

princesschronicles

October 2008

Thanksgiving from the Editor

Here's the thing...Canadians will be celebrating Thanksgiving in October and usually this time of year turns our thoughts to being thankful or simply hungry for a good ol' turkey dinner. Or both.

I for one am more than happy to not only prepare the turkey dinner but to eat it and to then say thanks. The preparing for such a grand feast generally makes for a good kitchen party which is why I like to be in the kitchen.

Timing is everything and if my meal and all its components are ready at the same time **AND** it tastes great then I really should give myself an extra glass of wine. Well, I may have consumed that extra glass of wine during the kitchen party that's gone on all afternoon. Seriously, any good chef in their own kitchen should be a bit tipsy by the time they sit at the table...just remember the Galloping Gourmet.

Before the end of the celebration meal take the time to say thank you for all that you have. No matter how little or how much you have, be grateful...besides, it's polite to say thank you and a Princess **ALWAYS** remembers her manners.



Princess Tess

Scary Stuff!!!

Have fun this Hallowe'en! Let your kids get all dressed up, get their faces painted and then turn them loose on the neighbourhood to gather as much candy as they can in one evening. Then be a good parent and sift through safe to eat. At the same time gather a yourself and explain to your children your services as a loving parent.



get crazy with excitement. Get painted and then turn them loose on their treasure to make sure it is all small pile of chocolate loot for that it's an administrative fee for Works every time.

In the Kitchen

The Secret to yummy mashed potatoes...

After the potatoes have boiled...drain and add (this is the secret part) milk, butter, Parmesan cheese, and a pinch of salt. Mash it all up and eat! If you want extra yum to your mash substitute one potato for a yam.



Take the time to stretch or do a bit of yoga. Maybe not every day but when you can...it will help relax you and your aching body. Focus on your breathing while you do it. You will gain a good sense of yourself.



If you have anything you would like to contribute – news, a story, a spa treatment or even a drink recipe – don't be shy! Send us what you've got!

Planning to travel or a traveling planner?

If you're a planner, travel is for you. Whether you're single, a couple or married with children, travel is the exact occasion to test your organizational skills. If your trip is well planned you should have a good time, but if you fail to plan you will very likely loath your experience and potentially upset others around you. Not good if you're flying...if you upset the flight attendants you may never see the drinks cart.

Now depending on your status, meaning, if you are single, clearly you may not need as much planning say as a family of four. And by the way, anyone traveling with children is in the extreme planner category. It's a fact. Traveling with children is the Olympics of planning. But none-the-less no matter how many people are in your travel party you need to plan. And plan you shall.

Let's see...there's involves booking, recording your there's the clothing on where you're contemplate the climate may be one you are leaving, luggage do you wheels, a duffel or prefer to pack a day then there are



your pre-trip which confirming, and travel plans. Then factor...depending going you need to wardrobe seeing as different from the And what type of prefer? A case with just carry on? Some or two ahead and others who simply

like to live on that edge who like to do it the day of. There's no right or wrong. Just don't get caught with your pants not packed.

The day of travel holds a lot of variables out of our control. No matter how much planning we do, not matter how much detail we have taken attention to, no matter how many check lists we make there is ALWAYS room for error. Usually this pleasure comes compliments of your airline, bus company, car rental agency or train station. These days we have to pay for a blanket but the grief, stress, delays and no answers all come for free. How kind.

It's amazing that we actually do get to our destinations what with the factors that we cannot control. This is when you get to execute your "fly by the seat of your pants" portion of your plan. Travel is the proverbial crap shoot...ah hell, let's be honest...traveling is a gong show. Whether your travel time is one hour or several days just stay focused, hydrated and patient. And always remember to pack that sense of humour we talked about last month.



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