



Why I love Will and Kate

As you may or may not know, I'm a devoted monarchist. I was up at 2:00 AM for Charles and Di's wedding, though I cheated and watched Will and Kate's at a more decent hour.

But really, doesn't the young couple inspire you? As a result of their radiant smiles, I've been bleaching the hell out of my teeth, just so I can have a smile as lovely as theirs.

Then there's the slimness of both. Who isn't sucking in their gut and trying to look leaner and taller as a result of the reed-thin couple?

Finally, they're a boon to any marketing. Now at any sales event, I have a picture of the beaming couple, and add nice captions. For example, at the spring wine festival event I attended I displayed their photo and reminded the public "Will and Kate had fruitcake at their wedding. Maybe it's time for you to emulate royalty at your wedding."

As my demographic is largely women, having a picture of Will and Kate at a table is an instant magnet. Thank you for being so sweet, Duke and Duchess of Cambridge.

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, or feel bored.

Thank God I live in the Okanagan Valley

There's no greater pleasure for me than watching the Global News and seeing Vancouver from the 'tower cam.' Last night it was dark, pouring rain, with people running around in jackets, long pants, socks and shoes.

Even as we bemoan the 'bad' weather here this summer, I'm still outside tanning this leathery hide day after day. As I write this, it's sunny and hot, so all I can say is, it sucks to live outside of the Okanagan Valley.

Though the last thing I want is for more people to find out this is really the only livable part of Canada. If you're reading this as you're bundled up, heater on under your desk, just know that I tend to exaggerate wildly. It's really very dark, cold and rainy here right now, too.

It just looks sunny and hot because the Chamber's developed a way to camouflage bad weather with elaborate tarps, lighting, and so on.

This month's tested recipe: Easy Butter Chicken

Makes 4 servings:

De-bone 4 chicken breasts and cut into pieces
Brown these pieces in 2 - 3 Tbl butter and 3 or 4 cloves of garlic, chopped up
Add 1 Tbl of finely diced ginger
Add 1 Tbl each of cumin, coriander and red chili flakes
Now add a small container of whipping cream and a can of tomato paste.
Let the whole thing cook away for about 45 minutes until the chicken is tender.



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How to Shoot Fish in a Barrel

On Saturday, July 23 I'm going to be at the Cherry Fair at the Wine Museum here in Kelowna. It's from 10:00 - 3:00, and the public can taste a wide variety of cherries, and buy cherry-related products.

I was kindly invited to attend by the Wine Museum staff, so will be there with my Belgian chocolate bark made with local, dried cherries. These are large, juicy Van cherries, grown here in the Okanagan Valley.

To lure my demographic, who are ravenous, chocaholic women, I'll have a large photo of Will and Kate on display. Then, there'll be samples of the chocolate bark to seal the deal.

I'm hoping the idea of locally made chocolate with locally grown cherries will sell at the Cherry Fair!!

Order and talk with Moni

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