

## Catering by Lovables

### MISSION STATEMENT:

**The mission of Catering by Lovables is to produce outstanding edibles and events for our clients and to provide personal and professional growth for our staff while earning a profit for the company!**

Dear Clients, Friends and Family:

Okay, Okay. . . for all of you asking for a newsletter - here you go. Due to the "tough economic times", I haven't been able to publish a newsletter because of the cost. So this one is for you!

Thank you all for your care, concern and most of all your business as we all try to get thru this economic downturn together. It's been a long, tough year, but we have managed to survive the summer and look forward to the holiday season! Corporate business is down, so we are re-inventing ourselves and going back to square one as we network, network, network. Social events have remained steady, altho' smaller and less costly than in previous years. We are concentrating on providing POS (Positively Outrageous Service) to you, our clients, and want you to know we really appreciate (and need) you. Thank you!

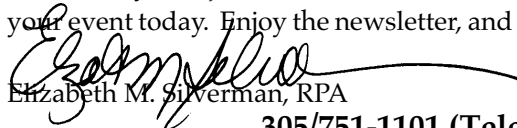
This year we sent off our first Lovable Babe, Angela, to college. It seems like only yesterday that Marilyn was pregnant while still getting out there making deliveries and whipping up pasta for our clients. The time flies sooooo fast! Angela is at Florida Gulf Coast University in Ft Myers. It's a great campus and she is really enjoying it (except for all the homework) and celebrating her independence. I'm enjoying my drives over to Ft Myers and taking her out to lunch and catching up on her college experiences. Next year all three Lovable Babes will be in college . . . God bless Marilyn

Catering by Lovables is now certified by the WBENC as a Woman Owned Business. We knew all along that we were women, so we have been a bit lax in getting the certification. By getting certified we are eligible to do business with large corporations and government entities who require certification due to their diversity programs.

We are looking forward to working with Live Nation in February for the Superbowl. Hans and her crew are really great clients.

And now it is the end of October and we are getting ready for the holiday season. Enclosed you will find our drop off holiday luncheon and hors d'oeuvres menus for your office parties. For Full service receptions, tenant events and holiday get-togethers, give Marilyn or myself a call and we will customize a menu for you!

The holidays are just around the corner . . . so give us a call and book your event today. Enjoy the newsletter, and keep those orders coming!

  
Elizabeth M. Silverman, RPA

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## Special Events for the Community

Catering by Lovables has always made it our mission to give back to the community. We often donate our food and service to worthwhile organizations.

One of our newest ventures has been with the Coral Gables Community Foundation. They do great work for the community and the staff always have a smile on their faces. We're especially proud of our good friend Jerry Santiero for stepping up as President of the CCCF this year.

Actors Playhouse is putting on some great plays this year and Catering by Lovables will again be providing opening night receptions for select plays as well as participating in the Gala Auction that they hold every year in April.

Again this year Catering by Lovables will be working with the Coral Gables Rotary providing great food and service for their 5th Friday networking events.

**At Thanksgiving, Remember** the art of entertaining is knowing who to call. So this holiday season, give yourself a treat. Call Catering by Lovables to cater your delicious family dinner or holiday luncheon. We promise, to every table and with every bite, we will bring our passion for food. It'll be our little secret that you didn't prepare Thanksgiving dinner yourself.

While we are talking turkey, please remember to call in your holiday meal and event requests early. You know that we want to take care of each and every one of you!

Let us deliver or pick it up yourself. Either way, we wish you a very Happy Thanksgiving, Merry Christmas and Happy New Year from our kitchen to yours!

## Having a Holiday Party?

December holiday party dates are booking fast! So, Choose your date, lock in the date with a deposit and then just sit back and relax. Let the Lovable elves do all the work. **It's great to be a guest at your own party!**

## Write a Note of Gratitude

FACTS:

In a week an average person gets:

- \* 982 emails
- \* 18 text messages
- \* 20.8 pieces of junk mail
- \* 1.5 personal letters

Feeling appreciated is one of the strongest human desires. There is warmth in a handwritten note - it instantly makes the message more personal, creates a more intimate feeling, and makes the recipient feel more valued.

With e-mail and instant messaging, a handwritten note is getting rarer and therefore more special. A handwritten note costs less than a dollar to write and mail, and the relational value is priceless. The recipient can keep and reread it forever!

## Donations...Donations...Donations

We are here for you! If you are doing a charity event and you need a donation for your auction, give us a call. We also accept prayers from churches and synagogues in exchange for a donation to your next event!

Recent donations include: Building Owners & Managers Assn, Coral Gables Art Cinema, Nat'l Gay & Lesbian Task Force, Camillus House, Maggard Migrant Ministry, Gear Source, Temple Beth Or, Rotary of Coral Gables, Children First, UM Pediatrics, S Fla Urban Ministries, Temple Judea, Parent to Parent, UM School of Medicine, Alliance for Aging, Temple Beth Sholam, Executive Assn of Greater Miami, Commercial Real Estate Women, Nat'l Foundation for Teaching Entrepreneurship, Womens Business Development Center, Yoly Munoz Couture, Womens Fund, Catholic Hospice, The Barnacle State Park, Miami Womans Club, Empowered Youth, Coral Gables Community Foundation, WLRN, Association for Retarded Citizens, Actors Playhouse, Jr. Orange Bow Committee, Coral Gables Senior Citizens, Rotary of Key Biscayne and more...

### Beef Fillet with Black Cherry and Toasted Walnut Sauce

2 prime beef fillets	Kosher Salt
1 tablespoon canola oil	Feshly ground black pepper
2 tablespoons unsalted butter	2 tablespoons dried black cherries
1/4 cup medium walnut pieces	1 tablespoon chopped fresh garlic
1/2 cup dry red wine	1/2 cup beef stock
1 tablespoon cranberry sauce	

- (1) Preheat oven to 400 degrees.
- (2) Rub each fillet generously with a rub of kosher salt, coarsely ground black pepper, and a hint of granulated garlic, if desired.
- (3) Preheat an ovenproof saute pan on the stove over medium high heat. Add canola oil to the pan. Place both fillets in the pan and sear for 3 minutes, turn over and sear for 2 minutes. Place pan in oven for 5 minutes (for medium rare). Remove fillets from pan and let rest.
- (4) Place the pan on stove and heat to medium high. Add butter, cherries, walnuts & garlic. Saute for 2 minutes. Add wine and cook until reduced by half. Add beef stock and cook until reduced by half.
- (5) Add cranberry sauce and salt & pepper to taste, reduce heat to medium low and simmer. Top fillets with sauce and servie. Enjoy with a glass of wine!

## Earn Lovable Bonus

### Bucks for referrals!

Earn bonus bucks by introducing your friends, clients and associates to Lovables. Just have them call Elizabeth or Marilyn at 305-751-1101 (make sure they mention your name) we'll send them menus and make the sale. When they use us for the first time, we'll send you Lovable Bonus Bucks to use towards your next luncheon, wedding or special event (or save them up for a special occasion).

## Plan a Star-Worthy Holiday Bash

Don't ditch the decoration!

**Set the mood.** The right lighting makes your party look like it costs more. Try amber-tinted bulbs and unscented votive candles. Or wrap strands of small, white lights around indoor trees and plants.

**Buy in bulk.** At Sam's Club, Costco and Target you can get 50 oversize ornaments for under \$33. Put them all over your house. Group them in clear vases and hang them from chandeliers.

**Mix metallics.** Silver and gold is a trendy color scheme this year. Metallic instantly makes your decor seem pricier. Take advantage with tinsel, ornaments and even wreaths.

## Carving the Turkey is easy with these expert tips

1. When your turkey is done, cover with foil and let sit 15-20 minutes.
2. Separate the drumstick from the thighs by holding the tip of each drumstick and cutting through the joint where it meets the thighbone.
3. Make a deep horizontal cut into the breast meat just above the wing.
4. From the outer top edge of each breast, slice from the top down to the horizontal cut made during the previous step. Repeat steps 3 & 4 on other side
5. Remove wings by cutting through the joints where the wing bones and backbone meet.

Lovables, The Gazette

## And the education goes on ...

I joined 150 other women from across the United States at the Womens Business Enterprise National Council conference in October. The event was held at the Office Depot Conference in Boca. What a spectacular venue - now I know where all the money that I have spent on office supplies over the years has gone to - lol. It was a great event and I met some very interesting women while trying to figure out how best to utilize our new certification as women. On opening night, Catering by Lovables donated the reception that was held at the Summerfield Suites. The Cotton Candy Martini was a big hit as well as the hors d'oeuvres.



## A Big Thank you to all our BOMA Friends!

This holiday season we'll be busy doing breakfasts, lunches, and happy hours for many of Miami's Finest Office Buildings. Thank you to my fellow members of BOMA who not only keep us very busy, but take the time to say a few kind words as well!

## Bottle up the Booze

**Forgo the full bar.** Offer wine, beer and one signature drink. Or greet each guest with a flute of sparkling wine, then switch to wine that you've put in festive decanters, and beer.

## Peppermint Martini

5 oz grey goose vodka  
2 oz white creme de menthe  
1/2 oz peppermint schnapps  
mini candy canes

Pour liquid ingredients into a shaker filled with ice. Shake vigorously. Strain into chilled martini glasses. Add a candy cane to each glass for garnish. Serves 2.

## Thanksgiving Quiz

1. When was the first Thanksgiving celebration?  
(a) 1612 (b) 1589 (c) 1621
2. Which President declared Thanksgiving a national holiday.  
(a) James Madison  
(b) Abraham Lincoln  
(c) John Adams
3. How long did the first Thanksgiving last?  
(a) 3 days (b) 1 day (c) 7 days
4. How much turkey is consumed by the average American each year  
(a) 13.7 lbs. (b) 12.09 lbs. (c) 10.6 lbs.
5. What was the name of the ship the Pilgrims came over on?  
(a) The Dayflower  
(b) The Sunflower  
(c) The Mayflower
6. Which Indian tribe celebrated Thanksgiving with the Pilgrims?  
(a) Sioux (b) Comanche  
(c) Wampanoag
7. What year did congress officially make Thanksgiving a national holiday?  
(a) 1941 (b) 1776 (c) 1908
8. Where else is Thanksgiving celebrated, other than the US?  
(a) England (b) Canada (c) France
9. Which department store hosted the first Thanksgiving Day parade  
(a) Gimbel's (b) Macy's (c) Sears
10. What does cornucopia mean?  
(a) Horn of plenty  
(b) Corn of plenty  
(c) Celebration
11. What does the town of Plymouth, MA celebrate each year on December 11th?  
(a) Wampanoag Day  
(b) Forefathers Day  
(c) John Smiths Birthday
12. Which President was the first to pardon a turkey?  
(a) Harry Truman (b) Bill Clinton  
(c) George Washington

### Answers:

- (1) 1621 (2) Abraham Lincoln (3) 3 days  
(4) 13.7 lbs. (5) The Mayflower  
(6) Wampanoag (7) 1941 (8) Canada  
(9) Gimble's (10) Horn of Plenty  
(11) Forefather's Day (12) Harry Truman

## Yes, Virginia, There is a Santa Claus

(The famous letter from Virginia O'Hanlon to the editor of *The New York Sun*, , September 21, 1897)

Dear Editor

I am 8 years old. Some of my little friends say there is no Santa Claus. Papa says, "If you see it in *The Sun*, it's so." Please tell me the truth, is there a Santa Claus?

-Virginia O'Hanlon

Virginia, your little friends are wrong. They have been affected by the skepticism of a skeptical age. They do not believe except they see. They think that nothing can be which is not comprehensible by their little minds. All minds, Virginia, whether they be men's or children's, are little. In this great universe of ours, man is a mere insect, an ant, in his intellect as compared with the boundless world about him, as measured by the intelligence capable of grasping the whole of truth and knowledge.

Yes, Virginia, there is a Santa Claus. He exists as certainly as love and generosity and devotion exist, and you know that they abound and give to your life its highest beauty and joy. Alas! how dreary would be the world if there were no Santa Claus! It would be as dreary as if there were no Virginias. There would be no childlike faith then, no poetry, no romance to make tolerable this existence. We should have no enjoyment, except in sense and sight. The external light with which childhood fills the world would be extinguished.

Not believe in Santa Claus! You might as well not believe in fairies. You might get your papa to hire men to watch in all the chimneys on Christmas eve to catch Santa Claus, but even if you did not see Santa Claus coming down, what would that prove? Nobody sees Santa Claus, but that is no sign that there is no Santa Claus. The most real things in the world are those that neither children nor men can see.

Did you ever see fairies dancing on a lawn? Of course not, but that's

## Yes, Virginia, There is a Santa Claus (cont)

no proof that they are not there. Nobody can conceive or imagine all the wonders there are unseen and unseeable in the world.

You tear apart the baby's rattle and see what makes the noise inside, but there is a veil covering the unseen world which not the strongest man, not even the united strength of all the strongest men that ever lived could tear apart. Only faith, poetry, love, romance, can push aside that curtain and view and picture the supernal beauty and glory beyond. Is it all real? Ah, Virginia, in all this world there is nothing else real and abiding.

No Santa Claus! Thank God! he lives and lives forever. A thousand years from now, Virginia, nay 10 times 10,000 years from now, he will continue to make glad the heart of childhood.

I hope you enjoyed reading this letter which is timeless. For those of you who know me personally - you know that I wish Christmas was everyday of the year (yes, I have a 4 foot Santa in my living room all year long that ho, ho, ho's and wishes me a Merry Christmas every time I walk past it). I love the holiday season, the smiles on peoples faces, the decorations and the hard work that goes with being a caterer at this time of year. I believe in Santa, even at the Ripe old age of 55 ! Christmas is magical and I am grateful to be able to share it with you.

## Make a Wish The magic of Macy's

Write a letter to Santa, and help make wishes come true.

During the holiday season, bring your stamped letter to Macy's, addressed to Santa at the North Pole, and drop it into Santa's special letterbox. Macy's will count them up, and for each letter received, they donate \$1 to Make-A-Wish Foundation up to \$1,000,000.

**HAPPY HOLIDAYS**

## FALL 2009 TRENDS

**The Top Ten Fall Colors** per Pantone, Inc, the global authority on color and provider of professional color standards for the design industry are: Blue Iris, Royal Lilac, Shady Glade, Carriibbean Sea, Aurora Red, Shitake, Withered Rose, Twilight Blue, Burnt Orange, Ochre

**Omega 3 and Green Tea Extracts** have emerged as "mood foods", ingredients that have the ability to stimulate neuro transmitters having the potential to make people feel happy.

**Omega 3** found in oily fish, such as salmon, sardines, mackerel and tuna, and also in flaxseed oil, nuts and seeds. Omega 3 oils block chemicals called cytokines that can cause low mood.

**Green Tea** contains L-theanine, which is said to relax the brain. Consumption of 50 mg of L-theanine (equivalent to 2 or 3 cups of tea) stimulates the alpha-brain waves associated with relaxation.

**New Sweeteners** available on the market:

**Z Sweet:** A zero-calorie blend of erythritol and natural flavors

**Organic Zero:** Organic erythritol produced by fermenting organic sugar cane juice

**Sweet Simplicity:** An all-natural blend of erythritol and fructose

## Thank you for keeping Gerry in your prayers

It's hard to imagine another year has gone by without Gerry in the office. Thank you for your kind words, and great stories. Gerry is doing well & enjoying life at The Floridean.

## Holiday Drop off Menus

are in this newsletter, designed as a no frills, no fuss alternative to a full service event and are available Monday thru Friday. Please note some dates in December may not be available as we are totally booked on certain dates. Book your employee lunch or after hours party early to reserve your date.

## "Turkey 911"

### Save Your Holiday Dinner

The holidays are full of great foods. But if you find yourself in a fix with your favorite American fixin's, don't worry. Here are some fast solutions to common holiday crises.

#### **I undercooked the turkey**

Fix it: If the bird seems undercooked, usually the breast is fully cooked while the legs need more time. Cut the breast meat off with a sharp knife and serve that. Meanwhile put the drumsticks and thighs back in the oven at 450 degrees.

#### **The Stuffing is too wet**

Fix it: Lay all of the stuffing out in the thinnest layer you can on a sheet pan and put it in the oven with the turkey to dry out.

#### **If I boil the Sprouts, the kitchen smells terrible!**

Fix it: When it comes to Brussels sprouts, brown them, don't boil them. Slice raw Brussels sprouts very thin, then brown them in a very hot pan using bacon fat or some of your turkey fat. I like to add chestnuts and lemon zest. When you brown the sprouts, they become nutty and sweet.

#### **I forgot the Cranberry Sauce**

Fix it: Cranberry sauce is a sweet and sour relish to complement the rich flavor of turkey. In its place, you can use whatever fruit you have on hand, whether it be frozen strawberries, canned peaches, or sliced pineapple. Process the fruit in a blender with sugar and vinegar until it is a sweet and sour combination to your liking. Your guests will think you invented a new relish.

#### **The Gravy is weak and pasty**

Fix it: You always want to have extra stock on hand to make your gravy. If your gravy is too thick, add canned chicken stock. If your gravy is too thin, mix a melted tablespoon of butter with a tablespoon of flour. Add it to your gravy, bring it all to a boil, and whip it.

#### **Top of the Pumpkin Pie burned**

Fix it: Burning is only skin deep, so carefully scrape the charred flakes off and top the pie with a big dollop of whipped cream.

## Surviving the Holidays

### Avoiding the traps of holiday eating

A lot of people think it's impossible to get through the holidays without gaining weight-especially belly fat. Make smart choices that don't trigger an overproduction of insulin, and you can enjoy holiday treats and lose belly fat

Here are a few **simple tips** for surviving the holidays while keeping your waistline in check.

**Tasty treats.** You don't have to avoid chocolate. Look for dark chocolate, because it typically has less sugar than milk chocolate. And it has antioxidant properties.

**Mingle, don't mix.** Spend more time catching up with friends and family than shaking and stirring your drinks. Choose beer or wine over cocktails, which often are made with high-sugar mixers, such as cranberry juice. Red wine delivers a dose of antioxidant resveratrol, which has anti-cancer and anti-aging properties. If you prefer hard alcohol, have vodka with soda, not tonic.

**Cocktail party snacking.** Instead of digging into the caramel popcorn, look for hearty, whole-grain crackers to match with delicious cheeses such as Brie, gouda or Gorgonzola. Enjoy with a few olives and a handful of mixed nuts for good fats.

### Five things to avoid

If you are trying to lose belly fat, here are some foods to avoid during the holidays.

**Cranberry sauce.** One serving has 21 grams of sugar. Limit to just 1 teaspoon.

**Dried fruits.** Apricots have 22 grams of sugar. Snack on sliced cheese or string cheese.

**Diet sodas.** They have chemicals that are bad for the brain and nervous system health. Try sparkling water with lemon.

**Eggnog.** It has 21 grams of sugar. Enjoy a peppermint tea.

**Margarine.** It's filled with hydrogenated oils, which advance cellular aging. Opt for butter instead.

## Break the Bank in 2009

Given these harsh economic times, here are some tips to start 2010 in the right direction.

**Create a Budget.** Write down how much money you spend on what each month to give you some guidelines to work with.

**Open a Savings Account.** Make sure you are accruing interest through a savings or money market account. Look for a free account with no minimum investment.

**Auto Save.** Set up an automatic monthly transfer from your checking account to your savings account. even a few dollars will add up over time, plus earn interest.

**Auto Bill Pay.** To avoid late fees and the cost of stamps, use online banking to pay your bills.

**Educate.** Teach your children about budgeting and saving at an early age by enrolling them in a youth savings account.

**Exchange your Change.** Many businesses offer coin counting machines that can turn your loose change around the home into spendable cash. Saving 50 cents a day adds up to \$180 per year.

**Cut the excess.** Examine all utility bills to ensure you absolutely need all the services you are receiving.

**Brown Bag it.** Bringing your lunch to work rather than eating out can save up to \$720 per yer.

**Go Generic.** Switch from brand-name products to generic. Studies show most consumers don't notice a big difference in taste or performance, but do notice a big savings.

### Food Trivia

It takes almost 200 cranberries to make on can of cranberry sauce.

Cranberries are almost 90 % water.

Good, ripe cranberries will bounce, which is why they sometimes are called bounceberries.

Americans have more food to eat than any other people on earth, and more diets to prevent them from eating it.

## Happy Birthday to our Lovable VIP's!

We just love our VIP's - Join the club and grow old with us . . .

### Full Service Holiday Menus

are available for your Holiday party for your home or office. Rather you are having a tenant breakfast, lunch or after hour reception for 100 to 2,400 people or a dinner party in your home for 50 of your closest friends, when you let Catering by Lovables do the work, you can relax and be a guest at your own party!!!

Call Marilyn or Elizabeth at 305-751-1101 to design a menu and select your date. Once we reach capacity on any given day, we "close it off". Some dates may not be available, so book your party today.

### Food Trivia

Apples are a mainstay of Fall. Because of their high antioxidant content, apples really do help to keep the doctor away!

Catering by

# Lovables

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### Here's what they are saying about Lovables!

--I just had to send a thank you for our lunch today. I cannot tell you how everyone enjoyed it and how beautifully it was presented. Everything was delicious and appreciated by all. I do not think I have ever had a gift certificate honored in such an elaborate way. (Louise Jaffe)

--My new husband and I wanted to thank you all for helping to make our wedding reception both fun and of course delicious! You all did a wonderful job and we were so lucky to have found you. Marilyn, everything was beautiful and well-organized. We couldn't have wished for a better caterer! Thanks again so much. (Kristian & Ody Estevez)

--It took the weekend for me to recover from last Thursdays' event and I have been meaning to thank you for being a huge part of our fund raisers success. We could have never had such a fantastic evening were it not for your very generous contribution and your talent in serving such wonderful food with panache. (Maria Juncadella)

--It has been my privilege to serve as Commander, US Southern Command over the last three ears. You have been there every mile of the voyage and I commend you on your efforts in supporting this command through my tenure as Commander. Special thanks to you and your staff for the great teamwork and excellent support you have given Southcom. It has fostered an environment conducive to hosting our distinguished visitors. Please accept my gratitude for your services. (J.Stravridis, Admiral, Navy)

### Get on the LIST!

I am in the process of revising our Catering by Lovables annual "Recommended List" which will be sent out with our January newsletter. If you are on our list and would like to stay on it, or be added to it please contact Elizabeth at (305)751-1101.

### Happy Holidays

from Marilyn, Elizabeth, Gerry, Alvin, Carl, Richard, Angela, Julia, Liz and the entire Catering by Lovables Event Team

See you next year!

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