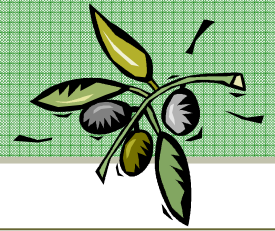


FROM THE KITCHEN OF

CHEF VANDA



Shilloh Personal Chef Services

www.shilloh.com Vanda@shilloh.com phone: (516) 459 - 6850

A Message to My Readers

By Chef Vanda

The average American gains 7 to 10 lbs. during the holiday season. From Thanksgiving to New Year's Day Americans are continually offered fatty foods everywhere they go. When you couple the stress of the holidays to the availability of fatty foods it is no surprise that Americans gained some weight on average. Did you know the average American consumes over 7,000 calories at one holiday meal? Now, you can understand why eating during the holidays may sustain so much weight. This year, think healthy and try to eat smaller portions. I want to wish everybody a Happy and Healthy Holiday season.

INSIDE THIS ISSUE

A Message to My Readers	1
Holiday Season Stress: The Family	1
Why are First Aid Kits So Important?	2
Historical Facts about Thanksgiving Turkey	2
Ask Chef Vanda	3
Season's Greenings	3
Fun Thanksgiving Ideas for Kids	4
Thanksgiving Thoughts	4
What's Chef Vanda Up To?	5

Holiday Season Stress: The Family

by Jason Johns

Whenever the major holiday seasons approach your mind, once it has thought about gifts, food, and drink, will turn to family.

Now this may be an elated feeling of happiness, or it may be a feeling of dread at the thought of spending time with your family. It depends on what your relationship with them is like.

It may come as no surprise to you to learn that the holiday seasons, and particularly Christmas, are the main times of the year for relationship breakdowns. Due to the pressures of gifts, people drinking excessively, and miscommunicated expectations, holiday seasons can be extremely stressful.

So what can you do in order to reduce the stress of your family?

The first thing you can do is to decide who you want to spend time with and who you don't. Quite often you are emotionally blackmailed into spending time with people you really don't want to be with. This makes you feel bad and causes stress; making you more irritable than usual.

It can be very hard to avoid certain family members during the holiday seasons, which also makes it hard to avoid the stress that comes from socializing with them. Sometimes you need to be strong and make some potentially difficult decisions to do what is best for yourself.

If you can avoid spending time with the people that stress you, keep it to a minimum or make sure you are not with them alone, then it should reduce your stress levels to a more manageable level.

It may also help if you identify what it is about that person that you do not like. Is it something specific?

If you know what it is about the person then you can avoid or adjust to that particular issue. For example, if they have a habit of drinking too much, then you may just remove any alcohol from gatherings where that person is at. You might also have a word with a family member who is closer to that person and get them to stop them from drinking.

Personally, I don't like to hold resentment or anger towards people. At the end of the day, it doesn't help you at all, and only makes you feel more stressed and more upset. It might be that you need to forgive the family member, move on from something, or let go of something. You really need to think if it is worth holding on to all that stress is worth it for you.

They do say that you can't choose your family, but you can choose your friends. Your family can be your greatest gift, and I know I have been blessed by mine. Family feuds are just not worth keeping.

Work on reducing the stress from your family by getting over and resolving your issues with them and you will find the holiday seasons become much more enjoyable.

About the Author

Discover how you can reduce your stress and improve your quality of life through these powerful [stress management](http://www.freemefromstress.com) techniques from Jason E. Johns at <http://www.freemefromstress.com>.

Why Are First Aid Kits Important?

by *Dennis Conner*

Accidents are called as such because they happen to people when they least expect it. Thus, the best advice to give is to be always prepared for the inevitable to make its effects less serious and more manageable.

Being prepared for an accident means having a first aid kit in places or areas where you or your family usually stays. First aid kits are a necessity in your homes, your vehicle and even in your office. You never know when and where an accident will strike so it is best to be always prepared.

There are pharmacies and other establishments selling ready made first aid kits. However, preparing your own first aid kit can be better because you know what the possibilities in your horizon are in terms of accidents. Another reason why it is better to have your own first aid kit is because when there is an emergency, you know what is in your kit and you can easily get that item for whoever needs it.

A first aid kit need not be expensive for as long it contains the basic medicine and medical supplies that are commonly used for minor injuries requiring first aid. You can choose to buy the items all at one time or you can acquire them in batches. Later on, you will be able to build a suitable first aid kit,

The basic medical supplies for minor medical emergencies are cotton, hydrogen peroxide, alcohol and bandages. For general requirements around the house or when going camping, you need an insect repellent, aloe vera cream or gel for sunburns, pain relievers, basic medicines for head and stomach aches, diarrhea or irregular bowel movements and your doctor's number .

A family that usually goes on picnics or go traveling using the family car or recreational vehicle should carry with them a first aid kit. The first aid kit for travelers should be waterproof, easy to access and the medicines are easily identifiable. Since it will be used for travel, the first aid kit should be light and easy to carry. It would be an advantage if the first aid kit has compartmentalized pockets and the latter have the names of the items inside the pockets.

Always keep your first aid kits clean and the medicines updated. It would be better if you can make an outline or a list of the contents of your first aid kit so that you will be able to know in a glance what you have inside. Also take note of the expiration dates of the medicines you have in your first aid kits to avoid giving expired medicines to person who are already medically in danger.

When preparing your first aid kit, always consider the needs of family members, particularly those who have special medical needs or who have allergies to specific medicines.

About the Author

The author is a regular contributor to [First Aid Kits Guide](#) where additional information related to first aid kits is available.

Historical facts about Thanksgiving Turkey

by *Sean Carter*

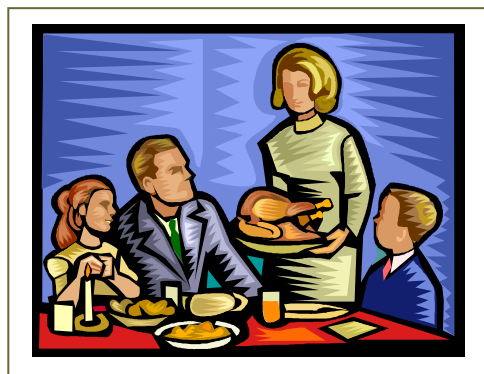
The festival of thanksgiving has several symbols attached to it, but the moment we think of the fourth Thursday of November, it's the turkey that that's prime on our minds.

Prominent among all the symbols of Thanksgiving the turkey adorns the dining table of all Americans. As far as its nativity goes, the wild turkey is a native of North Mexico and the Eastern United States. People have the misconception that the bird belongs to the country Turkey but in reality the bird has nothing to do with the place sharing the similar name. Although the turkey is very famous among the Americans but Alaska has little to rejoice, as the place has no turkeys, accounting to the too very cold weather. The bird has an amazing combination of brown features and buff colored feathers on both its tail and wings. But in this case the male turkeys steal the show with their colorful plumage and the "wattle" which is the piece of skin hanging from their throat and beard like

tuft on their chest. The female turkey is called the "hen". On account of its royal meat and the high quality egg that it lays, the turkey soon found a place for itself in the poultry farm of Mexico and then Europe towards the early 16th century.

Research suggests that there are two species of turkeys, the North American Wild Turkey and the Central American Ocellated Turkey. Zelda, a female wild turkey has lived in New York's Battery Park since 2003 Turkeys have been known by different names at different places. To name a few, it is called, dundjan in Maltese, tarnegol hodu in Hebrew and indiuk in the Russian language.

Please see *Historical Facts* on page 5



Happy Thanksgiving

"Gratitude is not only the greatest of virtues, but the parent of all the others."

Cicero

Ask Chef Vanda

By Chef Vanda

In this section, every month I'll answer your questions on cooking, food safety and healthy eating. Email me your questions at vanda@shilloh.com anytime. All questions will be answered right away and if your question is selected for next month's newsletter I'll send you a small gift. Let's get started:

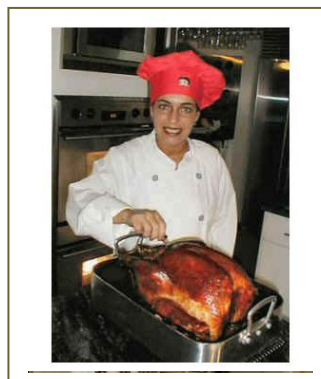
☺ *Our only question, I was asked by a client having friends and family over for the holidays.*

"What do I do with all the leftovers?"

Chef Vanda: First thing, plan ahead. Prepare less food and have containers to put food in the freezer. Just as important, send everyone home with a doggie bag. You will not need to fight the temptation of holiday desserts if they are not in the house.

To preserve the taste and to promote food safety, refrigerate your leftovers as soon as everyone is finished eating. Put leftovers in smaller containers. The less air food is exposed to, the better it will taste.

The Turkey - Completely carve your turkey. Save the bones and wing tips for a hearty soup. The meat can be used in the soup or for a turkey pot pie with leftover peas, carrots and gravy.



Chef Vanda answers your questions on cooking, food safety and healthy eating. If you have a question, please feel free to email me at vanda@shilloh.com anytime.

With leftover mashed potatoes you can make a peasant pie by putting sautéed ground meat between two layers of mashed potatoes in a Pyrex pan. You can also make great potato buttons – add a few egg yolks to mash potatoes, stir well and put mixture into a pastry bag. Pipe out onto a parchment lined baking sheet into decorative piles. Brush with yolk and water (egg wash) to help browning. Bake in a preheated 375 degree oven. Makes a great side dish for the next day.

Your leftover vegetables can be used in a pot pie or for making omelets the next day.

Throw out any food left out over four hours. Warm up your leftovers thoroughly to kill bacteria.

Make it a **safe** and Happy Thanksgiving!

Ask Chef Vanda: vanda@shilloh.com

Seasons Greenings - Suggestions For A More Eco-friendly Holiday Season

by Ron Askotzky

For those not familiar with the term "green" it refers to an item that is natural, organic or environmentally friendly.

As you can imagine, we produce tons of waste during and after the holiday season. Let us show some compassion on the environment during this season of compassion! Here are a few ways we can reduce waste, help protect the environment and enjoy a "greener" Christmas:

Christmas tree *Rather than buying a tree to be thrown away, purchase a large potted plant or small tree that can be used each year as your "evergreen" Christmas tree. *Purchase an artificial tree that can be reused for many years. *Purchase your evergreen from a tree farm as these trees are renewable.

Christmas décor *Make a homemade wreath using branches trimmed from your garden. *Rather than

purchase outdoor décor, decorate the trees and bushes in your yard with homemade décor that will survive a few weeks of winter weather. *Purchase handmade décor made from recycled or eco-friendly materials. *Fair trade crafts are a great way to support the disadvantaged. While some of these crafts may not be from recycled materials they provide much needed income to needy individuals.

Christmas tree ornaments *Make homemade ornaments from fruit, dried Indian corn, (painted) pinecones, dough, painted eggshells, crushed (colored) aluminum foil, paper chains, paper snowflakes, small stuffed animals, old CDs and more! *Decorate a doll as an angel. *Do an online search for recycled or homemade tree ornaments for numerous ideas. *Purchase recycled or eco-friendly tree ornaments such as the vegetable ivory - tagua nut tree ornaments.

Please see *Season's Greenings* on page 6

Fun Thanksgiving Ideas for Kids

by Mila Sidman & Alice Seba

Thanksgiving is a special time of the year. It's a time for families to get together and celebrate everything they have to be thankful for.

Help make this Thanksgiving extra special for the kids by trying one of these fun Thanksgiving ideas:

Thanksgiving Crafts - Make cornucopias out of construction paper and fill with dried berries, twigs, leaves and other autumn findings. Use them as fun thanksgiving decorations.

Thanksgiving Treats - Bake a thanksgiving cake by following a simple cake recipe and decorating in a Thanksgiving theme. Cupcakes are always a big hit too.

Thanksgiving Memento - Help your kids make a special thanksgiving scrapbook where you can keep a record of each Thanksgiving. Give them a disposable or digital camera for older kids and let them take snaps of all their relatives during the dinner. Add the pictures to the scrapbook along with little snippets of how they felt that day, decorations and anything else that will bring back memories of this special holiday.

Thanksgiving Baskets - The holidays are a great time for giving and while you're giving thanks for everything you have it's good to teach the kids that there are many others who are less fortunate. You can start a holiday tradition of making baskets to take to your local shelter or elderly home. Fill the baskets with practical items as well as a few goodies. Decorate them and add a little card for that special touch.

About the Author

Find more [Thanksgiving Ideas](#) and help with all your favorite holidays at HolidayIdeasforMoms.com



Thanksgiving Thoughts

By Rose DesRochers

Thanksgiving is a time for food, celebration, and fun. Every year on Thanksgiving, families gather around the table to enjoy a meal and give thanks. But for some folks, Thanksgiving can be a lonely time. Many adults spend the holidays feeling isolated and depressed.

Today as we celebrate this Thanksgiving, it is important to remember that it's about more than being thankful for one day, it is an entire lifetime. Today is the day to be thankful for all the things in your life, no matter how big they are, or how small. Even in our deepest sorrow, we can find things to be thankful for.

Holidays bring out emotional pain. This time of year can be difficult for any one who has suffered a loss. Should you be missing loved ones this holiday, rejoice in the knowledge that they are with God. Don't push yourself today; allow yourself that time to grieve.

For those who may be feeling depressed this Thanksgiving holiday, open your heart to giving. Helping other people in need is a wonderful way to celebrate the day and may make you feel less alone. Check out communities in your area that may need volunteers during the holidays- example: soup kitchens, shelters, hospitals or reach out to your local church.

Life is full of unexpected changes. Death is very much a part of life. Whatever you do today, don't cover up your feelings of depression and isolation. Own up to those feelings and know that you're not alone. Somewhere today, someone is feeling the same way that you are.

Today on this Thanksgiving Day please remember, though the harvest might not always be plentiful, family and friends may be few, God has given us each a great deal to be thankful for. It's my experience that it's much easier to thank God for our blessing than to find a way to be thankful in the midst of our troubles.

I'm thankful that I have the strength to meet the challenges that come with life. I'm thankful for each memory that family and friends have given me. I'm thankful for having a profound understanding that it is more important to give than to receive. This Thanksgiving I have much to be thankful for.

Not what we say about our blessings, but how we use them, is the true measure of our thanksgiving. ~W.T. Purkiser

Today be thankful for what you have to give, not just what you have received.

Happy Thanksgiving.

About the Author

Rose DesRochers is the founder of Today's Woman Writing Community <http://www.todays-woman.net>,

Historical Facts from page 2

As far as the history of the turkey for Thanksgiving goes, we need to dig into William Bradford's famous work "History of Plymouth Plantation". The Governor had sent four of his men for fowling and they had come back with turkeys, ducks and geese. The Bronze, Narragansett, White Holland and Bourbon Red are some of the common breeds of the American turkeys.

Benjamin Franklin had once said "The turkey is a much more respectable Bird and a true original Native of North America". In fact the turkey had become such a famous bird that the scientists cum statesman of America were in the idea of replacing the bald eagle, the national bird of America, to a turkey. Such was the liking for this particular species.

A very famous event called the National Thanksgiving Turkey Presentation takes place every year at the White house where the President of America is presented with a turkey by the turkey industry. As per the tradition the President gives a "presidential pardon" to the turkey and it happily goes to a separate farm to live the rest of its life. This tradition of gifting turkey to presidents dates back to the year 1947 when the first National Thanksgiving Turkey was given to President Harry Truman. The turkeys to be gifted on the National Thanksgiving Day are given a special

treatment unlike any other ordinary turkey. The turkeys to be gifted are separated for their flock and raised separately on the Trites farm. These turkeys are hand fed and a specially made to interact with the people to familiarize them with the local crowd. The year 2005 stood witness to the 58th anniversary of the National Thanksgiving Presentation and two turkeys were lucky enough to get the presidential pardon and went their ways merrily to live in Disneyland. Ever since the year of its beginning, every president has performed their task of pardoning a turkey.

About the Author

Sean Carter writes on holidays, [Christmas](#) and events around the world. He also writes thanksgiving facts at [Thanksgiving](#). He is a writer with special interest in ecard industry.



The National Bird of America?

What's Chef Vanda Up To?

By Chef Vanda

The holiday season is in full swing. Chef Vanda will prepare your holiday meal. All you have to do is pop it in the oven and serve. No shopping, no preparing, no clean-up, no fuss. The best dates are filling fast, call now.

October, November and December are jam-packed. Here's a peek at what Chef Vanda was up to.

Holiday Roasting and Carving Techniques Classes at Roosevelt Field Williams Sonoma. In depth, turkey roasting and carving instruction.

Sunday Cooking demonstrations at Roosevelt Field Mall William Sonoma. Holiday tips, outside the box side dishes, soups, salads, light pick food and light desserts. A great way to meet Chef Vanda !

Helped a client set up a New York City kitchen. With everything needed to make this just moved into kitchen into a home. Fun Stuff.

Intensive Independent Study of Tuscan Cuisine. Chef Vanda is continually expanding her knowledge with new recipes and techniques.

Extra meals for guests visiting for the holidays. Filling the freezers of clients too busy to cook for out of town guests.

Autumn harvest. Shopping for the freshest fall produce. Apples, pears, squash, potatoes, cauliflower and lettuce.

Please see *What's Chef Vanda Up To?* on page 6

*"Forever on
Thanksgiving Day
The heart will find
the pathway home.
~Wilbur D. Nesbit*

Season's Greenings from page 3

Gift wrap *Collect extra photocopies or no longer needed papers from your business for your children to draw on the back side. *Use colored pictures from your children's coloring books. *Save the comic section each week to build up a collection of colorful wrapping paper. *Use leftover pieces of fabric or wallpaper. *Use recycled paper. *Put the gift inside another gift such as a piece of Tupperware, decorative tin, nice wooden box, baking pan, wrapped in a towel, etc. *Use last season's gift wrap, gift bags and gift boxes, ribbon and bows.

Greeting cards & gift tags *Send an e-card. *Make a greeting card or tag from scrap paper, fabric or wallpaper. *For short messages use a large leaf or flat stone. *Make cards or tags from pieces of a tissue or food box.

Packing material *Use saved packing material such as peanuts and foam wrap. *Crush up newspaper into loose balls. This is cheap, quick and lightweight! This is our preferred

Thanksgiving dinners take eighteen hours to prepare. They are consumed in twelve minutes. Half-times take twelve minutes. This is not coincidence. ~ Erma Bombeck

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method for box filler. It is also fun for your relatives, friends and customers to see a newspaper from another city. *Purchase biodegradable peanuts. *Use dry air popcorn. By the way there is no need to salt it! (Popcorn popped in oil will obviously make a mess and go right through your box!) Include a note for the recipient to feed it to neighborhood squirrels and birds or whatever creatures lurk in the night! *If you have too many peanuts then give them to a business that can use them. Call 1-800-828-2214 or visit loosefillpackaging.com for information on businesses willing to take your used peanuts.

Once the relatives go home and the kids return to school... *Are you overwhelmed with gift boxes and regular boxes? After (breaking down and) putting away as many as you can for future use, give away the rest to friends or a business or tear or cut them up for kindling for the fireplace or for your charcoal grill. *Find out your township's pick up schedule for trees. They will turn your trees into mulch for use in parks and public gardens. If you need mulch for your own garden check into having your tree and any other cuttings from your yard turned into mulch for your own use. *Use any wrapping paper that is no longer reusable for shelf liners, scratch paper or craft projects. *Save boxes, gift bags, wrapping, filler, ribbons and bows for shipping, gift wrapping, craft projects and even storage containers.

Don't forget to share this information with others!

Have a merry green Christmas!

About the Author

Ron Askotzky is co-founder of Wow! Imports, importing fair trade and earth friendly decor, gifts and collectibles including tagua nut tree ornaments from the rainforest of Ecuador & beaded tree ornaments made by disadvantaged African artisans

What's Chef Vanda Up To? from page 5

IN THE NEWS! Chef Vanda makes big plans for the upcoming New Year!

A Happy Healthy Holiday. The holidays can be very stressful, shopping, family gatherings and after school activities leave little time for a healthy lifestyle. No time for menu planning, grocery shopping and wholesome meal preparation. Your family deserves to eat healthy, let Chef Vanda do ALL the work!

CHEF VANDA LOVES REFERRALS!

I am fortunate to get the majority of my new clients from referrals. Please tell your family and friends about me.

My holiday newsletter is done.

Have a healthy, happy holiday season!

Start Your New Year Right!

Namaste, Chef Vanda

Coming Next Issue:

Fighting Colds

Are Your Eating Habits Healthy?

Walking For Weight-Loss

This Year Live Healthier

The Magic of Garlic

Ask Chef Vanda

and more!