



**Ways to Stop Procrastinating and Tackle a Difficult Task**

1) Arm yourself emotionally with the necessary enticements. For example, I have to get a cup of tea before I can do anything hard on the computer. A handful of peanuts prior to a boring physical task often works. Sometimes a small cream puff can be the impetus for a really repellent task like washing the car.

2) Decide to do a portion of the job, and then stop, or else limit the time you'll spend. For example, if you have to prune the bushes, decide to do a set number, then stop. Or you could work for 60 minutes and then quit. Either way, the job seems much more manageable. Remember that old joke: How do you eat an elephant? One bite at a time.

3) If you just can't get started, try to identify what the underlying issue is. Over the years, I've discovered that the things I avoid are those that I think will be too hard. However, when I recall all of the things I felt that way about yet was able to do, it helps me get on with the difficult project at hand.

Monda Rosenberg, Food Editor of Chatelaine Magazine described my fruitcakes as 'wonderful' and said, "You make one of the best-tasting fruitcakes in Canada."

Please feel free to e mail me any time if you need any further information.



**My New Product - Okanagan Chocolate Bark**

I've been looking around for another product to add to my website, and I really wanted it to fit in nicely with the fruitcakes.

Then I realized I already have chocolate, dried fruit and nuts in the house, so chocolate bark seemed like the logical thing to make.



**OKANAGAN FRUIT AND ALMOND BARK**  
DECADENT AND CREAMY WHITE BELGIAN CHOCOLATE WITH OKANAGAN BING CHERRIES AND DARK CHOCOLATE WITH CANDIED ALMONDS

The first step was in finding local dried cherries. After that, I had to learn how to temper chocolate, which is quite a finicky little process. Finally, I experimented with various combinations and came up with four kinds of bark.

I took samples to my all-women gym, and voila! Sales were instant. As of this writing, the photos and description aren't on my website yet. This will all be done by the end of this month.

However, for people who can't wait, here are the descriptions of the bark. You can e mail me directly to order if you wish.

**1) Okanagan cherries and white chocolate**

Envision the sensation of a buttery piece of Belgian white chocolate, and then imagine the delicious crunch of the candied almonds and the sweetness and flavour of the Okanagan Bing cherries. It's absolutely beautiful to look at, too.

**2) Layered half white and half dark chocolate with Okanagan cherries**

Here's the most sublime opportunity to experience both white and dark chocolate in every creamy bite. The decadent bottom layer is made from white chocolate and Bing cherries, and the top layer contains the delicious dark chocolate and buttery, crunchy almonds.

**3) Okanagan pears with dark chocolate and spiced almonds**

I don't think anyone disputes the magnificence of pairing ripe, dried Bartlett pears and dark chocolate. To bring out these beautiful flavours, I added sea salt and red pepper flakes to the buttery and sweet candied almonds.

**4) Okanagan apricots with milk chocolate and candied almonds**

If the idea of sunshine and chocolate makes you happy, then this will make you ecstatic. Sundrop apricots, grown in the south Okanagan, are right at home in the Belgian milk chocolate. The crunchy almonds are a magnificent counterpoint to the chewiness of the fruit.

8 oz = \$10.00  
16 oz = \$18.00  
(Mix up the varieties if you like)

The bark comes in clear cellophane bags, tied with a ribbon.

If you wish to unsubscribe, please e mail me, and I will remove your name from the list!

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**PRODUCTS:**

**Totally Decadent Fruitcake**



Totally Decadent Fruitcake is a gourmet product made for people who appreciate high quality ingredients.

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**Okanagan Harvest Cake :**

We now make a natural fruit version of Totally Decadent Fruitcake™

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**Okanagan Fruit and Rum Bars :**

Here is the perfect gift for the business or corporation that wants

**Here's an absolutely essential item for your sanity**

I've discovered that having a bottle of Triple Sec in the house means a party at the drop of a hat. Instead of buying icky sweet cocktail mixes, keep a bottle of Triple Sec plus: lemons, limes and oranges vodka, tequila, whiskey You can make a lot of drink combinations!

**The Joy of Collecting**

I like to watch Antiques Road Show and was dismayed to see how valuable first edition books with their original dust jackets are. Too bad over the years I've always found them irritating, and have thrown them out!!

However I've stumbled onto something I like, and it's little porcelain rabbit figurines made in Japan in the 1970's. Two caught my eye at 69 cents each at the Salvation Army Thrift Store. I googled them, and learned a bit about them. After that I saw an adorable little rabbit and bought it for about the same price at the same place. It seems collecting items begins by accident, with the purchase of an item that one likes for no apparent reason. I hope you'll stumble onto something you like, too.