

Calling it a day off may be a stretch, but at least there's mac 'n' cheese

Canadian tenor Michael Schade makes his debut as Eisenstein in the Canadian Opera Company's new production of Die Fledermaus at the Four Seasons Centre in Toronto, Oct. 4 to Nov. 3. Today's a precious day off, although when you're singing at home, that doesn't really exist. At my house, a day off actually means I'll be getting up even earlier than usual. This morning it's a 6:30 a.m. swim practice, then

DIARY

a stop at the bakery and grocery store, after which I'll start working on surprising the kids with homemade organic mac 'n' cheese for lunch — the children decided on homemade lunches this year. Forget sandwiches and lunch programs, folks, they have been voted down. Still working out

what fruits and veggies are acceptable, as somebody got in trouble for not liking cucumber, which spawned an argument about which is better for you, apples or grapes. Oh, and it's been announced that the dog needs a bath. That's the life of an opera star. *National Post*

