



The Importance of Staying in the Moment

Haven't we all driven somewhere, only to arrive and go, hey, this isn't where I meant to go! We're on auto pilot, deep in our own tedious thoughts.

This is why 2010 is a good time to decide to be in the moment. Start by reading Eckart Tolle's books, if you can. I found them tres challenging, but perhaps the size of one's IQ has some bearing on one's ability to master these.

Remember memorizing poems? We did that a lot in Osoyoos Elementary Junior Secondary School. And it was great, because if you weren't in the moment you were kept in after school where you could learn The Charge of the Light Brigade at your leisure.

Guess what? I found an old needlepoint kit that I bought years ago in the back of a closet. I am now a focused and complete human being, thanks to this mind-numbing new hobby.

Turning fruitcake haters into fruitcake lovers since 1996.

This incredibly moist fruitcake is made with tons of glace cherries and pineapple.

It's also loaded with chunks of gourmet chocolate. 0 Trans Fats

Happy New Decade!

This is the perfect time to set some new goals for yourself. Not lose ten pounds, go to the gym three times a week, blah blah blah.

No, this is a great time to think of something BIG, and take a step toward it each day. Ever the entrepreneur, I envision something like this:

- Acquire two long-haired cats.
- Learn how to knit or crochet.
- Save the cats' shed hair for one year.
- Create cat fur scarves and mitts for haute couture.
- The possibilities are endless, but I think you're up for it, I really do.

This month's tested recipe:

Salmon and cream sauce in vol au vent shells: Really quick and easy, but very elegant and good. For two people; multiply as required:

- 1 pound of salmon
- 1 onion
- White sauce (butter, flour and milk)
- Bit of white wine
- Frozen vol au vent (puff pastry) shells

Preheat oven (see back of frozen pastry for heat setting)

Saute a chopped onion in a bit of butter. Add salmon, which has been cut into bite-size pieces. While that's cooking,

Make a white sauce: melt 2 tbl. butter, add 1 tbl. of flour and a cup of milk. Stir until thick. Add about a quarter cup of white wine and some salt and pepper.

Add this sauce to the cooked onion and salmon. Continue cooking on low until pastry shells are done.

Bake frozen shells as per the instructions. When done, pour the salmon mixture into the shells.

Choosing the right pet for you:

I've always found flaws appealing. Hence I've adopted a cat with a stumpy tail, a dog with two different coloured eyes, a puppy with warts, the runt of the litter, etc. Unlike breeders, I'm looking for a pet that's good for kissing, not breeding. I find that holding kittens up next to your ear and seeing if they purr is an excellent test. For puppies, simply smelling them seems to work.

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

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