what you need.

For some people, it's a good cardiovascular workout they're after. But just because someone wants to swim laps to build strength and endurance doesn't mean they're destined to put in a huge gleaming in-ground pool.

John Soychak, the owner of Landale Gardens in Thunder Bay, ON, says there's a much easier option.

"Swim spas are great for people who are interested in a place where they can actually swim, but they're limited in space or they want to put it inside," says Soychak. "It's a lot easier to put a swim spa in a covered area than a full-sized pool!"

A swim spa has jets that allow you to swim against a current,

so you can swim lap after lap without actually moving across the pool. The current can be adjusted so the swim spa can be enjoyed for cooling off or just relaxing in the water.

Above-ground pools and inground pools encourage kids and teens to splash around with their friends, so they're burning calories and building strength without even realizing it.

Kara Redden with R&R pools in Timberlea, N.S., says pools are great for tiring kids out because they "sleep like a rock" after a fun day of swimming and diving.

Andrea Van Zoost, director of development with Holland Home Leisure in New Minas, N.S., says a pool can provide exercise for everyone in the family.

"A friendly game of pool volleyball is a great way to get the heart rate up and any age can play," says Van Zoost.



But for many Canadians, swimming laps or zipping around to chase a ball isn't the answer. They're looking for the warm relief and massaging pressure that comes from something a little different.

"Lots of people who have aches and pains are after a hot tub for the therapeutic warm water and jets," says Soychak. "We see this a lot with hairdressers, dentists — anybody who's standing in one place for a long time."

When she was pregnant with her second child, Judy Brady from Cobra Pools & Spas in Perth, ON, was in a lot of pain

after an automobile collision with an impaired driver.

"My doctor strongly recommended a hot tub. That was 28 years ago and we haven't been without one since," says Brady.

Her husband, Bill Brady, adds that water therapy "makes a world of difference" with his artificial shoulder and two artificial knees.

Even a hot tub can provide a person with a bit of exercise — much more than just flipping the pages of a good book or reaching for your bottle of water. Redden says there are tons of aerobics, core exercises and yoga poses that can be done in a hot tub.



"I have leg problems so it's hard for me to exercise on land, but I can exercise to the hilt in the water because there's less force on your joints," says Redden. "There are all kinds of infographics on Pinterest with different exercise ideas."

Relaxing in a hot tub can be good for your mental and physical health — improving your circulation, easing joint pain, lowering stress levels and making it easier for you to fall asleep.

"I find hot tubs can provide so much comfort for tired, achy muscles," says Van Zoost. "The heat of the water and the

therapeutic jets are like having a massage everyday!"

But Redden says swimming pools and hot tubs come with their own set of health benefits that have nothing to do with the exercise you get from swimming or doing water aerobics.

"You're getting increased family time and you're entertaining more, and the camaraderie of bringing everyone together gives you this serotonin boost," says Redden. "You're getting to relax — mentally and physically — and you're getting a huge health benefit from being with your family and friends." ■




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PRODUCT HIGHLIGHTS

Great ideas to make your pool or hot tub more enjoyable this season

THREE REASONS YOU NEED AN AUTOMATIC SAFETY COVER ON YOUR POOL

One of the most overlooked features when designing a pool is an automatic safety cover. Homeowners are busy thinking about the pool shape, water features, decking, landscaping, etc. They often don't realize that they are leaving out a crucial feature that will provide more benefits than any other feature you can purchase for a pool. These benefits can be grouped into three categories, or reasons, every pool needs an automatic safety cover.

Safety Without Sacrifice

An automatic safety cover is an ASTM Certified isolation barrier that can be installed without sacrificing the aesthetics of your pool area. When designed with the pool, the cover can be completely hidden from view while the pool is in use and easily closed when not. An isolation barrier is the ultimate safety device because it completely seals the pool from accidental entry. Fences can be climbed, gates left open and alarms and cameras rely on someone to monitor them. An automatic safety cover will only allow entry if opened by someone with access to a locked key switch or a coded touch pad. There is simply not a safer product for your pool.

It's All About the Green

Heating your swimming pool without a cover is like heating your house without a roof! The Department of Energy found that by adding a pool cover to your pool, you could stop up to 90% of evaporation and up to 70% of the energy used to heat the pool. The average swimming pool can evaporate up to 25,000 gallons of water per year, and evaporation is the greatest cause of heat, chemical and water loss in a backyard pool. By reducing the evaporation on heated pool, the average pool owner can save as much as \$4,330 per year in energy, water and chemical costs. You're also saving the environment and so an automatic safety cover helps you "be green" in multiple ways.

Convenience is a Beautiful Thing

Modern day pools are a work of art and an investment. They are also an escape from a busy world and a great way to spend time with friends and family. An automatic safety cover protects this investment by keeping debris out and harmful UV rays off your pool walls. It also allows you to spend more time enjoying your pool and less time cleaning it. Open your cover to a clean, clear pool instead of fishing out leaves or trying to



scrape a layer of sand off the bottom. An automatic safety cover will also allow you to extend your swimming season and get more use out of your pool due to the energy saving when heating it during the shoulder season.

Automatic safety covers work with all pool types, including Fiberglass, Vinyl Liner and Gunite, and can be designed to work with almost any size, shape or feature. You can have the pool of your dreams along with the safety, savings and convenience you deserve. So when designing your new pool, or even if you currently have a pool, tell your pool professional you want an automatic safety cover.

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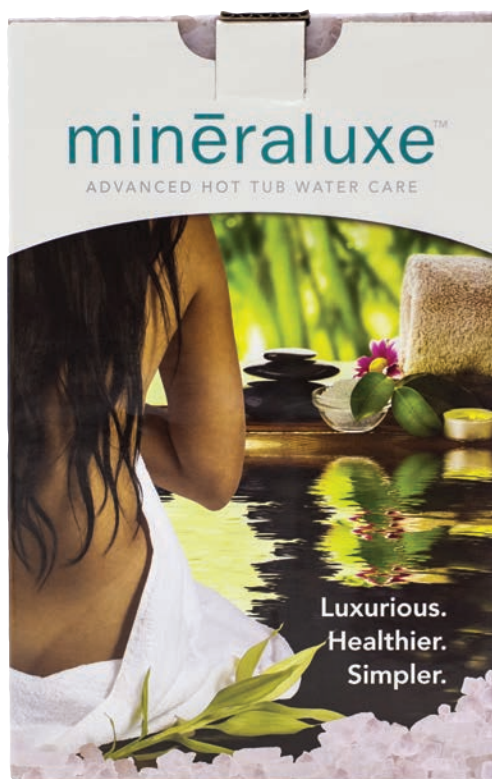
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SUMMER ENTERTAINING

The Greek meaning...

BY
Mark DeWolf

Photos: I23RF

The word barbecue is relatively new to the English language. Barbecue is a derivative of the Spanish “barbacoa,” itself a translation of Haiti’s Taino Indians’ word to cook over an open fire.

Despite the word’s relatively recent appearance in the English language, the culture of grilling can be traced back to ancient Greece. More than 4,000 years ago, the ancient Greeks built stone barbecues designed

specifically for grilling skewers of meat, making souvlaki (from the Greek word souvla meaning skewer) the world’s first barbecue fare. Skip ahead to today and souvlaki remains as popular as ever, although North Americans have expanded the original lamb recipe to include any number of ingredients including chicken, pork, beef and even seafood. This summer, entertain Greek-style with souvlaki, Greek wine or our Greek-inspired cocktails.





Lamb Souvlaki

Serves 6

We've kept this recipe as simple and traditional as possible. It's great grilled on a propane barbecue, but to maximize its flavour opt for grilling over charcoal or wood chips.

Ingredients:

- 4 cloves garlic, minced
- ¼ cup lemon juice
- ¼ cup olive oil
- 1 tbsp finely chopped oregano
- Salt and pepper to taste
- 1 ½ lbs lamb loin, trimmed of fat, cubed (1-inch pieces)
- 6 skewers
- 6 slices of Greek pita,
- 1/3 cup thinly sliced red onion
- 3 plum tomatoes, skins removed, seeded and finely chopped

Directions:

1. Preheat your grill to a medium-high heat.
2. In a separate bowl combine the remaining garlic, lemon juice, oregano, salt and pepper.
3. Add the lamb to the marinade; toss to coat.
4. Marinate the lamb for half an hour.
5. Remove the lamb from the marinade and thread onto skewers.
6. Grill the lamb (two to three minutes per side).
7. Place the lamb skewers on a slice of pita bread and top with tzatziki, slices of red onion and diced tomatoes.

Tip: To add a little more flare and flavour, brush the pita breads with olive oil and grill them before serving.

Tzatziki

Serves 6

No souvlaki is complete without a dollop of tangy tzatziki. We've made ours using plain yogurt, but if you feel adventurous search out Greek yogurt, found at many specialty food markets, which is thicker and richer than mass produced grocery store yogurt.

Ingredients:

- 1 cup plain yogurt
- 1/3 cup finely diced cucumber
- 1 clove garlic, minced
- 1 tsp lemon juice
- 1 tsp chopped fresh dill
- Salt and pepper to taste

Directions:

1. Place yogurt in a cheesecloth-lined sieve and set above a bowl. Leave the yogurt in the refrigerator until it has reduced in volume by about half.
2. Place the chopped cucumber in a colander and season with salt. Let the cucumber rest in the colander for approximately 30 minutes to extract excess water from the cucumber. Rinse the cucumber.
3. In a blender, combine the cucumber, minced garlic, lemon juice and dill. Blend until a smooth paste forms. Season with salt and pepper.
4. Mix the cucumber purée with the yogurt. Refrigerate until ready to use.

Tip: For a variation on the recipe substitute fresh mint for the dill.



The Greek Drinks Guide

Wine is the drink of Greek populous, but this Mediterranean country has also gained famed for its distillates such as Ouzo, an anise-flavoured spirit and Tsipouro – the Greek version of grappa. While the shelves of most liquor stores lacks a wealth Greek wines, less the cursory bottle of Retsina – a pine scented white wine that despite its overt and sometime off-putting aroma is amazing partner with Mediterranean flavours such as feta and just about anything seasoned with rosemary, oregano or thyme. The best Greek wines are the reds of Nouassa made from the local Xynomavro grape. These ethereal, tomato vine and oregano scented beauties are like an inexpensive version of Italian Barolo and are a must pairing with lamb souvlaki.

Greek Sour

1 serving

1 1/2 fl oz Ouzo

1 1/2 fl oz fresh lemon juice

3/4 fl oz simple syrup

1 egg white

Method:

Place all ingredients in a cocktail shaker with ice. Shake vigorously. Strain into an ice filled rocks glass.

Greek Mojito

1 serving

4 mint sprigs

2 tsp granulated sugar

1/2 fl oz fresh lime juice

1 1/2 fl oz Metaxa brandy

Club soda

Method:

Place mint, sugar and lime juice in a highball glass. Muddle to release oils from mint. Fill glass with ice. Add the brandy and fill with club soda.





A Fresh Take on Greek Salad

Serves 4 to 6

This is indeed a fresh take on the Greek salad. We've added in cubes of fresh watermelon to give a little unexpected flavour to this dish but also a welcome pop of colour.

Ingredients:

1/2 watermelon, peeled and cut into small cubes
1/2 cucumber, chopped
8 plum tomatoes, diced
4 cups arugula
1/2 cup crumbled feta
2 tbsp fresh oregano, chopped
2 tbsp lemon juice
2 tsp lemon zest
1/2 cup extra virgin olive oil
2 tbsp sherry vinegar
Pinch salt

Directions:

In a small bowl combine oregano, lemon juice, lemon zest, olive oil and sherry vinegar. Whisk to make a dressing. In a separate bowl combine tomatoes, cucumber, watermelon and feta. Add vinaigrette and toss.

Greek Style Grilled Striped Sea Bass

Serves 6

My Italian friends would likely suggest this is in reality an Italian recipe, but hey "it all comes from the Greek" doesn't it?

Ingredients:

1 red pepper
1 yellow pepper
1 green zucchini
2 to 3lb striped sea bass (dressed)
1/4 cup extra virgin olive oil
1 sprig each rosemary and oregano
2 lemons, sliced
1/4 cup coarse sea salt
Cracked black pepper, to taste

Directions:

Grill vegetables and cut into 1-inch strips. Brush fish with olive oil. Stuff fish with the vegetables, herbs and lemon slices. Set barbecue to medium high heat. Grill fish for 4 to 5 minutes per side. Season with sea salt and cracked pepper. Garnish with lemon. ■

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MAKE RULES FOR YOUR POOL

Water safety rules important for every swimmer, spectator

BY

Heather Laura Clarke

It's every homeowner's responsibility to keep their guests safe, and there's a bit of added pressure when a pool or hot tub is in the mix.

In order to reduce their guest's risk of slipping, overheating, suffering from hypothermia, contracting a bacterial illness or drowning, a pool-owner needs to make sure there are safety precautions in place ... and that everybody knows the rules.

Kara Redden, problem-solver extraordinaire at R&R pools in Timberlea, N.S., says making a water safety plan is critical — and so is sharing it with every guests who drops by to take a dip.

"There are a lot of safety tools you should have on hand — a phone, a throwing aid with a rope, a rescue pull, a first-aid kit — but the most important thing is to ensure adequate adult supervision," says Redden. "There needs to be one adult that's completely attentive and everyone needs to know which adult that is."

Redden says children have drowned even when adults were present because they weren't paying proper attention.

Andrea Van Zoost, director of development with Holland Home Leisure in New Minas, N.S., says the universal pool rule should be "no running around the pool."

It was the main rule at her family's pool, growing up, and for good reason. Running around on a slippery pool deck can lead to someone cracking their head open, and maybe even falling into the water in an unconscious state.

So if an adult is supervising pool-time and no one is running, that should take care of most of the risks, right? Wrong.

Pool rules vary from province to province, especially about whether or not a pool must be fenced on all four sides — or if a house or garage can count as the fourth "wall" of the fence. While a sturdy fence or a self-latching



Photos: i23RF

"It all comes down to awareness — being aware of your surroundings and the hazards — and adequate adult supervision."

— Kara Redden, R&R Pools, Timberlea, N.S.

gate might seem extremely responsible, Redden says barriers like this actually give people "a false sense of protection" because it makes them less accountable.

"If you're going in and out of the house, that patio door is staying wide open — or you're propping open that gate in the backyard. But it's important not to get complacent," says Redden. "Most accidents occur when there's drinking or someone's turned their head and 'Oh my God, the kid's gone' and they don't think to look back at the pool

because they always shut the gates."

"It all comes down to awareness — being aware of your surroundings and the hazards — and adequate adult supervision."

Establish a set of pool rules that include what kind of stunts or tricks are acceptable — and which ones are off-limits — and run through the instructions each time a guest is over to swim. Kids or teens might innocently try a dangerous dive or flip without realizing it's off-limits, so adults need to lay down the law in the beginning.





Bill Brady from Cobra Pools & Spas in Perth, ON, says he makes the time to sit down with a family — kids included — to discuss the pool rules the parents want to implement.

“I’ll tell the kids ‘If you want to keep this pool, you’re going to have to play by Mom and Dad’s rules,’” says Brady.

His wife, Judy Brady, adds that it’s important to discuss hot tub rules as well.

“When we’re in with our grandchildren, nine times out of 10 they think it’s a swimming pool and the lounge is a slide,” says Judy. “Supervision is key.”

Hot tubs might not seem as rule-worthy as pools, but Van Zoost says they have their own set of concerns — like their steamy temperature.

“You need to be monitoring the amount of time people are in the tub. You don’t want anyone to overheat,” says Van Zoost.

Soaking in hot water can be stressful on a person’s body, so Redden agrees that it’s a good idea to limit hot tub sessions to about 20 minutes.

“Your body temperature rises really quickly, you don’t even realize you’re getting too hot, and you’re sweating a lot so you’re losing water,” says Redden.

She recommends keeping your hot tub’s heat as low as possible and making sure everyone stays well-hydrated — with drinks in plastic drinkware.

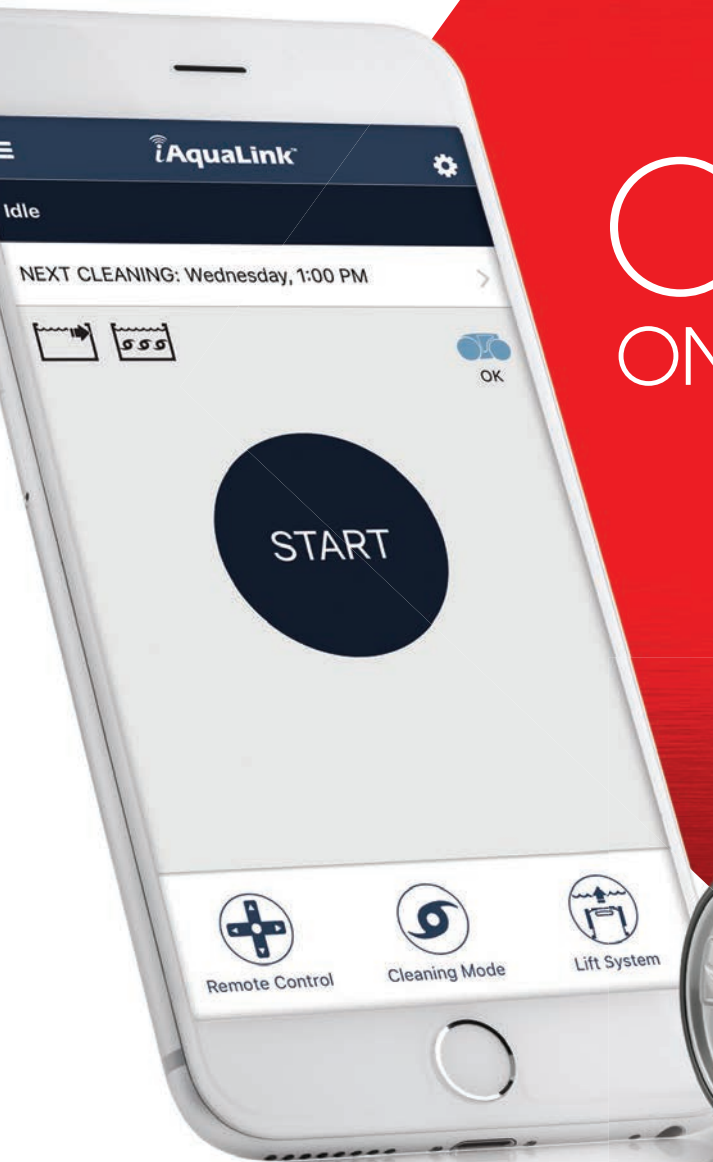
If you or your guests are relaxing in the hot tub with a glass of wine or a cold beer,

she says to be careful not to overindulge — the hot water will make the alcohol “hit you much harder.”

If you’re hot-tubbing in the snow, make sure you have a well-cleared path from the door to the water. Redden admits she’s slipped several times on ice as she ran between her house and her hot tub.

But whether you’re drafting a set of rules for a pool or a hot tub, there’s one important factor to include whenever you’re sharing a body of water with other people.

“No peeing in ANY water,” says Van Zoost. “There are a lot of fun signs you can get that say a funny message about that!” ■



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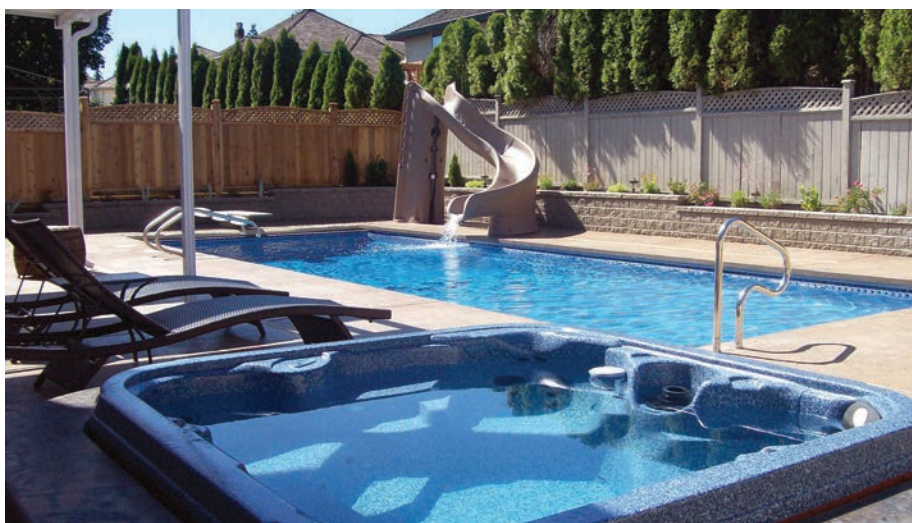
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Photo: Tyson at Cotala



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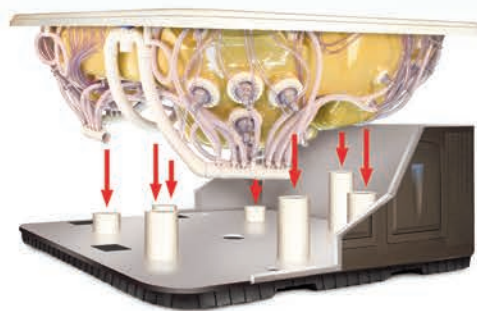
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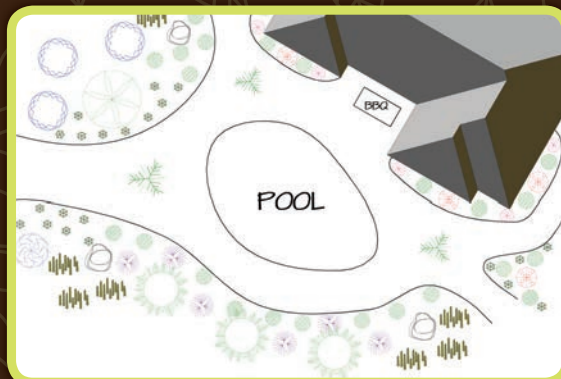
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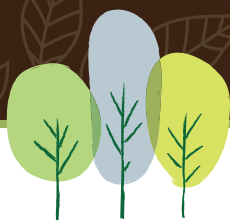


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Not valid with other offers.
Expires Dec 31 2017.



 **Vantage Pools and Spas Inc.**

\$300 OFF

**All Visscher
Gazebos**

Limit one per household.
Not valid with other offers.
Expires Dec 31 2017.



 **Vantage Pools and Spas Inc.**

\$1000

in FREE ACCESSORIES
with any regularly
priced hot tub
or swim spa

Limit one per household.
Not valid with other offers.
Excluding Evergreen Series Spas
Expires Dec 31 2017.



 **Vantage Pools and Spas Inc.**

WHAT WILL YOU UNCOVER NEXT SPRING?



WITH HIBERNATE®, YOU'LL OPEN TO CLEAR, ALGAE-FREE WATER.

Our closing kit contains what you need to protect your pool all winter long. Specially formulated Hiber Shock® and Hibernate Algicide® perform their best under winter conditions. Trust your pool to BioGuard.



bioguard.ca



20503 Lougheed Hwy,
Maple Ridge, BC,
(Inside Triple Tree Nurseryland)

#201 20167 96 Ave.
Langley, BC

**GET A FREE FILTER CLEANER
WHEN YOU BRING IN A WATER SAMPLE
FOR TESTING.**

Valid October 1 - December 31 2017. Limit one per household



*Isn't it
your turn...*

*... to experience
the pure enjoyment,
complete relaxation,
and endless hours
of recreation
that come with owning
a Viking Pool?*



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