

The Suburban

magazine

AUGUST 29, 2014

in this issue

ENTERTAINMENT

- Montreal producers behind motion picture *The Calling*
- Edgy situation comedies preceded the 1970s
- Ninth edition of World Press Photo Montreal returns to Bonsecours Market
- Moist to rock Metropolis
- Hudson Village Theatre welcomes new artistic director
- In the movie theatres

LIFESTYLES

- Visiting Buckingham Palace and the Tower of Londo
- Back to school safety tips
- Why your kid shouldn't be guzzling 'energy' drinks
- Tracy Satov: Foods that aren't as good for you as they seem
- Paula Lorimer: Back to school – What it's like with ADHD
- Frank Kermit: September and single
- Suzanne Reisler Litwin: Praise it forward

A true pioneer

Director Spike Lee to be honoured at MIBFF

GET MORE
IN A FORD

STANDARD FEATURES YOU EXPECT AND SOME YOU DON'T



FORD-LINCOLN **GABRIEL**

www.fordlincolngabriel.com

514 487-7777

7100 St-Jacques W.
Montréal, Québec



Go Further



Buckingham Palace.

Visiting Buckingham Palace and the Tower of London



By Mike Cohen
The Suburban

LONDON, ENGLAND - When you visit London, England, the one activity you will want to schedule in very early on is the Changing of the Guard. This is the process involving a new guard exchanging duty with the old one. While the ceremony begins at 11:30 each morning, at busy periods take my advice and get there at least an hour early. That gave us to find a decent spot to stand and take pictures. Thousands of people jammed the area. There was a significant police presence and they continually shouted out warnings for us to be aware of pickpockets.

Immediately following the Changing of the Guard we proceeded to Buckingham Palace and the Royal Day Out tour (tickets.royalcollection.org.uk/state-rooms-buckingham-palace/royal-day-out-2014/2014). This runs annually

from late July until late September. A Royal Day Out ticket offers admission to The Royal Mews, The Queen's Gallery and The State Rooms at a discounted price. Reserve as much as four and a half hours to complete this tour. The Queen's Gallery operates a timed-admission system, with entry every 15 minutes throughout the day. The admission time you select will be for The Queen's Gallery. Your ticket is valid for admission to The Royal Mews and The State Rooms at Buckingham Palace on the same day, at any time during opening hours. Make the purchase online. This was an extraordinary experience, assisted greatly by the audio tour kits we were handed upon entering the State Rooms portion of the tour. Friendly young ambassadors guided us in the right direction.

Buckingham Palace serves as both the office and London residence of Her Majesty The Queen. It is one of the few

working royal palaces remaining in the world today. During a visit, visitors can see the 19 magnificent State Rooms which provide the setting for ceremonial occasions and official entertaining. All rooms are furnished with many of the greatest treasures from the Royal Collection. Admission to the State Rooms includes entry to the special exhibition "Royal Childhood."

Kings, queens, statesmen and soldiers; poets, priests, heroes and villains - Westminster Abbey (<http://www.westminster-abbey.org>) is a must-see living pageant of British history. Every year it welcomes over one million visitors who want to explore this wonderful 700-year-old building.

The Tower of London (www.hrp.org.uk/TowerOfLondon) is a large open air site covering 18 acres (including the moat). As well as being a unique historical monument, it also houses part of the collection of the

Royal Armouries. A medieval castle was designed to defend its inhabitants and to keep the lord and his household separate from other castle dwellers. In places it is as difficult to get around as it undoubtedly was during the Middle Ages.

I recommend you start off by visiting the Queen's Crown Jewels, one of the highlights of a visit to the Tower of London. There is usually a lineup here, but what you will see is extraordinary. Check out the White Tower, built by William the Conqueror. Today it houses displays from the Royal Armouries' collection. Next, walk through surprisingly rich colours and comfortable furnishings of the Medieval Palace. We joined in one of the famous Yeoman Warder tours to hear exciting tales from the Tower's past. The gentleman who served as our guide was hilarious and had everyone in stitches. You will learn how the Tower was attacked and defended in

their interactive Fortress displays, experience through live costumed re-enactments. You can also decide for yourself who murdered the Little Princes in the Bloody Tower and discover the extraordinary prisoner graffiti in the Beauchamp Tower.

Right next door to the Tower of London is the Tower Bridge Exhibition (www.towerbridge.org.uk). It was recently awarded a Certificate of Excellence for 2014, signifying that it has consistently earned outstanding feedback from TripAdvisor travellers. Within the Bridge's iconic structure and magnificent Victorian Engine rooms there is plenty to see and do! After watching a new animated video about why Tower Bridge was built, guests can walk into the high level Walkways, 42 metres above the River Thames. This offers visitors the chance to admire stunning panoramic views of London, spying such popular landmarks as St Paul's Cathedral and the Monument to the west and St Katharine Docks leading to Canary Wharf to the east.

London is "the" place to see live musical theatre; I beg to say bigger than New York City. I was astonished to see the amazing choices. With our schedule we had little time to spare and we selected *Matilda the Musical* (www.matildathemusical.com), playing at The Cambridge Theatre at Earlham St. Inspired by the twisted genius of Roald Dahl, with book by Dennis Kelly and original songs by Tim Minchin. *Matilda* is the captivating musical masterpiece from the Royal Shakespeare Company that revels in the anarchy of childhood, the power of imagination and the inspiring story of a girl who dares to change her destiny. It premiered at the RSC's The Courtyard Theatre in Stratford-upon-Avon in November 2010, playing to sold-out audiences before transferring to London's West End. It opened at the Cambridge Theatre in October 2011 and is currently booked until May 2015.

Where to dine?

It is becoming a bit of a habit for my family to visit Sofitel hotels around the world. Besides the one in Montreal, we have been to the New York City and Beverly Hills, California locales in the past year. In London we stopped by the Sofitel St. James, a luxury five-star hotel. It is located at 6 Waterloo Place, near St. James's Park and Buckingham Palace. This is the former home of Cox's and King's bank. The sympathetically renovated building is English heritage grade II listed. We decided to dine at The Balcon (<http://www.thebalconlondon.com>), a grand brasserie which serves as perfect setting to enjoy the finest French-British cuisine from Head Chef Vincent Menager. The area has been designed with the sense of arrival evident throughout each of the distinct areas: the brasserie, the custom-made charcuterie bar, the Champagne Balcony, the tasting table and private dining room. The Balcon offers breakfast, morning tea and savouries, lunch, French and English afternoon tea, Champagne and cocktails, charcuterie, dinner and late night dining.

The Balcon takes its inspiration from a Parisian

brasserie with a strong influence of best seasonal British produce. The a la carte menu includes a selection of small plates such as "gin marinated organic salmon and vegetable à la Grecque" or a traditional Alsatian dish, the flammekueche tart, ideal if you fancy several starters or want to share with a friend. In a hurry, you can enjoy a croque-monsieur with morbier and asparagus or opt for the Tray Rapide à la carte menu, with a choice of starter, main course and dessert served all at once. You will also discover a new dessert menu, with a mouth-watering baba served with Dalmore single malt 12 year old whisky or an English breakfast tea crème brûlée and lemon madeleine. Their new De-Light menu is cooked and prepared with health and wellness in mind.

Our server Sylvio started us off with a nice bottle



The The Tower of London.

of rose wine from Chile and a delicious selection of fresh baked breads. We ordered a nice salad to share and then moved to the main course. Two members of our party shared a delicious aged Scottish sirloin steak with Béarnaise sauce and some superb Rooster mashed potatoes. The steak cut like butter. I opted for the Wild sea trout fillet, with Jersey Royal potatoes, coriander and garlic sauce. At The Balcon, the house specialties are listed in brackets. Items such as grilled squid and Jersey Royal potato salad or Braised Angus beef short rib to start and the roasted Oxford lamb saddle or the Native lobster, with coquillettes pasta with clams and asparagus as main courses. I am glad we saved room for dessert: warm chocolate mug cake with milk ice cream and vanilla ice cream profiteroles with hot chocolate and praline sauce. If you are headed to London, this spot should be high on your list for an extraordinary dining experience.

When in London, I was always told, one must experience afternoon tea. We chose to do so at the gorgeous Dorchester Hotel (www.dorchestercollection.com) in the stunning vista of The Promenade, which stretches the same length as the London

landmark, Nelson's Column. Refurbished in 2005 by Thierry Despont, The Promenade is a series of rich, warm, intimate spaces culminating in a stunning, oval leather bar at the end of the room. Very much the heart of the hotel, The Promenade is open all day for informal dining serving breakfast, morning coffee, lunch, afternoon tea and a supper menu. The Promenade features live entertainment on a daily basis. A pianist plays from 1:15pm to 7 pm and live jazz music takes place from 7:30 pm each day.

For over 80 years the Dorchester has earned the reputation of serving one of the finest afternoon tea experiences in the country. Having experienced it, I can now understand why. This is a "class act" from the moment you walk through the front door and are shown to a table. Our charming server spent some time explaining how the afternoon tea service works. We had actually arrived at 5:45 p.m. on a weekday, yet being novices we wondered whether this would substitute for a dinner.

The first thing to arrive at the table was some glasses of chilled Laurent-Perrier NV champagne. We were then given a menu containing six separate pages of tea choices. There was great detail under each one and after much thought the Paris and Dorchester blends won out. The former is a black tea flavored with currants, bergamot and caramel. As for the latter, a homemade speciality, is a truly elegant tea, perfect for any-time of day and includes a blend of Sri Lankan Ceylon and golden Assam teas and just a slight hint of caramel notes. Our server took the time to pour us cups throughout the evening. I normally have one cup per sitting. On this occasion I had four. It was that tasty and of course went perfectly with the rest of the servings

We thoroughly enjoyed a selection of home-made finger sandwiches: cucumber with cream

cheese on caraway seed bread; egg mayonnaise, with shiso cress on white bread; chicken, with wholegrain mustard mayonnaise on basil bread; smoked salmon on granary bread; and a seafood mix. I savored every morsel and expressed deep appreciation when the server asked if we wanted some more. Next was the famous raisin and plain scones from their bakery, served with homemade strawberry jam and Cornish clotted cream. Again, this was a culinary treat of giant proportion. I ate each scone slowly in order to completely appreciate this experience. Did we have room for a selection of **French pastries?**

Well, we had to take our picks very carefully as we were feeling a bit full at this point. Nonetheless we were strategic and concluded this meal (and yes it was indeed a meal that lasted almost two hours) with a huge thumbs up. Our server was kind enough to send us back with our leftover which we enjoyed back at the hotel the following day.

Afternoon tea is served five times daily at 1.00pm, 2.00pm, 3.15pm, 4.30pm, 5.30pm and 6.45pm. The Dorchester is situated in the heart of London's Mayfair on Park Lane.



A side trip to Hogwarts



Potions classroom

Visiting the set of the Harry Potter movies now a London attraction

By Mike Cohen
The Suburban

LONDON, ENGLAND- And now for something completely different.

While in London my family and I could not resist the temptation of the Warner Brothers Studio Tour - the Harry Potter experience (<http://www.wbstudiotour.co.uk>). The Harry Potter film series made the town of Leavesden its home for more than 10 years. As the books were still being released while the films were being made, the production crew saved many of the iconic sets, props and costumes that were created especially for the movies - just in case they were ever needed later on in the series. Once filming wrapped on Harry Potter and the Deathly Hallows - Part 2 in 2010, the production crew were left with a treasure trove of thousands of intricate and beautifully-made artefacts, many of which wouldn't have been saved on a typical production.

The team behind Warner Brothers Studio Tour London - The Making of Harry Potter wanted to preserve and showcase these iconic props, cos-

tumes and sets so that Harry Potter fans could experience the magic of filmmaking first-hand. Many of the original cast and crew returned to reassemble the sets and record their memories from filming, and on March 31, 2012, the Studio Tour opened its doors. Set adjacent to the working film studios where all eight Harry Potter films were made, the Studio Tour offers visitors the unique opportunity to explore two soundstages and a back lot filled with original sets, animatronic creatures and breathtaking special effects. Digital guides are available in eight different languages. The handheld digital guides contain fascinating facts about the sets, costumes and props showcased at the Studio Tour. Watch newly-produced interviews with filmmakers and exclusive behind-the-scenes footage. The English Digital Guide is narrated by Tom Felton, who played Draco Malfoy in the Harry Potter film series.

In the back lot, you'll get the opportunity to purchase a cup of frothy Butterbeer, a non-alcoholic beverage reminiscent of shortbread and butter-scotch. Children are invited to collect

their own complimentary activity passport, which includes a fun Golden Snitch hunt to make their visit even more unforgettable.

Six stamping stations are placed throughout the tour and passports can be collected from a staff member upon arrival Experience green screen technology for yourself and ride a broomstick just like the cast! They also offer the option to purchase a memento of your flight - available as a photograph, exclusive DVD or HD USB in a variety of packages.

The studio tour is located 20 miles north-west of London and less than three miles from the M1 and M25 motorways. Regular public transport links serve the attraction and a shuttle bus service from Watford Junction train station is available. We took the latter option after easily finding our way to the meet up point via tube and the regular train service. Having seen all of the Potter films, I did find the experience completely surreal - especially the surprising conclusion. It takes three hours to tour this place properly Of you are like me you will be glued to the explanatory billboards, video screens and the very sets you

were exposed to in the movie theatre. Indeed it has made me anxious to watch the entire series of films over again.

Sarah Roots, vice president of Warner Bros. Studio Tour London, commented: "What makes the Tour so special is that everything on show has been used in the making of the Harry Potter film series. All the sets, props and costumes are authentic and show the incredible detail and craftsmanship that goes into film production. All the films were shot at Leavesden so it's wonderful to have given the sets a permanent home here."

Tickets for Warner Bros. Studio Tour London - The Making of Harry Potter are available via www.wbstudiotour.co.uk and must be pre-booked in advance by selecting tour times throughout the day. Tickets are not available to purchase on site. Tickets are priced at £31 for adults, £23.50 for children and £93 for a family of four. The attraction is located just north of London at Warner Bros. Studios Leavesden with fast train links from Euston and shuttle buses for ticket holders to and from Watford Junction.



Dumbledore's office