

January e-postcard

Felice Anno Nuovo/Happy New Year to you all!

Apart from the usual festivities at this time of year we have had another cause for celebration. The town of Salo had its 150th birthday party on the 15th December. The good folk of Salo took to the streets to make merry alongside an enthusiastic, marching band dressed in traditional costumes. Following some formal speeches by local dignitaries, we were treated to a generous portion of the largest birthday cake I've ever seen, washed down by an effervescent glass of Prosecco. It was all very atmospheric as this all took place in the evening under the lit arches of the town hall. Despite our Scottish roots we raised our glasses and chatted with the locals like true Salodiani!

The Ice rink in the main piazza has been a real focal point in the town especially for families and the local ragazzi [young people]. Mulled wine, chestnuts and hot crepes are the order of the day as parents crowd round watching their children take their first teetering steps on to the ice.

As ever San Silvestro [Hogmanay] was a gastronomic feast and we chose to eat at Osteria di Mezzo a family run place which never lets us down. The fresh produce they use and the simple style of cooking is a delight for the palate. We sampled delicious anti pasti, followed by homemade pasta with fresh lake fish. For our main course we had a selection of stracotto cinghiale [wild boar] with polenta, agnello cotolette [lamb cutlets and vitello [veal] served with flavoursome vegetables of the season. Mauro our host is very knowledgeable when helping us to choose the best wine and this meal was accompanied by a full bodied red called Peler which is the name of the wind which blows down the lake. We struggled to make room for dessert but didn't want to offend so our usual cry of, 'Uno dolce con due cucchiari' - one dessert with two spoons was well received!

We have some new Life choices breaks for 2011 which are:

Taster Course in Counselling Skills - ideal if considering a counselling career or if you would like to use counselling skills to enhance your current role or personal circumstances.

Personal Coaching - choose specific areas you want to target for development and don't allow these to limit your life such as low self esteem, confidence etc.

Performance Coaching - helps enhance your performance at work, targets problem areas, offers space for re-evaluation or consideration of career change.

Hope you'll join us soon!

Lesley and Gordon

