

Romantic Americas

THE ART OF ROMANCE

CREATIVE EXPERIENCES
FOR ANY BUDGET

KEN CHRISTENSEN

THE ART OF ROMANCE

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DEDICATION

*Dedicated to those who practice, strive for,
unselfishly share, and who will always believe in...*

The Art of Romance



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INTRODUCTION

by Ken Christensen

Author of the Romantic America Travel Series

Romance? Really?

Many moons ago I ran across a book titled *The Art Of Romance*. Without question, it left an indelible impression on me and changed my life!

In this era of “*Friends With Benefits*” (BAD IDEA!), quick dates that lead to unsatisfying fulfillment, and relationships won and lost through e-mails, texting and overly initial expectations, I have been a bit baffled at how social media and current technology is affecting relationships!

As I listened to Millennials complaining about how unsatisfying it is to be in a relationship nowadays, I tell them about *The Art Of Romance*.

ROMANTIC AMERICA GUARANTEE

Whether you are in a new relationship or are involved in a long term love affair or marriage, ALL information in this book can be used on a daily basis and is will, without question, please your partner... *Guaranteed!*

Enjoy!

Ken Christensen

THE ART OF ROMANCE

HAS ROMANCE DIED?

In the 90s, my art studio was next to a silk screen shop geared to skateboarders, surfers and GenX'rs (even a few Goths). At the time, I questioned whether romance was even popular then.

When I gave these young people my books
I received responses like:

*“Ken, I used the tips in your book with my girlfriend
over the weekend and MAN, did I score some points!”
“Romance has made a difference in our lives.”
and my favourite: “Dude! Now I get it!”*

Like myself at an early age, they just hadn't been exposed to the “Concept of Romance”; but once understood, responded with open arms.

With inspirations such as this, I continued my Romantic America Travel Series (25 books) which featured a host of information on “How To Be Romantic On A Daily Basis” with a strong focus on having unique experiences on a limited budget.

Well the 90s weren't that long ago and although the world has changed, I still believe that there are people in relationships who want an aspect of Romance in their lives. To me, *The Art of Romance* is timeless...

Romance? YES! I still believe in it!



THE SIX DEGREES OF LOVE: THE BASICS

How does Romance and Falling In Love begin? It's not as simple as you'd think!

Without question, it is a process, but a LOT depends on self-control and waiting until things feel right! Not an easy thing to do nowadays with social media and modern technology.

Ignoring statistics, studies and on-line "How do you know they care?" quizzes, it all comes down to this:

*"You know, something feels good here
and I want to make it happen!"*

With that in mind, by studying *The Six Degrees Of Love*, you are sure to find excitement and inspiration as you watch your relationship grow. Here is the intial summary which leads to more concise information:

"1st Degree ~ The Best Is Yet To Come"



The initial stages of the relationship that involve dating and getting to know each other. Do you feel an animal attraction and want to rush? STOP! By learning to control your inner feelings – and holding back – you are building excitement and desire.

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"2nd Degree ~ It's Getting Better"



If you think this person is “*The One*”, let’s not blow it! Learn about each other at intimate restaurants and bars, exploring romantic settings, buying flowers and watching sunsets / moonrises. Romance is blooming at just the right pace.

"3rd Degree ~ Can't Get You Out Of My Head"



Now were talking! You know this is going to lead somewhere. Let’s take “*Spending Quality Time Together*” to a new level with picnics, daytime adventures and searching out Kissing Spots. When you’re kissing, you’re still holding yourself back but... “*It ain’t easy!*”

“4th Degree ~ Crazy On You”



It started off with a Romantic Dinner At Home and lead to what you were waiting for when you first *“Felt It”*. Your intimate setting is perfect with romantic music, candles, quiet talk and longing stares. Time to perfect the *Art of Kissing... and more!*

“5th Degree ~ Slave To Love”



Yes, it was worth the wait! How can you top your first night together? Simple! Now it’s time to perfect the area(s) you’ll be spending a lot of time at. Bubble baths, Breakfast in Bed and doing sexy things together take the relationship to a new level.

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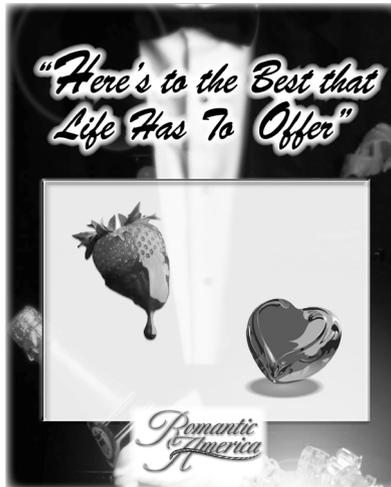
“6th Degree ~ The Rhythm Divine”



Time to create memories that will last a lifetime. Plan romantic getaways, memorable driving adventures and just enjoy time spent together. Chapters 7 – 13 now take you gently to “The Rhythm Divine.”

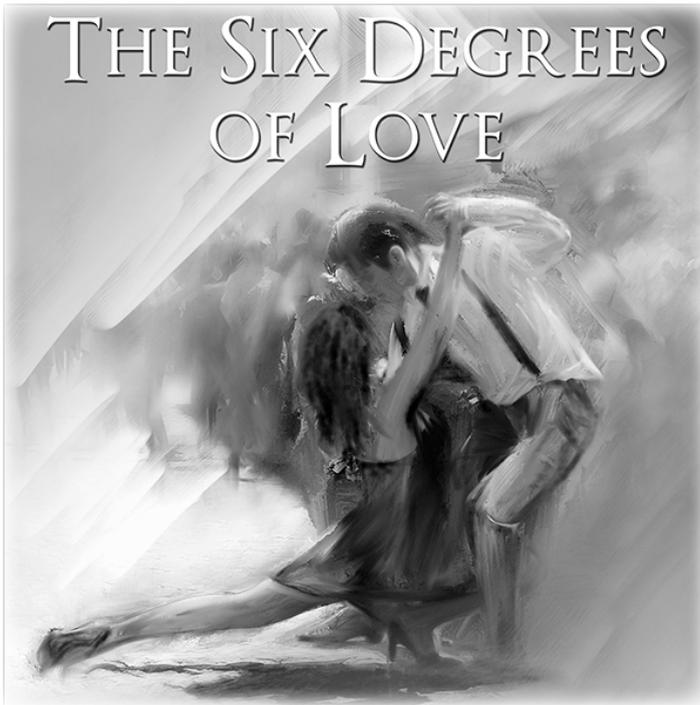
*Dedicated to those who practice, strive for,
unselfishly share, and who will always believe in...*

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THE SIX DEGREES OF LOVE THE BREAKDOWN

FIRST DEGREE: THE BEST IS YET TO COME



The initial stages of the relationship that involve dating and getting to know each other. Do you feel an animal attraction and want to rush? STOP! By learning to control your inner feelings – and holding back – you are building excitement and desire.

#1 THE BEST IS YET TO COME

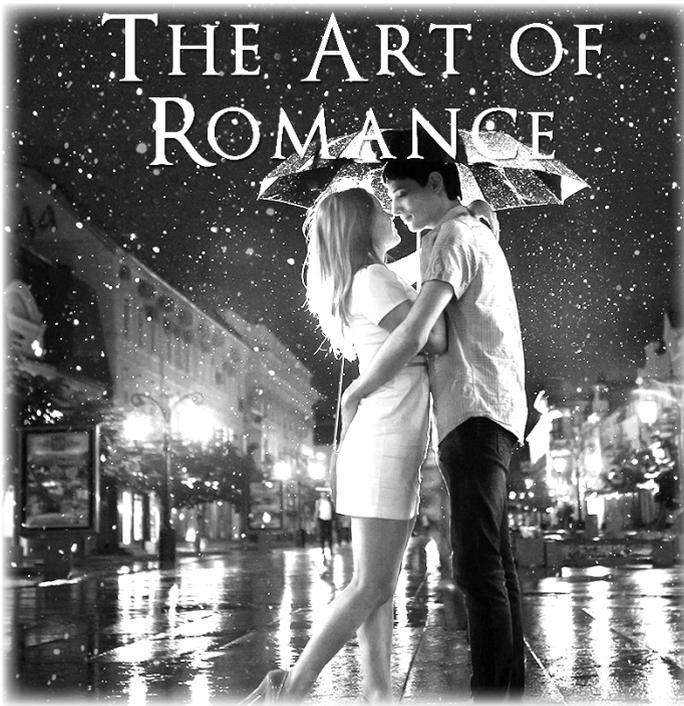
THE ART OF ROMANCE

*Love rules the earth,
The grove,
The men below
And the saints above
For love is heaven
And heaven is love...*

~Sir Walter Scott



THE ART OF ROMANCE



by Michelle-Paige Malone

Romance means many things to many people. The true “*Art of Romance*” – for romance IS an ART – can flourish at different levels and stages of a relationship if you pay attention to your partner’s individual likes and dislikes.

The Art Of Being Romantic, even seductive, involves personal creativity. This book can help with suggestions but you have to do the research. Refining your instincts about the “Art of Romance” requires work and imagination. Once understood and mastered, you can enjoy the ever-ongoing satisfaction of a successful relationship.

THE ART OF ROMANCE

One of the key factors of romanticism is the ability to establish your own style, a style that becomes second nature once you become comfortable with it. This gives you a personalized signature, a “gift” that is lovingly bestowed upon any new or continuing relationship.

Your own style of romance is a special quality which sets you apart from the crowd — a quality that can bring pleasure and joy into your life and that of others. Believe me, it’s worth the time, effort and love you put into any relationship.

IS IT REALLY ROMANTIC?

Romance can be subtle or taken to extremes. The choice is yours. What may work for one person or a couple may not work for others. Look for happy mediums (rather than compromising), without overdoing it, especially while getting to know someone. Experiment, be open, and find your own limits.

I encourage couples to recognize and savor a comfortable mood or atmosphere while establishing a relationship. Keep things low-key, without expectations, and you will get the chance to know someone better, even if you’ve been together for some time.

Because I believe that everyone is destined in life to experience True Love, if no one is in your life at this particular moment, don’t fret. Keep an eye open for potentially good experiences. Then, when you do find that special someone, you will be ready (if you’ve done your homework).

EYES & WHISPERS

By Mike Delaney



Honestly, creating romance is up to you. All of the info in this publication will greatly enhance any effort to be romantic, but you must supply the catalyst for the fire. By reading this book you've taken one step toward giving your *Romantic Rendezvous* a special signature, your signature. Now use the same ingenuity and become seductive. Eye contact and strategic whispers can certainly surround your partner with a warm, comfortable feeling. Eye contact establishes intimacy. When your eyes meet another's, resist the urge to quickly glance away. Let the contact linger; Heart Rates will climb and adrenaline will flow. The urge you'll

THE ART OF ROMANCE

feel to look away is your instinct to run. This is caused by the fight / flight response that you've heard about when people become frightened, but it can also be channeled for romantic energy. Turn it on, tune it in, be brave, hold that look.

Freeze time with sexy eye contact, and while you hold the glance, make sure you don't glare at your partner with the look of a predator ready to pounce. Stare just enough to set a nice impression. Relax your eyes, and let your partner have a good look. Supermodels practice this "*Doe eyed*" gaze because when eyes are relaxed, they appear bigger and more seductive. Now can't you think of better ways to use faster heartbeats and a little adrenaline instead of looking away?

If you want your partner suddenly "*tuned in*" to you, try whispering something. Normally, your partner will lean closer to you, not wanting to miss something said. This closeness can be fun and rewarding because whispering invokes intrigue, and the person you whisper to will feel like your exclusive audience, a nice connection with someone you like. Once you've received your partner's attention, you can still use a whispers potent impact. It doesn't have to be used only to focus someone's attention toward yourself.

When talking to your partner, whisper again, perhaps in their ear this time. The sexual overtones will surely warm the conversation. When talking to her, men, whispering is a gentle gesture. It demonstrates to a woman that she is important to you (Why else would you confide in her?). Enjoy your time together and nurture your conversations. *Have fun!*

THE ART OF DATING



In the beginning of any relationship, many people look for reasons why “*it can’t work*” before they consider why it can. Everybody has commendable qualities and if you spot some on the first or second date, consider yourself fortunate and try to find out more about that person. A positive outlook is a good sign, looking for the bad is disheartening. Consider a potential relationship with an open mind, look for the best in people with the belief that their lessons in life, right or wrong, have created a sensitive person worth knowing.

FIRST DATES & INEXPENSIVE DATING TIPS

Many people aren't sure how they feel about someone until the second or third date. Here are a few low-budget options that enable two people to discover if they have something in common.

Sunday brunches are ideal settings for a pleasant and neutral beginning. On first dates, seriously consider coffee, cappuccino, espresso or juice, opposed to liquor (if the chemistry is there, you won't need liquor). Going out for dinner does not mean spending a lot on a complete meal, drinks and entertainment. Just about all restaurants have nice lounges where you can enjoy a variety of reasonably priced appetizers and a selection of inexpensive wine. Appetizers and a basket of bread can take an introduction a long way.

Many women on first dates offer to help pay for the tab. Although most gentlemen will politely decline (especially if they have asked the lady out), some women are insistent. In those instances you can say, "It really isn't necessary, but if you'd like to treat me to a drink later on that would be fine." (Be sure to buy the next round though). Or, suggest; *"If it makes you feel more comfortable, you can leave the tip."*

The perfect or near-perfect date can be enhanced by doing a little research. Check out the places ahead of time to see if it's the atmosphere you are looking for and if it fits in your price range. Look for hidden, unique and unusual places, and if possible, be prepared to have a few other options tucked away in your mind.

TO TEXT OR NOT TO TEXT?

Years ago, when all we had was a telephone (it wasn't that long ago), I learned not to spend a lot of the time on the phone with someone I had just met. It was disheartening to finally get together and realize you had little to talk about because you've revealed so much on the phone.

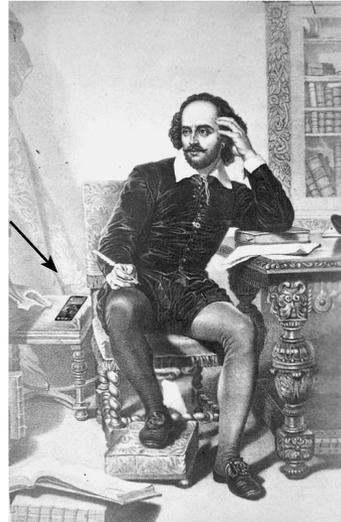
Suddenly you realize you don't have anything to talk about. Uncomfortable silences are in the air and all you think about is "*When will the check come?*" or crawling out bathroom window (let's hope not).

It all some comes down to this: It's easy to talk and divulge information when you aren't talking face to face.

That still holds true today, especially with texting, Facebook and other social media. Keep it simple and uncomplicated with quick phone calls planning your next get together and texting to confirm. This adds a little mystery too!

If you start to ramble, catch yourself and end the conversation with "I can't wait to see again" and set the day and time.

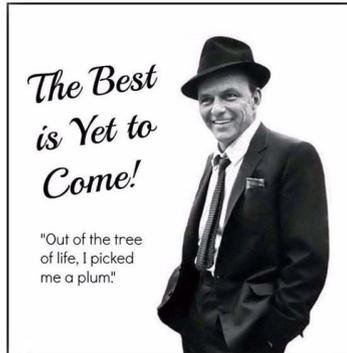
P.S. Don't let your feelings and emotions get in the way on the phone or while texting. If you think – even in the slightest – that you've said too much, you probably have. ***Just Say NO!*** and see paragraph above





THE BEST IS YET TO COME

INSPIRED BY FRANK SINATRA



Getting to know someone is half the fun of a new-found romance. One way to cut through some of the perfunctory barriers, is to come up with a way to make communication between you and your prospective partner, just a little bit easier.

Open ended questions give both parties an opportunity to vent thoughts and feelings that otherwise might not be brought up. Questions like...*"What do you think? How do you feel about it? or Why don't you talk to me about it?"* are all great conversation motivators.

A personal favourite is...*"Tell me a secret"...* Keep in mind however, if you get a secret, be prepared for a request to divulge one in return.

♥ Find a lake or pond where you can feed the ducks or geese. Bring at least three loaves of inexpensive bread and enjoy the afternoon.

♥ Enjoy lunch at a sidewalk cafe. Savour the opportunity to be alone together in a crowd.

♥ Make plans to watch an early morning sunrise at the lake or from a mountaintop. Bring plenty of blankets, hot cocoa or cider and romantic music to listen to when driving in your car. Afterwards, search out a coffee shop for an early morning Cappuccino.

♥ Find a lake or pond where you can feed the ducks or geese. Bring at least three loaves of inexpensive bread and while away the afternoon.

♥ Shop for antique jewelry in thrift or antique store. Buying is not as important as looking. Sometimes it is less threatening to look at jewelry in an antique store than in a modern store of diamond wedding rings.

♥ Find a small amusement park and ride a roller coaster, merry-go-round or other kiddie rides. Then go to a playground at a park and push each other on the swings or have “Swing Races” and see who can do a loop first. A great trip to the days of your youth.

♥ Make a unique impression on someone you would like to date, or send a message to your sweetheart that will not soon be forgotten. Purchase a large uninflated balloon, write a message on a small strip of papers i.e., “Meet me tonight at Moonlight Cafe for cocktails and romance!” Roll up the paper (fasten it closed with tape or red ribbon) and put it into the balloon.

Now take it to a shop that will fill it with helium, attach an envelope with a pearl hatpin inside and instructions to pop

the balloon to receive a special message. Have a friend deliver your surprise when least expected and plan for an interesting rendezvous.

♥ Low Tide Walks: A stroll at low tide along the sands of the ocean make this an ideal sunset walk, or moonlight stroll. Of course, this works along lakes and rivers also.

INEXPENSIVE ADVENTURES

Romantic Adventures need not be costly. There are many things that can be done for free, day or night, in safe areas. Many of the nicer hotels have beautifully landscaped properties suitable for a night time stroll, the grounds are patrolled by security and you can usually find a quiet bar for a drink and at least one or two memorable "*Kissing Spots*"

♥ Doing Saturday morning yard sales can be a fun adventure and a great way to get to know your partner. Get an early start around 9:00 and bring small bills. Shopping at thrift stores can be a fun adventure. Personally, I was never into it until my wife turned me on to it. You never know what you may find!

♥ Find a lake or pond where you can feed the ducks or geese. Bring at least three loaves of inexpensive bread and enjoy the afternoon

SECOND DEGREE

IT'S GETTING BETTER

If you think this person is “The One”, let’s not blow it! Learn about each other at intimate restaurants and bars, exploring romantic settings, buying flowers and watching sunsets / moonrises. Romance is blooming at just the right pace.



#2 IT'S GETTING BETTER

THE MYSTIQUE OF ROMANTICISM

by Sue Hecht



With the widespread popularity of romance novels, steamy movies and television shows, society tends to have an overblown view of Romance. Chivalrous knights on white horses and tall dark strangers saving damsels in distress border on nothing more than tall stories and mythology. Modern and realistic “*Romanticism*” is nothing of the sort. Nowadays, subtlety is the key.

It is easy to overwhelm (or be overwhelmed) in the beginning stages of a relationship. A modern romance requires a slow and progressive pace as you learn more about a significant other. Here also, Friendship is the key word.

Many couples begin a relationship hot and heavy in the belief that *"This could be the one"*. As time takes its course and feelings tone down, they discover inconsistencies and faults with their "New Flame". Consequently, a mental intimacy that was never established becomes increasingly difficult to find.

"True Romanticism" means savouring the moments and memories of experiences shared together. The most successful relationships are the ones where not much more than friendship was expected at the outset. Without the pressures of immediate intimacy hanging overhead, it is now conducive to discover a rewarding and fulfilling sensation; *"Romance"*.

There is a lot of truth to the familiar adage; *"The best things in life are free."*

Drinking: On a Personal Note

When articles refer to drinking, one should not necessarily assume it is an alcoholic beverage. In changing times when numerous people consume little or no alcoholic beverages, or for that matter, may not be of proper age, there are a number of substitutes available to please the palate. Non alcoholic Champagne and wines are also available.

Sparkling Cider, fruit juice, plain or flavoured mineral waters are readily available in grocery stores. Coffee, tea, Cappuccino and Espresso as well as the aforementioned drinks are good liquor replacements in just about any restaurants. P.S.: A mixture of Champagne and orange juice (Mimosa) can also go a long way.

FINDING THE PERFECT RESTAURANT

Check out restaurants or bars with potentially romantic settings during the day. Note if they have a fireplace or intimate corner and familiarize yourself with the area. Come back at night and be sure the atmosphere doesn't change. Find out the table numbers closest to that setting and if you can make a reservation, do so for one of the tables.

Puttin' On The Ritz

Going *Out On the Town* need not be a costly experience for those on a tight budget. Check out the menus at cozy and intimate restaurants prior to going out and then choose one as a destination point after watching a sunset by the ocean, along a lake, or on a nearby hilltop.

For under \$50.00, you can sample a couple of appetizers, share a salad and enjoy a glass (or a decanter) of wine... And still have money for a tip! Many fine restaurants have "Early Bird Dinners", every city has some sort of discount / coupon book, or share an entree, (there's usually too much for one person anyway). Afterwards, enjoy a casual walk in a scenic area, on the manicured grounds of a nearby hotel, or find a cozy bar with a small band playing dance music.

You Don't Want To Sit There!

There are times that on the spur of the moment, you may decide to go out to a restaurant and can't get a reservation. When giving your name to the host / hostess check out the restaurant

quickly. Tables near the kitchen, bathroom or cash register supply an endless stream of staff and people walking back and forth. Keep an eye out for couples with young children. I'll sometimes ask for a table in the "Non-screaming child section" jokingly but with a semi-serious look on my face. These are real mood spoilers and can turn an innocent suggestion for dinner into a potential nightmare.

Ask for a table in a quiet part of the establishment. If they want to seat you in one of the afore mentioned areas, ask if you can wait. That extra 10 minutes could make the difference between a disaster or a memorable evening.

Personally, If the place is that busy, I wouldn't go in there on that night. Have a few other options tucked away in your mind.

Romantic Dining Tip

Here is a secret to enjoying a truly romantic and relaxing dinner at a restaurant: Make reservations for 7:30 or 8:00. This gives you plenty of time to get ready without rushing home after work, or from your lodgings. Put on some romantic music, relax, talk, and enjoy a glass of Champagne or sparkling cider in the comfort of your surroundings. Once you arrive at the restaurants and are seated for dinner, order a cocktail and appetizer. By the time your main course arrives, you'll find that a good percentage of the restaurant has cleared out, allowing the opportunity to enjoy and savour the rest of your evening in a quiet and subdued atmosphere. Of course, find out in advance what time the restaurant closes. Some might consider that a late serving time.

THE ART OF BUYING FLOWERS

Yes, there is an art to buying flowers without spending a fortune for something you aren't sure is right for the occasion. Lately, women and men alike not only seem to enjoy the spontaneity of flowers, but the fact that you know what is involved in putting together a nice arrangement without being ostentatious. Try something other than the basics, like carnations or roses. For instance, a strand or two of mini-orchids or Peruvian lily with a sprig of baby's breath and one or two fern leaves, make for a memorable and reasonably priced arrangement. A sunflower will always brighten somebody's day.

Discuss with the florist that you would like something different for around \$10.00 or \$15.00 and you may be surprised at the selection available to you. Pick a couple of favourite flowers and then leave it up to the florist to make an enticing bouquet. Watch carefully as to how it is put together for future reference.



Despite what some might think about the stigma of buying flowers for guys, many men like flowers, too! Presented in a vase he can call his own, any flower choices are sure to delight.

Note: Be careful about buying roses on a warm or hot day if you plan on walking around a lot. Even though you can buy them with the end of the stems in small vials of water, they are a delicate and easily damaged flower that if bruised would disappoint your friend. Instead, select a more durable flower that can be enjoyed for a couple of days.

BUYING THE RIGHT ROSE FOR THE RIGHT OCCASION

Roses represent many thoughts and occasions.

Here is a list to ensure a befitting presentation.

- RED ROSES
Say "I Love You!" They also stand for respect and courage.
- WHITE ROSES
Are given to those you adore. They convey reverence, humility, innocence and purity.
- YELLOW ROSES
Are celebrations of life and reflect joy. Appropriate for new mothers.
- CORAL & ORANGE ROSES
Expresses enthusiasm and desire.
- PINK ROSES
Embody grace and gentility.
Use Medium Pink to say "You're Lovely"
Deep Pink to say "Thank you" and Light Pink to convey admiration.
All pale colored roses stand for friendship.
- RED AND YELLOW ROSES
Together symbolize unity.
- YELLOW AND ORANGE ROSES
Mixed, stand for passionate thoughts.
- PINK AND WHITE ROSES
Arranged together are a sign of enduring love.
- THREE RED ROSES

Say "*I Love You!*"



IT'S GETTING BETTER



INSPIRED BY CASS ELLIOT
(MAMA CASS)

♥ Dinner in the Park. Prepare a dinner and set it up on a portable table and chairs in a park, or along a lake or the ocean at sunset. Selections from HOW TO PACK A PICNIC BASKET are best as it's hard to keep things hot. Be sure to check if you can drink Champagne or wine in the park. If not, substitute sparkling cider or non-alcoholic wines.

♥ Make a romantic "Going out to dinner" especially wonderful, call the restaurant ahead of time and tell them it's your partner's birthday (make sure it is)

♥ Go for a drive in the country, tour local wineries and search out a great bottle of wine. Pack a picnic, sit under a tree and savour the best that life has to offer.

- ♥ Look for hotels that have “High Teas”, dress up and discover something new.
- ♥ Enjoy lunch at a sidewalk cafe. Savour the opportunity to be alone together in a crowd.
- ♥ Go to a pet shop. This is a warm and cozy setting full of cuddly and frisky kittens and puppies. You can entertain yourselves for hours ~ guaranteed!
- ♥ Watch a romantic or funny movie at a movie theatre and then go to an ice cream parlor and share a banana split or Ice Cream Sundae together.
- ♥ Score Some Big Points...Send some chocolate chip cookies to his or her office. Your sweetie will love the attention and everybody else will be envious!
- ♥ Have your photo taken in a photo booth then buy a fancy frame for it. This is a memory of happy times which will mean as much as photos from a professional photographer.
- ♥ Try a new restaurant once or twice every week. The memories will be priceless and when you find your favourite romantic restaurant, visit it at least once a month.
- ♥ Want to really get to know someone? Hang out on any of the beach boardwalks or shopping malls and people watch together. You may be surprised how quickly you can learn about a person by their observations and comments. When you agree on the same thing, all the better. You are now establishing a subtle intimacy by discovering each others likes and dislikes. If you come away from your excursion refreshed and laughing about experiences shared, you just may be on to something.

THE ART OF WATCHING A MOON RISE

Quite frankly, there is nothing more romantic than watching a full moon rise on the horizon edging its way through mountaintops, trees or open skies. A full moon adds a magical touch to any evening and is the perfect excuse for romance. If you have a special evening planned, try to coincide it with a full moon or sunset by checking the weather section of the newspaper for times and dates of moon rises, sunsets and sunrises. *Here are some tips:*



- 1) The night before the full moon, watch the sun set and moon rise within a fifteen minute time span ~ perfect if you're on top of a large hill or mountain top.
- 2) Check out a Lunar Cycles website and plan a trip or event around the day prior to and after the full moon.
- 3) Always bring one or two blankets to wrap yourselves up in if you are in a cool area.
- 4) Bring a bottle of Champagne or sparkling cider for "*Champagne Kisses.*"
- 5) Make plans to watch an early morning sunrise at the lake or from a mountaintop. Bring plenty of blankets, hot cocoa or cider and romantic music to listen to when driving in your car. Afterwards, search out a coffee shop for an early morning Cappuccino.

THIRD DEGREE
CAN'T GET YOU OUT
OF MY HEAD

Now were talking'! You know this is going to lead somewhere. Let's take "Spending Quality Time Together" to a new level with picnics, daytime adventures and searching out Kissing Spots. When you're kissing, you're still holding yourself back but... *"It ain't easy!"*



#3 CAN'T GET YOU OUT OF MY HEAD

THE ART OF ROMANCE

PRACTICE RANDOM ARTS OF FLIRTING

By Sue Hecht

Lauren Bacall and Bogie knew how to do it in their movie *“To Have and Have Not.”* Bacall told Bogie that if he wanted her all he had to do was *“Whistle”*. She said,

“You know how to do that don’t you, Steve, just put your lips together... and blow!”

Mae West said, *“Come up and see me some time.”*

Rodney Dangerfield said to Sally Kellerman *“Why don’t you call me when you have no class.”* OK, that’s just funny!

(Classic Movies! Watch them on you Tube)



From Cleopatra to modern day stars, they all knew how to flirt. But, for starters, what exactly is flirting?

Flirting is an honest expression of your interest in another person. It is also a skill that you can develop. Being friendly is a risk. The safest and most successful flirtatious risk is to SMILE at someone! Practice random acts of smiling. Everyone wants to be loved, and to love. Flirting can be one of the first steps to creating rapport and the magic that happens when we bond with another human being.

It is believed that everyone is a born flirt, but we're programmed out of it. It takes practice to relearn this ancient art, but if you "don't talk to strangers", think about all the potential new friends you're missing out on getting to know.

Did you know that surveys have actually found that flirting is good for your health? Experts agree that flirting reduces stress, tension, boredom and loneliness. You can use props in order to meet people. "Bring that cute little dog or parrot with you wherever you go. It's amazing how many people you will meet," suggests one coquette. "Go to the park and feed the pigeons or ducks. Bring a lot of bread to share."

Body language is of utmost importance when you are flirting. Develop a casual, yet open stance and look directly into people's eyes when talking to them. Use your hands to express yourself and maintain the mood you want to create, to entice, or flirt with a potential partner. A well-placed glance, an open and approachable body posture are all part of the dance called flirting.

Dress in eye catching clothes. Wear an outrageous hat or flower in your hair, anything that will attract attention. Fabrics such as silk, suede, cashmere make you look approachable and touchable. There are even flirtatious handshakes, looking directly into the

THE ART OF ROMANCE

other person's eyes and keeping physical contact through the hands. Saying something complimentary and personal to another person is also considered flirtatious behavior.

People like perfume, aromatherapy and cologne. Find a scent that can be uniquely associated with you. Have you ever noticed how an odor can remind you of a person? How about that time the smell of an apple pie cooking reminded you of your grandmother. Such is the power of Fragrances. Flirting is a multi-sensory experience.

While you are practicing the art of the flirt, learn how to belly dance, or the tango. These are unique party starters. Become an expert, sharpen your story-telling skills and voilà you are a person everyone wants to get to know and perhaps the life of the party to boot!



To Have And Have Not

Lauren Bacall makes her debut with Bogie. Wow!

French Kiss

Great soundtrack also!

INEXPENSIVE ADVENTURES

Romantic Adventures need not be costly. There are many things that can be done for free, day or night, in safe areas. Many of the nicer hotels have beautifully landscaped properties suitable for a nighttime stroll, the grounds are patrolled by security and you can usually find a quiet bar for a drink and at least one or two memorable “Kissing Spots”

Doing Saturday morning yard sales can be a fun adventure and a great way to get to know your partner. Get an early start around 9:00 and bring small bills. Shopping at thrift stores can be a fun alternative. Personally, I was never into it until my wife turned me on to it. You never know what you may find! You may talk about your “Treasure” for years.

A Kiss Is...

A kiss is a noun because it is both common and proper.

A kiss is a verb because it is either active or passive.

A kiss is an adverb because it motivates the art.

A kiss is a pronoun because it stands for her.

A kiss is an interjection because it connects!

~ Jamie Ehret

THE ART OF ROMANCE

ANTIQUING

Always a fun excursion, especially when getting to know someone. Many towns have an assortment of antique shops worth exploring for a truly unforgettable adventure.

Look for charity outlet / Thrift Shops where you can go Junkin', and you may be surprised at what you find! Make a game of your excursion by starting in the morning in search of something that costs \$1.00 or less. Then, have a fine lunch and spend the afternoon seeking out an expensive treasure. Man, you never know what treasures you may find!

IN SEARCH OF THE ANTIQUALOPE

As you become increasingly familiar with the fine art of antiquing, you may discover a curious form of creature called an Antiqualope. Exhibiting a peculiar type of behavior patterns, they migrate throughout the countryside in search of the best buys around. You may overhear them saying things like;

*"I'm looking for a bung hole drill and a Chippendale,
I have to have a steamer trunk to hold my junk, or,
AAAAAaaaaghhhh! I can't take it anymore! There's
too much stuff! How can a person decide?
I'm looosing my mind!"*

(Special thanks to Christopher K. Travis editor of the Round Top Gazette in Round Top, Texas, for his discovery, and, research of the Antiqualope.)

MOTHER NATURES' RECIPES FOR ROMANCE:

Sizzlin' in the Rain ~ Part I

Here are some favourite suggestions to add a touch of excitement to any relationship on rainy or stormy days.

♥ Search out cozy restaurants with fireplaces and large windows that have views of the ocean, mountains or just nice scenery. Keep that info stored in the back of your mind so that when the day comes, you know where to go to enjoy a lazy afternoon over a bottle of wine.

♥ A favourite excursion is to drive into the mountains or along the ocean, look for a nice pull-over spot, play a favourite romantic CD, cuddle under a blanket, and then steam up the windows. An occasional sweep of your windshield wipers allow breathtaking views of cloud formations and stunning countryside.

♥ Park by a lake or the ocean and watch the Submarine Races*. Play romantic music and steam up the windows.

* Sadly, Submarine Races is a term that has faded with the 50s and early 60s. The reference (or joke) was this: If a guy wanted to make out with his girl, he would tell her there were submarine races at the local body of water. An unsuspecting ~ or gullible ~ partner might not know what that meant. *hmmmmmm*

PACKING A PICNIC BASKET

The essentials: A nice picnic basket. 2 large and 4 small plastic plates (preferably 2 real plates), forks and knives to eat with (semi-elegant utensils are preferable to plastic and are a nice touch), a sharp knife to cur fruit and cheese with, cloth napkins, wine or Champagne glasses and of course, a nice blanket to sit on. Don't forget gum or mints and a small pack of handy-wipes.



Now for the fun part...

Find a grocery store with a well-stocked deli and peruse the selections. Be daring and experiment if you're so inclined. A quarter pound each of five or six cheeses and meats will tantalize the taste buds while seafood, pasta or fruit salads, fresh shrimp or add variety. Apples, pears, bananas, strawberries or any other non-messy fruit give a touch of colour to your spread. Request a small container of ice to keep perishables fresh and be sure to remember crackers, French bread and condiments like Grey Poupon to accent your deli selections. ...And lest I forget, Champagne, Wine or Sparkling Cider for that "*Romantic*" toast.

Don't Spill The Wine

One of the hardest things to do is to keep wine or Champagne glasses from tipping over while at your picnic. Here's a great tip: Use 2 of the small plates (preferably 2 real plates and not plastic.. they're more sturdy) you brought with you and place them firmly flat on the ground, then place your glasses on the plate. Simple and easy!

THE IMPECCABLE PICNIC

A nice blanket to sit on is essential. If it's windy, use some of the items from your basket to hold the corners down until you get settled. Lay out the cloth napkins with the silverware on it and your set. Spread out all the fixin's on the two large plates and use the smaller plates to eat from.

Keep in mind that if you do picnic, it's important to know which parks allow glass containers and / or alcohol. Although you probably won't be bothered if you're discreet and in an out of the way area, it's always a good idea to have an enclosed container to hold your bottle. If you really have to, pour your drinks into a plastic bottle beforehand.

If you're going to extend the picnic into the evening hours, bring two blankets so that when the evening turns chilly you can sit on top of one and cuddle up under the other. A small vase with flowers is a nice touch. A candle can also add a balanced and polished look, however, if you do use a candle, be sure it's an enclosed candle.

That's it! Simple and easy, and bound to please that special someone. Follow the above recommendations and you'll be sure to have an impressive spread that just might win the heart of your date. If what you've put together isn't enough to impress, you may be with the wrong person!

If time allows, search out your picnic spots beforehand for the best views and privacy. *Bon Appetit!*



CAN'T GET YOU OUT OF MY HEAD

INSPIRED BY KYLIE MINOGUE



♥ Butterfly Kisses To The Cheek. What is a Butterfly Kiss? It's when you lean, reeeeaalll close to your partner, put your eye to their cheek, and blink them quickly up and down. Corny but sexy!

♥ While playing a romantic song that both of you like on your stereo, call your sweethearts' voice mail and leave a recording of the song. What a nice message to listen to!

♥ Twilight Time ~ As the sun sets over your town, early evening puts on an especially romantic sparkle as this town prepares for nightfall. Sunset walks on the beach or in parks with views can enhance any special moment in time when you're with that special someone.

♥ Stargazing ~ Pick an evening to take a drive away from the distraction of city lights and look for a quiet spot to pull off the road. (Plan ahead: A couple of lawn chairs, a bottle of Champagne and two glasses would come in handy about now). Breathe in the cool night air, pick out the Little and Big Dippers, watch for falling stars, make outrageous wishes and savour the moment. There are many campfire spots along the lakes and rivers in Texas and it is not uncommon to see a romantic couple cozying up to the warmth of a bonfire under the starry skies.

♥ Brighten Up A Rainy Day ~ Inside a ziplock baggie, enclose a sweet card or handwritten note. Or, a flower and a brief love message. Seal tightly, drive out to your sweeties workplace and put the baggie under the cars windshield wiper. When your sweetheart starts home from a 'long day at the office', you can bet you'll come to mind.

Buy a few extra cards when you're at the greeting card shop and keep a variety of those special romance cards handy. You never know when you might need one! The response from a sweet, impromptu message left in the fridge propped up against the milk carton, could really surprise you.

♥ Just talk one evening in front of the fireplace and turn off the television. An easy puzzle can be a fun diversion on a lazy night.

♥ Find an open-air amphitheater in a park, bring a CD player, turn the music on low and dance together.

♥ Make a romantic CD together and then dance to it afterwards (or while you're making it)

♥ Write down 12 romantic activities or fantasies (six per person) wrap them up, tie them in ribbons and open one a month; and then do them!

♥ Make Valentine's Day/New Years resolutions together any time of year.

♥ A fireplace, a good book, and good company can create a very romantic evening. Bring out a bottle of Champagne or sparkling cider, cheese and crackers, throw pillows, and, a few candles. You now have the setting for a potentially stimulating evening as you read to each other.

♥ Rent an air (helium or regular) tank and fill up 100+ balloons and then put them in your closet. When your sweetheart comes home, surprise he/she with a big kiss and tell them to open the closet door for a surprise. This is great for a proposal or special occasion also.

♥ One of the best ways to shower affection on someone you love is to give a special gift. Be clever when giving and avoid a slide from grace. Carelessly slipping your sweetheart an insincere token of devotion may cripple the fragile harmony found with your lover. Give the following a try for inspiration Introduce your partner to friends or new acquaintances as "The man / woman of my dreams". You are guaranteed to get a smile from everyone with hearing distance. discovering each others likes and dislikes. If you come away from your excursion refreshed and laughing about experiences shared, you just may be on to something.

♥ Write down 12 romantic activities or fantasies (six per person) wrap them up, tie them in ribbons and open one a month; and then do them!

FOURTH DEGREE
CRAZY ON YOU

It started off with a Romantic Dinner At Home and lead to what you were waiting for when you first “Felt It”. Your intimate setting is perfect with romantic music, candles, quiet talk and longing stares. Time to perfect the Art of Kissing... and more!



#4 CRAZY ON YOU

THE ART OF MAKING LOVE

At last you say... an article about Sex! But hold on! You may find this to be a completely different perspective than what you first envisioned. What can I, “Sex Sells”, and now that I have your undivided attention...

The Art of Making Love is a concept that many people instinctively believe means “Sex ASAP”, and that once intimate, the relationship will bloom. Unfortunately, this is rarely true! The reality is that a true romantic relationship will come only after you have taken time to get to know one another in a personal, and emotionally stimulating manner, months, (or years) before intimacy is even a factor.

The true pleasure of falling in love begins when you can share quiet conversations discussing your hopes, fears, dreams and ambitions. When you spend hours (or days) devising ways to please and complement your partner, when you can sit inside on a rainy day playing games and doing puzzles without a care in the world, then, and only then will a true romantic relationship begin to blossom. When at last that special moment happens, relish it as you would a vintage wine that you have waited years to taste.

Hug each other at the door, toast with a glass of Champagne and enjoy a romantic dinner in the privacy of your home. Play romantic music, light a fireplace and / or candles, sip wine and whisper sweet nothings in each others ears. Pressures of performance can easily be set aside as you touch each other

softly, give each other butterfly kisses on the cheek, and practice the *Art of Massage* while discovering each others pleasures points.

To make love is to feel that every square inch of each others body is a piece of heaven insuring that you ultimately enjoy, RESPECT, and LOVE each other. Intimate moments and wonderful love making can, (and should) consume hours from beginning to end, to be followed cuddled in each other arms as blissful dreams dance through your head.

And at last, when you find yourself falling head over heels, introduce your partner to your friends and acquaintances using phrases such as “This is my best friend!”, “This is the love of my life!”, or... both! These introductions immediately command respect and the best part is... it keeps everyone guessing! And after years of being together, you still feel the same pitter-patter in your heart as you did when you first met, you know you have refined, and perfected, the true *Art of Making Love*.

ROMANCE AT HOME

A candlelight dinner in the privacy of your own home is probably one of the nicest experiences a couple can share together. Soft background music, Champagne, wine or sparkling cider and an easily prepared meal are all part of this relaxing evening. Follow your dinner with a candlelit bubble bath, soft fluffy towels and a tender massage in front of a fireplace. Your mood is now set for unforgettable memories.

ROMANTIC DINNERS AT HOME

A book like this would be far from complete without information on this subject. A romantic dinner at home with that special someone is an experience not soon forgotten if done right. The advantage of course is that you are in the privacy of your own home without any distractions. These are tried and true techniques that, if followed close will provide an unforgettable evening.

Romantic music in the background helps to set the mood. A low key, minimal commercial, radio station works well, or make your own personal Romantic Playlist.

If you have a fireplace, take advantage of it! Nothing sets a mood better than a fire burning in the background. After dinner, mosey over to the sofa, or place large, comfy cushions by the hearth. If you were never a boy scout and have trouble keeping the fire lit, buy one of those fake logs, get it going, and pile real wood around it. No problem!



Matching table settings are a nice touch. Many elegant utensils and flatware can be purchased at large department stores individually priced. If you keep an eye out for sales, sometimes you can make a score on single place settings, silverware and stemware. Candles, a tablecloth or placemats are a must in order to set the proper atmosphere. For some reason, a romantic dinner without dim lights isn't easy to pull off.

Try to avoid complicated recipes you've never cooked before unless you feel sure you can pull it off. There are many cookbooks in bookstores that offer simple and easy recipes. Some grocery stores also offer a variety of prepared main courses that only need to be placed in an oven. Highlighted with vegetables and fresh bread, you still can have an impressionable meal. Should worse come to worse, and your meal doesn't go as planned, just go with the flow. If the music's good, the lights low, the Champagne cold and the company good, the mood will already be set for a marvelous and intimate romantic interlude.

In the "Romantic Recipes" Chapter you will find a host of Great Recipes that you can prepare at home. The beginning features uncomplicated full course meals and everything you need to complete it. This is followed by more great recipes from nationally recognized bed and breakfast inns featuring recipes for that may require a bit more time. Plus, there is a great Raspberry Royalé themed dinner created by myself and Chef Ray Alto.

ROMANTIC OUTDOOR DINING



Let's face it, outdoor dining under the stars is just romantic! Follow the instructions in the next article about Romantic Dinners At Home but set it up outside. If you plan it when a full moon is above, it just doesn't get any better. Check the Link for a great sun and moon phase calendar.

Be sure that your candle holders on the table are covered on the sides so the flame doesn't blow out. Put dimmer switches on any outdoor lighting, dim it down just right and you are almost there. Are your twinkle lights working? How about the floating candles in the pool? Are they lit? Is your romantic music ready so you don't have to worry about changing it later? Well, if you've made it this far, you're just about ready to go.

THE PERFECT PROPOSAL

The stars glistened brightly the night I proposed to the love of my life. It was a special night, as we had met exactly three years earlier to the day.

A romantic candlelit table was set on our outdoor patio, the menu; Roast Duck L' Orange, the same meal we had the night we first fell in love. The swimming pool was illuminated lightly in the background, a blue filter over the pool light was dimmed to create a mystical glow two fathoms below. Floating candles shimmered amidst the light ripples of the water, casting soft shadows on the Grecian pedestals topped with ferns strategically placed around the pool.

Cabana curtains draped across three pillars blew lightly in the breeze as did the white twinkle lights in the trees. "Sway" by Dean Martin played on the outdoor speakers hidden beneath the palms, and an artificial pond lit by a small red spotlight created fairy-like reflections on the black granite waterfall.

Dinner began with a Kir Royal' Champagne cocktail and was followed by a delightful wine. We toasted the night away and without question, Love Was In The Air!

As the full moon rose above us and Frank Sinatra crooned; "*The Best Is Yet To Come*," I proposed...

and without hesitation she said... "Yes!"

ROMANTIC CHAMPAGNE COCKTAILS



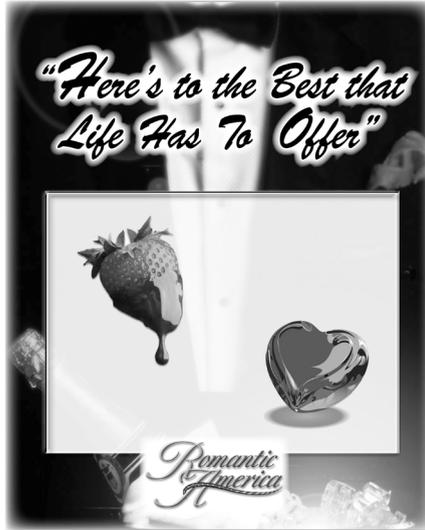
The Bellini ~ Here is a real romantic treat that originated in Harry's bar in New York: Find two or three white peaches, cut out the seeds and then put the peaches in a blender with Champagne.

Kir Royalé ~ Champagne is always fun, but a Kir Royalé takes the experience a step further. Pour a small amount of Chambord (a raspberry liqueur) into the bottom of the Champagne glass, follow with Champagne, (or, reverse the order) and a twist of lemon.

Mimosa ~ A combination of champagne and Orange Juice. Perfect with an inexpensive champagne while allowing you to pace the evening.

Note about Chambord: A large bottle of Chambord can run around \$30.00+ and unless you use it a lot (Good for you if you do!) it may just sit around gathering dust. However, you can purchase a smaller bottle for considerably less. Ask your friendly liquor store clerk.

Be sure to toast to:



LIFE IS A PAJAMA PARTY

There is a lot of value in doing nothing when at home. Comfy “Jammies”, a silk robe, and a desire to forget the rest of the world exists, are all you need to savour very special moments in time.

Go to bed early and sleep late. Turn off the phone, rent romantic movies, buy bubble bath and massage oil, Champagne, wine, or sparkling cider and groceries. Close the curtains, light the candles, and leave the world behind!

ROMANTIC “AT HOME” THEMES

♥ Do a “Romantic Valentine’s” at home and create your own private theme party. Begin by dressing up in your nicest clothes and then watch a sunset together on a lake or picturesque setting. Come back to your place and try one of these themes...

♥ A wine sampler theme with cheese, crackers and fruit. Taste wines together and pretend you are touring the wine country.

♥ Have a Holiday in the Caribbean ~ Set up an indoor picnic or romantic dinner in front of the fireplace complete with beach blanket, sun tan lotion and Champagne.

♥ Buy a sleeping bag for two or set up blankets and pillows and camp out in front of your fireplace or in your backyard. If inside, use your couch cushions, if outside, use a blow up mattress.

♥ A candlelight dinner in the privacy of your own home is probably one of the nicest experiences a couple can share together. Soft background music, Champagne, wine or sparkling cider and an easily prepared meal are all part of this relaxing evening. Follow your dinner with a candlelit bubble bath, soft fluffy towels and a tender massage in front of a fireplace. Your mood is now set for unforgettable memories.

♥ Be sure to soak strawberries in cognac overnight, then pour Champagne over them and enjoy while during dinner, a massage, or when taking a bubble bath together. Don’t forget the candles!

♥ Jungle Boogie. Set up your living room with plants and jungle themes stuff. Play the Hunters ~ Soundtrack from Discovery Channel TV Series. I promise you will get in the mood. Perfect if you’ve just spent the day at the zoo.

 *Romantic Music* 

Take a step back to the 30s and 40s with:

A Little Touch of Nilsson in the Night ~ Harry Nilsson
As Time Goes By ~ Brian Ferry

LETTING YOUR RELATIONSHIP GROW

by Mike Delaney

Hold hands. Everyone craves human contact, and it is reassuring, especially when the contact is initiated by someone you adore.

Lack of self-acceptance and self-love hinders your power to create romantic and intimate encounters with another. Foster your “Romantic Quotient” (That’s right, your R.Q. instead of your I.Q.) by first nurturing yourself, building your esteem so that you can be mentally free to flirt and reinforce the bond with your intimate other, solidifying that he/she plays a central role in your emotional satisfaction- partners want to know they are needed.

Relationships are an unending process of discovery and growth within ourselves and the lives created with partners. The more you accept and love yourself, the more encouragement you can give to your sweetheart (Important!). Loving interaction emerges when demands are not placed upon each other. It takes practice to feel totally free within your partnership and it requires security within yourself ~ the same kind of security that allows one to feel self-reliant.

CHOCOLATE COVERED STRAWBERRIES

A special treat at home and perfect for a pool or beach excursion:

Purchase ripe strawberries, chocolate and / or butterscotch chips, and milk. In a double boiler, or 16oz miniature crock-pot, melt equal amounts of the chips and add milk sparingly until smooth. Stir frequently. Rinse strawberries and pat dry with paper towel. Dip into sauce and lay on a plate or wax paper. Refrigerate and serve at room temperature with Champagne.



Bon Appetite!

How to make a Homemade Double Boiler: Find two pots that fit into each other, (the smaller one should have handles that rest on the sides of the larger one) fill the large pot with water so that about half of the smaller pot sits within the water. Heat until warm (do not boil) and put chocolate in small pot, stirring frequently.

USE EXTREME CAUTION!

Once you have savoured a chocolate covered strawberry followed with a Champagne kiss, you may experience extreme erotic stimulation. If the Sinatra songs, *The Best Is Yet To Come*, or *Fly Me To The Moon* are playing, you may never come back to earth again. Romantic America assumes no responsibility for this deadly combination of chocolate and Champagne!

A RECIPE FOR ROMANCE IN 5 EASY STEPS

1) Send your sweetheart a personalized invitation to enjoy a semi-formal (or casual) romantic dinner at home.

2) Prepare A Romantic Dinner complete with dessert.

3) After dinner, turn the lights down low, open a bottle of Champagne, light a fire in the fireplace, and watch the movie: Don Juan DeMarco.

4) Dance to the title song “Have You Ever Really Loved A Woman” by Bryan Adams, which is featured right after the movie. A night of romance is guaranteed! And of course the fifth step...

5) Elvis does a great version of “Love Letters” on his Heart and Soul LP. If followed by the aforementioned song “*Have You Ever Really Loved A Woman*” you will discover a perfect blend of two wonderful Love Songs. With these two songs in hand, this is the perfect opportunity to record a Romantic Playlist with your partner, easily initiated by saying,

“Remember that song from the movie Don Juan DeMarco? Let’s make a Romantic Playlist...”

Be sure to dance while the songs are playing.



THE PERFECT MASSAGE

Take massage lessons together or buy the book or Kindle version of *The Art of Sensual Massage*.

Take a candlelight bubble bath and then give each other sensual massages with warm massage oil. Purchase some fragrant massage oil (almond, is a favourite!) and warm it slightly in the microwave, light a bunch of candles, put on mellow music and practice assorted techniques until you get it right. Be sure to have on hand soft cushy towels and a spray bottle with alcohol for an enjoyable, after massage wipe down.

A sheet on top of the bed protects the bed cover from the massage oils sinking in.



- Nice touches after the massage: A mink glove rubdown highlighted by a string of pearls (available at any women's accessories shop or keep an eye out a Thrift Stores) drawn along the curves of the body. A sensual experience to share with a loved one!

PERFECT MASSAGE MUSIC

Rivers Gonna Rise ~ Patrick O'Hearn: New age music perfect for sensual massage sessions.

Enigma MCMXC: All CDs are sensuous and hypnotic, especially this debut LP.

Mediterranean Romance ~ An exotic trip into a dreamy world of love. Perfect for massage or bubble bath for two.



- ♥ Turn out all the lights, light candles and listen to some soft music.
- ♥ If you have a fireplace, light it and sip some brandy or wine.
- ♥ Bake cookies together and share the bowl licking, raw dough eating chores.





CRAZY ON YOU

INSPIRED BY HEART



♥ Introduce your partner to friends or new acquaintances as “The man/woman of my dreams”. You are guaranteed to get a smile from everyone with hearing distance.

♥ Plant a tree together. Make plans to come back every five years to mark how your love has grown. Be sure to carve your initials in the tree when it is big and strong.

♥ When going out for the evening, give each other a hug at the door.

♥ Gents: Bring her a rose or flower once a week, and then surprise her with a large bouquet or a dozen roses.

♥ Ladies: Buy him a plant or a flower to show how much you care. When presented with flowers, always reciprocate with a hug.

♥ The next time you share a bottle of wine or Champagne with someone special, sign and date the cork. If you're careful, you might even have room for a little comment about the evening. This makes for a spicy, take-home memento of your time together... and in this case, two bottles are better than one!

♥ Massage your partner's neck with one hand while walking down the street.

♥ Slip a message into her purse or his wallet or, stick one to the steering wheel of their car, reading something simple, like "When you read this, think about me", "*Would love a phone call today*", or, "*Can't wait to see you tonight!*"

♥ Write an entry in your "DEAR DIARY" describing a romantic date you fantasize about. Include every detail, mail it to your sweetie, or, leave it lying in a place sure to be discovered.

♥ Buy a lottery ticket, put it in an envelope, enclose a piece of nice stationary with only one word in the middle of the page that reads...PARTNERS

♥ Mail a homemade Valentine to your sweetheart in AUGUST or any other month other than February.

♥ Picnic and Wine ~ There is no better way to spend a romantic day than touring wineries with your sweetheart. Pack a picnic basket, bring a nice tablecloth and search out picnic spots at a variety of wineries. Purchase a bottle of your favourite wine and take in the beautiful scenery (be sure to bring a camera). Unforgettable memories are guaranteed.

♥ Looking for a good alternative to that back rub your lover wanted? First, put in a couple minutes of rubbing time, then, with your finger, slowly trace on their back the words...KISS ME, and see what happens

♥ Peace and quiet and good company can make for a very romantic evening....bring out a bottle of Champagne or sparkling cider, a plate of cheese and crackers, throw pillows and a few strategically placed candles and you have the setting for a potentially stimulating evening as you read to each other..

MOTHER NATURES' RECIPES FOR ROMANCE:

Rainy Days And Sundays ~ Part II

OK, so the weather forecasts lots of rain. Don't let it ruin a perfectly good day off. Rain can be very depressing or it can be very refreshing. Consider trying out fun ideas to turn stormy weather into a unique and romantic experience:

♥ Take a walk together without an umbrella and stomp in the puddles.

♥ Make a cup of hot tea, hot chocolate, or coffee and drink it with some cookies.

♥ Play scrabble or some other board game. Make up new rules and giggle.

♥ Flowers For Your Sweetheart ~ Map out a course you would like to drive with your sweetheart with a romantic destination at the end. Call ahead to 3 or 4 flower shops along the way and order a single rose/flower at each shop, pay in advance and ask them to have the rose ready at a particular time. When you go on your journey, stop at each individual business, park the car in front of the flower shop, tell your sweetheart "Be right Back". Run in, pick up your flower and present it to your lucky love, then... on to the next stop!

FIFTH DEGREE SLAVE TO LOVE

Yes, it was worth the wait! How can you top your first night together? Simple! Now it's time to perfect the area(s) you'll be spending a lot of time at. Bubble baths, Breakfast in Bed and doing sexy things together take the relationship to a new level.



#5 SLAVE TO LOVE

THE ART OF THE BUBBLE BATH



In a modern society with so many people constantly on the go, here is wonderful info that allows you to set the troubles of the world aside, The Art Of Taking A Bath has been somewhat forgotten. However, with a little bit of planning, you can soak your troubles away and gain a new perspective of life, and or clear your mind, refocus, and let your body enjoy a bit of pampering.

It is this authors contention, and experience, that a comfy bubble bath gives you the opportunity to reflect on the pleasures of life.

Here is ALL the information you need, step by step, on how to prepare ~ and take ~ the perfect bath!

SETTING THE MOOD

♥ Bring your bluetooth speakers into the bathroom and play your favourite soft and relaxing music from your device. Be sure to keep it out of the reach from the water as you don't want it accidentally falling into the bath.

♥ Install dimmer switches in your bathroom (and throughout the house)

♥ Turn off the phone, put a Do Not Disturb sign on your door, make sure the stove is turned off.

ACCESSORIES



♥ Bubbles have come a long way since the days of Mr. Bubble. There are a variety of soothing bath, and body oils that invigorate your skin and sense

♥ Warm fluffy towels are a must. Especially, if they have just come out of the dryer.

♥ An assortment of candles to set the mood can be placed throughout the bathroom and around your tub.

♥ A good book or magazine allows the opportunity to get lost in a good story or article. Or, if you want to tickle your funny bone, a copy of Mad Magazine is a great bathtub reading companion.

♥ A tray that runs across the tub is perfect to set a book on as well as a glass of wine, a cup of tea or hot chocolate.

♥ Fluffy Bathrobes

THE ART OF ROMANCE

THE BUBBLE BATH EXPERIENCE

Once you have set the temperature to your liking, put all of your cares aside and enjoy the uncomplicated atmosphere you have just created. As the water gently envelops you and you close your eyes and sink into the safe confines of your tub, close your eyes, take a couple of deep breaths, and forget the rest of the world exists. Don't be surprised if you doze off into a dreamy world of comfort.

If you have a window by your tub, open it and let the fresh breeze in while soaking. If your bathroom looks over a garden area, consider planting a colourful garden of flowers and trees so you enjoy a pretty view while soaking.

And remember... A truly seasoned bathtub professional can turn the faucet with their toes!

THE ART OF THE BUBBLE BATH FOR TWO

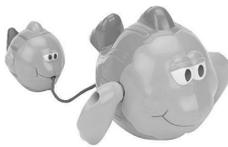
This info is guaranteed to complement any relationship!



There is nothing nicer than soaking in a large tub for two. Make it a part of your daily routine, and you will be surprised how much fun you can have!

First, review the info in “The Art Of The Bubble Bath” and set the mood with candles. Then incorporate a bubble liquid that allows you to make bubble mountains, hairdos, or beards. When shopping in novelty shops or toy stores, keep an eye out for fun bath toys such as a rubber ducky (a must), wind up boats, penguins, fish, or anything else that floats.

If you are in creative mode and have a large comfortable tub, bring a TV in the bathroom and watch a romantic movie.



♥ Don't forget “Chocolate Covered Strawberries!”



♥ Text or e~mail messages to your sweetie during the course of a busy day. This can be a teasing flirtation and promises the possibility of a reward when coupled with the (potentially) more enticing personal contact to follow. This is the perfect time to suggest a romantic walk or dinner

THE ART OF THE PERFECT FEATHER BED



Many people are so accustomed to sleeping in a regular bed, that unless you've traveled and experienced feather bedding, pillows and comforters in a Bed and Breakfast inn, you just don't know what your missing!

Inviting and sensual beds are an integral part of any intimate relationship. Combined with mood lighting, candles, a good stereo, romantic music, and perhaps even a TV to watch sexy movies, quite honestly, it just doesn't get any better than this! Once you perfect your bed, you may be surprised how many days you spend in bed and blow off the rest of the world. Don't forget Breakfast in Bed!

A wonderful Feather Bed is nothing short of heavenly! Basically it is like a giant pillow on top of your mattress, about 8" thick, and quite honestly, like sleeping on a cloud.

Considering that more than half of your life is spent in bed, we feel that there is nothing wrong with going to great extremes

to create the perfect bed. The fact is, no matter how much a mattress company promotes how comfortable their bed is, nothing beats a great night of sleep in a featherbed. Here is what we have done to create the perfect sleeping experience.

FIVE STEPS TO THE PERFECT BED

1) Buy a nice firm mattress that you know you will be comfortable on. When testing it out in a store, bring your favourite pillow and blanket, stretch out, and see if it fits your needs, even if you have to lie on it for 15 minutes or more. Don't be embarrassed by the presence of sales people or other shoppers. You will be spending a lot of time on this mattress and let's face it, once you buy it, it's not that easy to get rid of.

2) Buy a feather bed and feather comforters. The difference between the two is simple:



A featherbed is a big thick comforter (usually about 5 - 8 inches when fluffed) that you put your sheets on top of.

THE ART OF ROMANCE



A feather comforter is like a blanket and 1 - 2 inches thick that make a wonderful cover.

3) Place the feather bed on top of your mattress and cover with a foam cushion about 1" thick which helps to keep the perfect amount of firmness. Make sure it is slightly smaller than the comforter. Then place a couple of old blankets or feather comforters on top and tuck in the sides.

4) Now cover with your favourite sheets and then finish it with one or two regular feather comforters. Your bed should now look like giant marshmallow!

5) Feather comforters and pillows are the next step. Keep an eye out for sales at the local department stores, it is likely you will find a good price. Two or three per person make this heavenly experience complete. You are now ready for the perfect night of sleep.

NOTE: Because the above takes up a lot of space, your sheets may be a tight fit. The solution is simple: If you have a Queen bed, buy, King Sheets. If you have a King bed, buy California King sheets which are slightly larger.



♥ Special Treats For A Special Lady ~ Leave Hershey kisses on her pillow, brush her hair at night before going to bed, warm her bathroom towel in the dryer, or send a card 'Just Because.'



Dirty Dancing ~ Still an all time favourite!

WHERE TO BUY YOUR FEATHER ACCESSORIES

I have found that most of the bed stores don't carry a true featherbed because of the space it takes up. You can order them on line, so check out what's available. Remember this. If your money is tight, you don't necessarily have to buy really expensive ones, especially if you follow step 3.

Feather comforters and pillows are readily available at any number of department stores and on-line. Overstock.com has a good choice as does e-Bay

Pacific Coast Feather Company to me, has the best quality feather pillows around but they tend to be a little pricey. Look for sales at stores or on-line

Your best bet is to wait for a good sale to stock up. Feather pillow prices can range from inexpensive to medium prices to

THE ART OF ROMANCE

“\$200.00 for a pillow... are you out of your mind?” It truly is up to the individual, so just test it out in the store and see what fits your budget. There are many on-line deals. Watch out though, some pillows say feather on them and in small words say will say “Foam & Feather”. These are not true feather pillows.

PROPER CARE OF YOUR FEATHER BED

For some reason, some manufactures recommend airing your feather beds in the shade rather than sunlight. This makes no sense to me, because my feeling is a goose will fluff and freshen its feathers in the warm air and sunlight so what’s good enough for the goose, is good enough for the gander.

At least once a week, I lay my featherbed and hang my pillows and comforters in the sunlight. Whether it is sunny or not, The feathers seem to air out and fluff and freshen up right before your eyes. If you live in an apartment or don’t have access to outside lines, a 15 minute fluff in a warm dryer does wonders for the feathers. Be sure to throw a tennis ball in during the cycle as it helps to fluff up the feathers. Once you remake your bed, jump into it with your partner, it is easy to imagine what floating on a cloud is like!

And remember: *Happiness is warm feather bed!*

MOTHER NATURES' RECIPES FOR ROMANCE:

Rainy Days And Sundays ~ Part III

One of the best ways to spend a rainy afternoon is to just stay at home, bring out your old record or CD collection or, go though your songs on your smartphone and make your own personal Romantic Playlist. Then dance to it afterwards (or while you're making it).

Consider purchasing a relatively simple puzzle (complicated ones are too frustrating - trust me), buy a bottle of Champagne and assorted cheeses and sit in front of the fireplace for timeless memories.

There's a lot to be said for an intimate Champagne bubble bath and then snuggling up in front of the fireplace in your "Jammies" afterwards. Light candles, play soft music, warm massage oil in the microwave and give each other a massage in front of the fire. If you're lucky enough to have a big ol' thunderstorm going on in the background with heavy winds and rain, consider yourself fortunate that you have nothing to do but enjoy the company of your sweetheart.



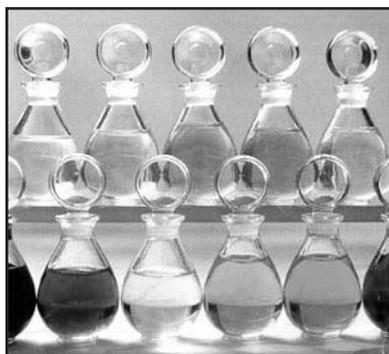
♥ Write an entry in your "DEAR DIARY" describing a romantic date you fantasize about. Include every detail, mail it to your sweetie, or, leave it lying in a place sure to be discovered.

ROMANTIC AROMATHERAPY

by Sue Hecht

Romance is a wondrous thing. It is your Soul calling you to respond to beauty. The American Heritage Dictionary says that romance is “An ardent emotional involvement characterized by a high level of purity and devotion”, something heroic, adventurous, or strangely beautiful. A leisurely romantic day or evening can begin, or end with, a bath or a massage, both of which can be enhanced by the use of aromatherapy or essential oils.

WHAT IS AROMATHERAPY?



Our sense of smell is vital to our awareness, and it is this sense which has the closest link to our emotions. Feelings can be triggered quickly through this sense because it bypasses the logical part of the brain. Essential oils enhance the physical, emotional and spiritual bodies and inspire a feeling of well-being. Did you know that in ancient times, Biblical prophets

used essential oils and the three wise men brought the oils of frankincense and myrrh to the Christ child.

Many oils sold even in health food stores have been diluted with chemicals and preservatives and their effectiveness is limited. The smell of the oils can be a clue to their potency. If the oils have been diluted, they will not smell as strong or as pure. There are only a few companies dedicated to providing the purest oils.

Recommended Reading: Two excellent books on the subject are *The Art of Aromatherapy* by Robert B. Tisserand and *Aromatherapy for Women* by Maggie Tisserand (yes, they are husband and wife). They provide lots of information including some useful blends.

AROMATHERAPY IDEAS

Turn your Bedroom into a Boudoir ~ Cleopatra never had it so good. Diffuse or liberally sprinkle some of your favorite oils around the bedroom (on lamp rings or a few drops in a candle).

A Bathing Happening ~ Sprinkle some of your favorite oils into a hot bath and feel the magic as you immerse yourself into this wonderful world of scent. Light some candles, dim the lights, listen to some relaxing music, and enjoy a tub for two.

Massage On ~ A massage between lovers is a wonderful experience and the use of essential oils can intensify the already pleasurable feelings that emerge. Some sensual or aphrodisiac oils (oils that can heighten your experience of pleasure when combined together): ylang-ylang, jasmine, rose, patchouli, clary sage, sandalwood, bergamot.

BREAKFAST IN BED

Is one of the most exciting and wonderful sensations following a night of intimacy. A quick shower before dining followed by a long one together afterwards is always special. A breakfast with fresh juice, muffins, eggs, coffee and Champagne is always appreciated. Served on a tray with china, nice silverware, cloth napkins and a flower in a vase are very special touches. A great way to start a lazy day or to use as an excuse to stay in bed all day enjoying each others company.



CHAMPAGNE FOR BREAKFAST

♥ Leftover Champagne from last night? Seal the bottle before you go to bed (a paper towel works well), and in the morning, mix with equal amounts of fresh squeezed orange juice. Even if the Champagne is a bit flat, this is a wonderful way to start a lazy Sunday morning. Serve with breakfast in bed and enjoy a lazy day together.

♥ The Bellini ~ Here is a real “Romantic Treat” that originated in Harry’s Bar in New York. Find two or three white peaches, cut out the seeds and then puree the peaches in a mixer with Champagne. A savory experience that is sure to please!



♥ Mimosa ~ A combination of Champagne and Orange Juice. Perfect with an inexpensive champagne while allowing you to pace the morning.

*And remember...
Use Your Imagination*

A SECRET FORMULA OF LOVE

First, you have to be in love with the person you are with. Keep the lines of communication open and do things together, even if it’s the dishes. Go away for a weekend together. If you have a tight budget, a suburban motel is fine if that is all you can afford, surroundings aren’t always important, especially if you need to “Get-a-way.” Bring your favorite pillows and blankets and mood lighting. You would be surprised what a little tenderness and kissing can do to get you in the mood. The important thing is that you are spending quality time together.

10 SEXY THINGS TO DO



- 1) Soak fresh strawberries in your glass of Champagne and then share strawberry kisses.
- 2) LADIES....Put on your favourite shade of BRIGHT lipstick and give the mirror in his bathroom or the drivers window on his car a BIG KISS!! Or, stuff one of his bed pillows into a lace teddy (you know, the one you wore the night before!!) attach a note that says "THINK OF ME!"
- 3) Leave a long stemmed rose to be discovered... In the bottom of the bathtub ~ On a pillow tied to a toothbrush.
- 4) Spray some cologne or perfume on your lover's pillow and put a sexy card or note underneath. Although, even without the note, the memory of the night before will be drifting through their dreams all night - guaranteed!
- 5) Want to give someone a particularly memorable kiss? Add some steam to the atmosphere by outlining just your lovers lips

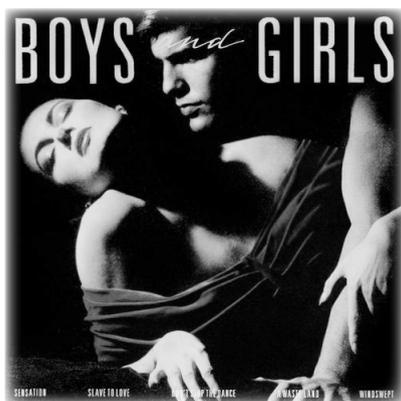


- 6) Set up your living room in front of the fireplace like you were at the beach. Spread a blanket out, plants or palms, sprinkle glitter on them and the surrounding area and set out a picnic with Champagne. A record of the ocean or even the Beach Boys for background music will do nicely. Strategically place stuffed birds or animals around the room can add some additional fun.
- 7) CONSERVE WATER ~ Join your sweetie in the shower, but try a different twist to this romantic interlude. Put on a washable teddy (gals) sexy underwear (guys) and then step into the steam ~ guaranteed to fog up the bathroom mirror!
- 8) Gents: Bring her a rose or flower once a week, and then surprise her with a large bouquet or a dozen roses. Ladies: Buy him a plant or... a flower to show how much you care. When presented with flowers, always reciprocate with a hug.
- 9) When going out for the evening, give each other a hug at the door. GENTS: If you live together, leave the house once you are ready, then come back to pick up your lady with a knock on the door and a flower in hand.
- 10) Take massage lessons together or buy the book on Kindle: The Art of Sensual Massage.



SLAVE TO LOVE

INSPIRED BY BRIAN FERRY



♥ Romance At Home ~ A candlelight dinner in the privacy of your own home is probably one of the nicest experiences a couple can share together. Soft background music, Champagne, wine or sparkling cider and an easily prepared meal are all part of this relaxing evening. Follow your dinner with a candlelit bubble bath, soft fluffy towels and a tender massage in front of a fireplace. Your mood is now set for unforgettable memories.

♥ The Bellini ~ Here is a real “Romantic Treat” that originated in Harry’s Bar in New York. Find two or three white peaches, cut out the seeds and then puree the peaches in a mixer with Champagne. A savory experience that is sure to please!

- ♥ Microwave Massage: Just before you give a massage, put some oil in a nice bowl, pop it in the microwave for 15 ~ 30 seconds, and let your fingers do the walking.
- ♥ Take a nap together in mid-afternoon. It may be more romantic than going out that evening. Then have breakfast in bed ~ at night!
- ♥ Hire a limousine to take you to dinner, the theater, or just be chauffeured on the “Road To Nowhere”.
- ♥ Cook a dinner together in the seclusion of your home and prepare an individual course each. While cooking, set the mood with candles and romantic music.
- ♥ Pick each other up in a cozy bar. Give each other the eye while one person sits at the bar and the other at a table. Send the waitperson over with a drink and then play a game of subtle (or not) seduction. Wind up together at the table and whisper soft romantic words to each other.
- ♥ Soak in a hot tub. There is a lot to be said for being wet and warm together. You share an intimate setting that allows you to look in each others eyes. Afterwards, give each other a massage in the privacy of your home with candle light, soft music and warm massage oil.
- ♥ Looking for a good alternative to that back rub your lover wanted? First, put in a couple minutes of rubbing time, then, with your finger, slowly trace on their back the words...KISS ME, and see what happens.

♥ Sweeten Up The Evening ~ Stop by a candy shop and have a truffle wrapped in foil and tied with ribbons. Sneak in and leave it on his or her pillow.

♥ Peace and quiet and good company can make for a very romantic evening. Bring out a bottle of Champagne or sparkling cider, a plate of cheese and crackers, throw pillows and a few strategically placed candles and you have the setting for a potentially stimulating evening as you read to each other.

♥ The 12 Days of Christmas (or any other time of year)

Give your sweetheart a custom made card and a small gift each night beginning on December 1, i.e.: a post it pad with a cute saying, a fancy pen, a small box of candy, etc.. Make a duplicate of one of the cards. On the 12th day of Christmas, tell your partner that if they can remember which two cards were the same, they will win another gift. The prize; a romantic dinner out, a sunset picnic, a weekend getaway, or me! Be creative. You can also do this 12 days before a special event; birthday

SIXTH DEGREE

THE RHYTHM DIVINE

Time to create memories that will last a lifetime. Plan romantic getaways, memorable driving adventures and just enjoy time spent together. Chapters 7 – 13 now take you gently to *“The Rhythm Divine.”*



ROMANTIC GETAWAYS



There are times when a romantic getaway far from the city or home is an absolute must! Keep the lines of communication open and make plans to go away for a weekend together. If you have a tight budget, a suburban motel is fine and while in the area, check out the local B&Bs for a future date. Find a map of the area and ask the locals about memorable country drives. Mention that you are in search of unforgettable picnic destinations, and you may see a twinkle in their eye and a smile

on their lips. Don't forget to keep an eye out for a potential sunset spot.

If you can work on weekends and take a day off during the week, do so whenever possible. You would be surprised at how few people travel during the week, or in the off season. Call different establishments and you may find discount rates or mid-week romance packages. Now you have an excuse to spending quality time together.

VACATIONS & REALITY

The hardest thing about a romantic getaway is coming home to real life. There is no question in this author's mind that a minimum of a three day vacation / break allows you the opportunity to truly unwind. Rest assured that by the third day, you are in the niche of letting go of your problems and forgetting the rest of the world. When you return from your trip, try to plan your schedule so you don't have to work the next day. This allows you to compose yourself, and slowly get back into the groove while puttering around the house finishing easy projects. Before going to bed, continue your Romantic Rendezvous with a candlelit dinner while sharing pleasant memories about the experiences you have just shared.

ROMANTIC LODGINGS

Bed and Breakfast Inns are a delightful way to spend a day, weekend or week when an escape from everyday life is desperately needed. Honeymoons, anniversaries and special events are the perfect avenues for using B&B's as an excuse to enjoy life to the fullest. Proprietors at these establishments assure that you are comfortable and relaxed, so enjoy the extra attention.

Many people believe that all B&B's are decorated in a Victorian motif and have shared baths. Not always so! Most offer a wide variety of decor and styles that will please even the most critical traveler. Very few B&B's have a shared bath, and on the average, have private bathroom with a charming decor. An excellent place to begin a romantic adventure!

Note: Although Victorian decor may not be your thing, it is a true step back in time to see how well-off people once lived and made do with the technology of the day.

Because B&B's are not always everyone's cup of tea, Hotels and Resorts are nice diversions also. Some prefer the extra amenities a fine property can provide, while others prefer to save money by using a reasonably priced inn / hotel. This way, travel monies can focus on dining experiences and local attractions and your escape need not be a burden to your pocketbook. So have no fear...you don't have to have a lot of money to have a great time!

CHILDREN & ROMANTIC GETAWAYS

Although children are allowed at some B&B's and most hotels, keep in mind that the purpose of your visit is to enhance your relationship and give you the chance to be alone together. Just about every couple knows someone who won't mind taking care of their children for a day or two, especially if you explain to them the desire of spending quality time together

SPEED LIMITS AND DRIVING

Watch out! Driving nicely maintained roads with can be misleading, especially in today's cars when driving 60+mph might only seem like 40 mph. The days of oncoming traffic flashing their lights when they see a speed trap seem to be over (it's true, people used to do that in that through the 90s!).

Nothing ruins a drive than a speeding ticket so allow a lot of extra traveling time, plug in your favourite CD, set your cruise control and enjoy the scenery. If someone's on your tail, pull over if possible and let them pass.

THE ART OF A CLAW FOOT TUB BATH

What Is A Claw Foot Tub?



In the mid 1800s, the newly developed cast iron bathtub with claw shaped feet were prominent in households of the wealthy, or above average incomes.

During this era, heated water capabilities were limited (or non-existent) in which case water was heated on a stove in a large pot and poured into the tub. The cast iron tub was very unique in design as the metal absorbed the heat of the water, keeping it warm and comfortable for a considerably longer duration than the fiberglass tubs of today.

THE EXPERIENCE

Personally, I prefer a relaxing bath in a claw foot tub over a Jacuzzi tub and feel that anyone who appreciates a good soak, should try a cast iron tub at least once.

Fortunately, many Bed and Breakfast inns ~ especially those built in the 1800s or early 1900s ~ have claw foot tubs in at least one of their guest rooms, making this an experience still pursuable in modern society.

The trick to a wonderful soak is simple..

Fill the tub halfway with hot water and let it sit for a few minutes, allowing the cast iron to absorb the heat. After that, run cold or luke warm water until the temperature is to your liking. The beauty of these tubs is the ergonomically design which seems to envelope the contour of your body, allowing you to relax in a comfortable position.

Now that you have the tub set just right, [click here](#) for information on The Art Of The Perfect Bubble bath.

TIPS FOR ROMANTIC TRAVELERS

Pilot To Copilot

When exploring new horizons in your car, your partner should be a good navigator who is well versed in using your cars GPS. Allow yourself plenty of time to get to your destination so you aren't rushed. Have a playlist on hand that will complement the drive. Be prepared to explore and take an occasional detour. There's nothing worse than rushing in a lot of traffic and getting all stressed out.

In the old days, we would get a good map and a highlight marker, plan out our route and then search out new adventures. The beauty of not having GPS then was that if we missed the street, we could turn around and go back. While doing so, some of the best places we found where by accident or down roads with signs that say No Outlet or Dead End (when in the country that could mean 5 - 10 miles down the road).

THE ART OF ROMANCE

Do you see an interesting road or landmark while you're driving to your destination? Check it out, you never know what you may find.

For the adventurous with no destination in mind, you would be surprised at the discoveries you make when you just drive down a scenic country road (look for signs with neat names). Keep notes on which roads you turn on in case you get lost, or don't be shy about asking for directions, especially in the country where people are a lot friendlier. You are generally able to raise a smile from a stranger when you openly admit "Not only am I lost, but I'm really lost!" or "I don't have a clue as to where I am!, Can you help me out?"

Gents: Nothing tees off a woman more than when you are stressed when driving and doing dangerous moves or cursing at other drivers. You'd be surprised at how much a little patience pays off with your partner. ***Be Cool!***

ROMANTIC CAMPING



A romantic camping excursion need not cost a lot of money, especially if you already have camping gear. If you only camp on occasion, purchase the necessities at a discount chain store. Here are the essentials:

- ♥ A tent large enough to stand in.
- ♥ An inflatable mattress and / or a minimum of +” padding to sleep on. Sleeping bags are optional since you can bring a pile of blankets and comforters to cuddle up under.
- ♥ Flashlight/Lantern with extra batteries
- ♥ Portable gas stove, pots, pans and eating utensils from your kitchen
- ♥ Unless you were a Scout, buy a few of those fake logs that are easy to light, stack regular firewood around it, and you’ll look like a pro!
- ♥ Candles in an enclosed container (bug repellent candles are the best)

THE ART OF ROMANCE



♥ Matches, cooler filled with ice, and a box of Sanitary Wipes are essential!

♥ Bring your pillows and sheets to make a bed in your tent. This is very romantic at night when you open the tent flaps and look onto towering trees above. Or, be daring and sleep outside under the stars.

♥ Stock you cooler with goodies for lunch and dinner, and for breakfast, prepare Denver Omelets with green peppers, onions, tomatoes and cheese.

Note: I prefer camp sites with shower facilities, so consider this option when making reservations (which should always be made in advance). If opportunity allows, scope out potential campsites and campgrounds for future reference.

♥ I know this sounds like a lot of work but there's a lot to be said about being comfortable. If you've ever slept on hard ground in a sleeping bag you'll see the wisdom in this line of thought. Once you're all settled in under starry skies with a campfire going, you'll realize it was all worth it!

DRIVING ADVENTURES

Autumn Driving

There is a lot to be said for driving in many parts of the country in the Autumn months when the leaves of trees paint the landscapes with rich vibrant colours. In fact, it is amazing the amount of people who plan vacations and getaways around the expected colour changes in specific areas. Unfortunately, because the seasons are as not as consistent as they used to be (that big ol' hole in the sky is getting bigger!), and sometimes, months, or years, of planning disappoint travelers. Throw on top of that an endless stream of cars that take your concentration away and suddenly it's not so fun. If that's the case, pullover and enjoy the scenery or have a picnic.



Springtime Driving ~ An Alternative

Have you ever considered a Springtime driving adventure into the country? With little or no planning, a country drive on back roads and byways offers a glimpse into a magical world that is oft as not, taken for granted. As the trees, fields, flowers, and rolling hills come back to life after Winter, yellow / green hues accented by countless variations of light, medium, and dark greens, paint a picture never to be forgotten. Throw in a field of flowers and rolling meadows dotted with grazing cows or horses, and it just doesn't get much better than this



The real secret to these explorations is timing. If you explore during the early part of the week, you just may be the only car on a country road! Photo and pullover opportunities abound, so pack a picnic, bring a camera, and enjoy yourself! Don't forget to explore those roads that say Dead End or Road Ends. You may find secluded spots rarely traveled on roads that go for miles.

Keep in mind that when driving back roads, there are occasionally local drivers who have forgotten the beauty around them and sit on the tail of your car. The best thing to do is pull over, let them pass, and enjoy a leisurely drive while taking in Mother Nature at her best !

MOTHER NATURES' RECIPES FOR ROMANCE:

Sizzlin' in the Rain When Traveling ~ Part IV

When you travel and the weather forecasts lots of rain, don't let it ruin a perfectly romantic vacation. Rain can be very depressing or it can be very Refreshing... Consider trying out some fun ideas to turn stormy weather into a unique and romantic experience:

Take a walk together without an umbrella and stomp in the puddles. Make a cup of hot tea, hot chocolate, or coffee and drink it with some cookies. Play scrabble or some other board game. Make up new rules and giggle. Turn out all the lights, light candles and listen to some soft music. If there's a fireplace, light it and sip some brandy or wine. If there's a kitchen, bake some cookies together and share the bowl licking, raw dough eating chores. The important thing is you are spending quality time together.

Life Is A Pajama Party!

When traveling, lounge around in a comfy sofa or chair at you inn or hotel, watch an old movie on the DVD player or your computer, and then walk hand in hand while discovering the area you are visiting. Play cards, do a puzzle, read a story out loud and change some of the words



THE RHYTHM DIVINE

INSPIRED BY SHIRLEY BASSEY WITH YELLO



♥ Leave an envelope in your lover's dresser drawer and enclose a large feather from a local craft store and a message that says, *"You Tickle My Fancy"*.

♥ Do the Sunday newspaper cross-word puzzle in front of the fireplace, on the living room couch, in the garden, or at a park. It really doesn't matter if you complete it, it's the quality time you spend together. Be sure to bring the funnies. • Call your sweetie's work number and ask the person answering the phone to page your lover and say something to the effect of

*"Johnny, Debbie's on the phone
and she says She Loves You!"*

♥ This is guaranteed to get a rise from everybody within hearing distance (and send them home a little envious) and give your partner a nice little perk in the middle of his or her day. If there isn't a paging system, call and ask to have a written message left saying "I love you!"

♥ Text or e~mail messages to your sweetie during the course of a busy day. This can be a teasing flirtation and promises the possibility of a reward when coupled with the (potentially) more enticing personal contact to follow. This is the perfect time to suggest a romantic walk or dinner.

♥ Using a neon or brightly coloured piece of paper write a steamy message (tearing the paper into a heart shape is a nice touch) and then put this little love note into his or hers wallet, golf bag or in a spot where it is sure to be discovered the following day. Then sit back and wait for the phone to ring.

♥ Special Treats For A Special Lady ~ Leave Hershey kisses on her pillow, brush her hair at night before going to bed, warm her bathroom towel in the dryer, or send a card 'just because.'

♥ Going Out On The Town

Gents: If you live together, leave the house once you are ready, then come back to pick up your lady with a knock on the door and a flower in hand.

Ladies: Just as you are ready to answer the door, spray a touch of your favourite perfume just below your neck. Guaranteed to drive him wild!

♥ Go to a local airport, pick a gate, then kiss good-bye. Then, find another gate and do it again! Be prepared to explain yourself to the NSA just in case (it's not as fun as it used to be!)

P.S. for Gents: Whenever you pick up that special lady from the airport, always bring flowers or a balloon. You may be surprised at all the smiles and attention from complete strangers.

♥ A special touch for a Romantic evening ~ Put white Christmas lights around your bed or throughout your bedroom

♥ Get out your Elmer's glue, find some old magazines and use your creative imagination to put together an anonymous suggestive, fun, sexy "I WANT YOU BADLY" message using the letters and words you clip from the pages. Sign the letter in magazine print...

"In My Dreams, You Are The Wildest Lover"

As Always, YOUR SECRET ADMIRER

CHAPTER SEVEN ROMANTIC GIFTS



by Michelle Garmon

Women love to receive flowers for any occasion. It is especially fun to have arrangements delivered to her workplace, certain to be the “talk of the office” and sure to be pleasing. Another way to send flowers is to leave a small bouquet or one single red rose on your sweetheart’s car or front porch and start her day off with a smile.

THE ART OF ROMANCE

Photos always make a nice gift and can be very romantic, whether they are sophisticated, boudoir, black and white or colour portraits. Family portraits, mother or father and child, all make great anniversary presents. Favourite romantic songs, old movies or poetry books also make great sentimental selections.

Hobby related gardening books on roses (with a supplied rosebush) or reading material on other hobbies or interests also make excellent choices. A different twist to “bouquet” gift giving is the balloon bouquet or the cookie bouquet. Both are fun and unusual. Wrap your gift and make it stand out in originality. Packages, stuffed animals, flowers, candy or just about anything can be wrapped inside a balloon with confetti, proving very unusual and a show stopper.

Gift certificates are always nice to receive and can be purchased for just about any product or service. Some great ideas include pedicures, manicures, facials, his or her massages, comedy clubs, clothing, dance lessons, etc. For him, certificates for golf rounds, one day cruises, sporting events, wine tasting, seminars, etc. Gift giving is always a pleasure and shows any special someone that you are thinking about them.

WEDDINGS & ANNIVERSARIES



Depending on your budget or desires, weddings can be extravagant events or as simple as a delightful ceremony in a favourite park. Often times the simple and uncomplicated ceremonies outdoors are the best.

And of course things do go wrong at times (someone once told me to expect at least three things to happen during the ceremony), so make the most of the situation and savour the memories forever.

For an ideal small wedding, make arrangements for you and your guests to reserve an entire B&B for a weekend (of course, take the honeymoon suite for yourself). People will remember

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your special day for years to come!

Anniversaries are a special opportunity to do something nice for that person you love. It's your chance to let your partner know how happy you are, not only that you are together, but that you are still together. Anniversaries are a great occasion to put your creativity to work and plan a romantic outing for just the two of you. The date is already set, and special moments always seem more alive on this day. Going the extra mile will show your lover just how much you care (now if you could just remember the date!).

WEDDINGS AND ANNIVERSARIES GIFT GIVING

The following is a list of traditional and contemporary ideas for anniversary presents:

1st:	Paper ~ Clocks
2nd:	Cotton ~ China
3rd:	Leather ~ Leather
4th:	Fruit / Flowers ~ Appliances
5th:	Wood ~ Silverware
6th:	Candy / Iron ~ Wood
7th:	Wool / Copper ~ Desk Sets
8th:	Bronze / Pottery ~ Linens / Lace
9th:	Pottery / Willow ~ Crystal / Glass
10th:	Tin / Aluminum ~ Diamond Jewelry
11th:	Steel ~ Fashion Jewelry
12th:	Silk / Linen ~ Pearls

ASTROLOGY GIFTS BY THE PLANETS:

LOVING: THE ASTROLOGICAL ELEMENTS

by Mike Delaney

Love is one of the deepest human emotions. The specter hanging over our shoulders whispering, “no one really cares” is disturbing because instinctively, we know love IS what it’s cracked up to be, something worth fighting for, risking everything for. The truth is we are too selfish to let a chance go by.

Sharing time with your sweetheart is an important step in fostering this elusive need. How else could bonds of love turn from A thin thread into galvanized, steel-coiled cables? An interesting endeavor can be gaining insight through ancient secrets of Astrology. This intro gives insight into your partner’s best romantic qualities and how to foster them.

Aries

 **L**oads of energy and action mark this native. Rapidly moving romances can many times end suddenly because of the Aries need of constant change. Best advice here is to be patient, and don’t brood over inevitable quarrels (fiery, energetic nature). Encouragement and approval propels Aries to its best, and the courageous spirit spends energy tackling new projects with the loved one’s support instead of new quarrels.

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Taurus



Taurean stability is legendary. With all of the thought given to serious subjects it's no wonder that they continue to build strength and security in their home and family. This is the person to build a no-nonsense, but powerful future with. A difficult time may be met when Taurus doesn't give the right kind of lovin' when needed. During these times, try to curb your need for constant reassurance; and when the Taurean slow-moving method starts to frustrate you, just let it ride.

Gemini



Lovers of this type can be the most devoted and loyal partners in the world. When loving devotion is granted to you, bask in the best conversations known to man because of Gemini's captivating conversation tactics that whirl minds into warm admiration. Their active minds make them appear aloof and fickle, but actually they are just making comparisons. Keep this fascinating figure by showing Gemini nothing compares to you. Be outstanding in some way, and don't be slighted by the sometimes casual attitude.

Cancer



Although Cancerian types are demanding in the requirements of anything loving, all that is really needed is for the native to know what is wanted in a relationship. Their variety of emotions expressed in love is outstanding as well as intriguing, don't miss out. They are imaginative and romantic, but shy. Keep pace with their moods and whims and you've conquered most problems before they start- enjoy their loving loyalty.

Leo



Leos generate passion and attract others because of the strength detected within them. The generous aura of warmth is to live for. Keep this intriguing fire from turning cold by protecting Leo's ego. Let Leo feel accepted and don't take cheap shots and deflate his passionate lust for life.

Virgo



With Virgo, love comes from respect and devotion. These types do little for affection, but they desire to be needed- you would never know it. To turn the seemingly Virgo steel heart into super white hot passion share intellectual interests. This type of deep love needs nurturing from an intellectual point of view; and when your Virgo begins to analyze you too much, just remember not to react on the basis of emotion where you could become offended. Meet your partner on the plane of reason first. Deep, affectionate love un.masks itself after reason.

Libra



Known for romantic charm, Librans can usually attract anyone they want. They usually turn to love craving qualities they can only find in the opposite sex- a love truly grounded in humility. This type can be hurt easily so nurture through tenderness and courtesy. If you step over a line, Libra will indicate that you're demonstrating poor taste- don't be offended, take the advice. Libra's amazing energy will always impress you, and you'll enjoy having the charm of a near immortal by your side. There is nothing like graceful love!

Scorpio

 Scorpio's reputation is rather exaggerated and many times unfair. It's true that they are the most intensely passionate people when in love, but they are not the evil monsters or sexual vixens that many make them out to be. Any control that they feel they need in a relationship is actually more a defense mechanism than anything else. Stand your ground and build trust. There will be initial turmoil at the beginning, but the long periods of loving fulfillment to follow are heaven and will bring out the exquisite artist fascinating Scorpio truly is. Feel lucky, Scorpio picked you. It wasn't the other way around.

Sagittarius

 Like Scorpio, Sagittarius has an undeserved reputation. A Sagittarian in love will not run astray as often as many people believe. They fall easily for "the damsel in distress" types because of their need to help someone reach their potential. Intellectual companionship is important here. The mind of the Centaur is always engaged in activity and will become stagnant if the partner does not match the archer's curiosity and love of discovery. Be bright, witty, passionate, and ready for adventure at a moments notice. This will bring out his/her most tender feelings, and the Sagittarian will be grateful for your love and proud to have you.

Capricorn

 Infused with noble ambition and steeped in old world tradition, Capricorn's energies are mostly geared toward success and business. Although highly

introverted, Capricorns do desire to have fulfilling experiences in love, but don't let themselves go. A key here is to help bring Capricorn's balance between work and romance in check. Dazzle your Capricorn. Make him/her forget about work and enjoy the love you can give. As your partner becomes used to this mode of life, trust will warm the Caprinian, and you'll receive powerful romantic love and devotion for your efforts.

Aquarius



In a world governed by image and looks, how refreshing it is to have individuals peering beyond looks and presentation- an awesome Aquarian trait. Humanistic ideals are strong here and these individuals pour out far-reaching affections. Aquarians allow a lot of independence in relationships, rarely stooping to paranoid clinging. To experience love that blooms, get involved in some humanitarian events. This is the best way to see the full glory of Aquarian compassion at work.

Pisces



Pisces has all other signs beat at romantic episodes. Their strengths are their ideals instead of their actions. Some would say that's why they don't have much to show in their lives, but actually what is happening is that they want their inner selves to have freedom to grow uninhibited. Material and worldly matters take a back seat. Piscians prefer a strong partner who could lead in some way; and when small fears interfere in the romance, that's the partners cue to whisper sweet words of comfort. Bolster confidence in Pisces and watch your strength begin to rub off and add conviction to Piscian ideals.

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CHAPTER EIGHT

ROMANTIC MOVIES

Watching movies together cuddled up under a blanket, on the couch, or in bed, is a GREAT pastime! Have your drink of choice handy and some snacks, or better yet, popcorn. Avoid violent or depressing drama flicks, you want to come out of the experience feeling inspired.

Honestly, most of these movies are from the 80s & 90s but have held their own over the years. The reason I don't have any newer movies is simply because the ones I've seen lately are just rehashes of old movie plots. Many feature "Current Stars" (I'll be the judge of that!) with questionable acting talents or special effects that are unnecessary or obvious. These are time tested and true and I promise you won't be disappointed.

MY FAVORITE MOVIES

Throughout this book you will find an assortment of suggestions, but I'll admit that I haven't been that current with either. However, I have listed classics that have stood the test of time for both.

♥ Casablanca, The African Queen & To Have And Have Not ~ A personal favourite ~ Lauren Bacall makes her debut with Bogie. *Wow!*

♥ Somewhere In Time ~ Very, romantic

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- ♥ Age of Innocence ~ If she had just turned around, his life would have forever changed!
- ♥ Body Heat ~ A real steamer with a VERY interesting twist.
- ♥ Thief of Hearts ~ Another steamer!
- ♥ 9 1/2 Weeks ~ If you can ignore the dominant sexist overtones, there are truly some sexy scenes that just might spark an interesting evening.
- ♥ French Kiss ~ Great soundtrack also.
- ♥ Dirty Dancing ~ Still an all time favourite
- ♥ Don Juan DeMarco ~ Marlon Brando & Johnny Depp are a perfect team as they explore different visions of romance. A fun romantic flick with a GREAT theme song "*Have You Ever Really Loved A Woman?*"

On The Lighter Side

- ♥ Love Stinks with French Stewart ~ What a Hoot!
- ♥ In The Mood & Lover Boy with Patrick Dempsey - Both are very funny movies!
- ♥ The Party with Peter Sellers ~ what a scream!
- ♥ Singles ~ Personal relationships in the 80s. An ideal first-time video to watch together.
- ♥ Benny & Joon ~ One of my all-time favorites, Johnny Depp is great in one of his earlier roles. The movie is definitely quirky and takes a while to build up but has a great ending. TIP: There is one short scene that to me, is a bit disturbing. When Joon gets on the bus, just fast forward through it. Trust me, it throws the

mood off on an otherwise GREAT movie.

♥ Simply Irresistible ~ A wonderfully romantic movie!

♥ Grumpy Old Men ~ The combination of Walter Matthau, Jack Lemmon and Ann-Margaret make for a delightful story with a happy ending.

♥ I.Q. ~ Once again, Walter Matthau (as Albert Einstein) adds a surprisingly nice touch to a very sweet and romantic movie.

♥ The 10th Kingdom ~ A 6 hour epic fantasy for adults who are kids at heart - Perfect for an all day Pajama Party!

♥ 1001 Arabian Nights (2000 version) ~ Another epic with stunning sets.

And lest we forget...

♥ A Walk In The Clouds, Always, Braveheart, Brigadoon, Green Card, Honeymoon In Las Vegas, L.A. Story, Love Affair, Milk Money, Much Ado About Nothing, Only You, Overboard, Sense & Sensibility, Shakespeare in Love, Sleepless in Seattle, Splash, Strictly Ballroom, Summer of 42, The Lover, The Man From Snowy River & The Return To Snowy River, The Philadelphia Story, The Princess Bride, The Unbearable Lightness of Being, While You Were Sleeping, White Palace, Wings of the Dove, and of course, the all time favourite... *Gone With The Wind*

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CHAPTER NINE

ROMANTIC MUSIC

THE ART OF ROMANTIC MUSIC

Having “*Mood Music*” handy at any given moment, whether soft and romantic or steamy and sexy, should be tops on any romantic list. If you take the time to compile a list of your favourite romantic songs and put together a Romantic Playlist you may be surprised as to how receptive your partner is to your efforts. Create the perfect setting with music, and the world is at your fingertips!

For starters, the following songs were the results of a *Romantic America Valentine’s Day* radio contest in which over 20 radio stations participated in at the start of the millennium. Some are kinda corny but that’s the way it goes.

NOTE: for all you “Millennialism” out there, some of your parents may have liked these songs. In fact, they may have inspired that “*Gleam in your parents eyes*” that led to something wonderful.

Turn out all the lights, light candles and listen to a Romantic Playlist you and your partner recorded. The perfect opportunity to enjoy a slow dance.

Any or all of these songs are sure to be an inspiration to a Romantic Playlist.

THE TOP 20 VALENTINE'S DAY
LOVE SONGS OF THE 21ST CENTURY

Dancing Cheek To Cheek

- 1) A Kiss To Build A Dream On ~ Louis Armstrong
- 2) Best Thing That Ever Happened To Me ~ Gladys Knight
- 3) Groovy Kind Of Love ~ Phil Collins
- 4) I Don't Want To Walk Without You Baby ~ Barry Manilow
- 5) As Time Goes By ~ Dooley Wilson
- 6) Memories Are Made Of This ~ Dean Martin
- 7) Put Your Head On My Shoulder ~ Paul Anka
- 8) Roses Are Red ~ Bobby Vinton
- 9) Cherry Pink & Apple Blossom White ~ Perez Prado
- 10) Scotch & Soda ~ Kingston Trio
- 11) Melody Of Love ~ Bobby Vinton
- 12) My Love ~ Paul McCartney
- 13) Memories ~ Streisand
- 14) Just The Way You Are ~ Billy Joel
- 15) Love Me Tender ~ Elvis
- 16) Only You ~ Platters
- 17) Unforgettable ~ Nat King Cole
- 18) You're All I Need To Get By ~ Marvin Gaye
- 19) You Are So Beautiful ~ Joe Cocker
- 20) Xanadu ~ Olivia Newton John (The CD has some nice love songs on it also.

A Little Night Music

- 1) We've Only Just Begun ~ Carpenters
- 2) Tonight I Celebrate My Love For You ~ Roberta Flack
- 3) Moonriver ~ Theme From Breakfast At Tiffany's
- 4) Lara's Theme ~ Somewhere My Love ~ Dr. Zhivago
- 5) Time In A Bottle ~ Jim Croce
- 6) True Love ~ Cole Porter
- 7) Sweet Dreams Of You ~ Patsy Cline
- 8) Tara's Theme ~ From Gone With The Wind
- 9) All I Ask Of You ~ Phantom Of The Opera
- 10) Catch A Falling Star ~ Perry Como
- 11) Lady ~ Commadors
- 12) Colour My World ~ Chicago
- 13) Help Me Make It Through The Night ~ Kris Kristofferson
- 14) Wind Beneath My Wings ~ Bette Midler
- 15) At The Beginning ~ Richard Marx & Donna Lewis
(Theme From "Anastasia")
- 16) I Only Have Eyes For You ~ Flamingos
- 17) Somewhere In Time ~ Love Theme ~ Roger Williams
- 18) Somewhere ~ West Side Story
- 19) Theme From East Of Eden
- 20) Three Times A Lady ~ Commodores
- 21) Nobody Does It Better ~ Carly Simon

ROMANTIC MUSIC ~ PART II

OK, so this is kind of old school but to be honest, I haven't heard anything lately that was that great or is a bad attempt to imitate great singers of the past. I have heard some very romantic songs the past few years but am not convinced the entire CD is good.

If you like romantic music and cant find a lot that inspires you, with the easy accessibility of music on the web, these are classic singers and songs that should be in EVERY romantic music selection.

Male Vocal

- ♥ Frank Sinatra's Greatest Hits
- ♥ Julio Iglesias: Julio & Crazy
- ♥ Andy Williams: Greatest Hits
- ♥ Johnny Mathis: Any of his first five albums
- ♥ Anything by Nat King Cole, Harry Connick Jr. & Luther Vandross.
- ♥ The Best of Joe Cocker ~ Joe Cocker there are many BEAUTIFUL love songs on this CD! Note: This is entirely different from the 20th century master collection CD
- ♥ Take a step back to the 30s and 40s with:
Harry Nilsson: A Little Touch of Nilsson in the Night
Brian Ferry: As Time Goes By

Female Vocal

- ♥ Diana Ross: To Love Again
- ♥ Sara Brightman: Live
- ♥ Sade: Diamond Life
- ♥ Milla Jovovich: The Divine Comedy
- ♥ Toni Braxton: Toni Braxton
- ♥ Plus, music by Billie Holiday, Ella Fitzgerald, Anita Baker and Natalie Cole

Soundtracks

Classical movie soundtracks can be enjoyable listening even for those who don't care for classical music.

Try these romantic favourites:

- ♥ Summer of 42' ~ Four stars for this CD
- ♥ Titanic
- ♥ French Kiss
- ♥ Much Ado About Nothing (1993)
- ♥ Last of the Mohicans
- ♥ Dances With Wolves
- ♥ Edward Scissorhands
- ♥ Sleepless in Seattle - I could live without "Back in the Saddle Again", but somebody must have thought it was a good idea to include it on the CD.

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Instrumental

- ♥ Mystic Moods Orchestra: One Stormy Night ~ Five stars for this all time classic of beautiful music with a rain storm in the background.
- ♥ Patrick O'Hearn: Rivers Gonna Rise ~ New age music perfect for sensual massage sessions.
- ♥ Enigma: All CDs are sensuous and hypnotic, especially the first one: MCMXC

Romantic Interludes

- ♥ Mediterranean Romance ~ An exotic trip into a dreamy world of love
- ♥ Enya: Watermark & Epona and Exile

Classical Music

- ♥ Tchaikovsky: Swan Lake, The Nutcracker Suite and of course... Romeo and Juliet

The following four albums are better suited for after dinner and intimate situations. They start off nice and slow and build up to powerful, and erotic, crescendos:

- ♥ Dukas: The Sorcerer's Apprentice
- ♥ Rossini: The Thieving Magpie
- ♥ Beethoven's Ninth ~ especially the finale
- ♥ And lets not forget... Ravel's "Bolero"

Oldies But Goodies

- ♥ Moody Blues: Days of Future Passed
- ♥ Pink Floyd: Dark Side of the Moon & Atom Heart Mother (stoner fav's from the 70s)
- ♥ Renaissance: Scheherazade
- ♥ Brian Ferry: Boys and Girls ~ I haven't met a woman yet who didn't like this album! Plus... Roxy Music with Brian Ferry ~ Avalon & Flesh and Blood both have memorable cuts.

A personal favourite:

- ♥ Cass Elliot by Cass Elliot (Mama Cass from The Mamas & Papas) At last, it's available inexpensively on Amazon. For years, it was almost impossible to find this LP. Her version of *Disney Girls, I'll be There, Cherries Jubilee and Baby I'm Yours*, are truly beautiful.

Here's something really different:

- ♥ Hunters ~ Soundtrack from Discovery Channel TV Series. A very interesting recording that gives you the opportunity to set the mood for a "Jungle Theme" rendezvous ~ Perfect for an intimate evening after visiting the Zoo

MY FAVORITE CUSTOM PLAYLISTS

Having recorded countless romantic tapes and CDs over the years to the delight of many ladies, here are a few ideas for a sexy Romantic Playlist. Most of the songs can be downloaded on Amazon or on Greatest Hit CDs which offer other selections as well. This music is ideal while enjoying Champagne and Kisses. Here are a few favourite "CDs."

THE ART OF ROMANCE

Slave To Love

Part I ~ Principles of Lust

The Best is Yet To Come ~ Sinatra

Everything is Love ~ Association

Sweet Cherry Wine ~ Tommy James

Everybody Is A Star ~ Sly & Family Stone

Harmony ~ Elton John

Fernando ~ Abba

Slave to Love ~ Brian Ferry ~ Boys & Girls

Les Yeux Ouverts (Dream a Little Dream of Me) ~ French Kiss
Soundtrack*

Principles of Lust ~ Enigma ~ MCMXC

Fall in Love ~ Berlin

Stories of Old ~ Depeche Mode ~ Some Great Reward

Wear Your Love Like Heaven ~ Donavan

(Yes, this last mix works!)

Part II ~ Spanish Lullaby

Pleasure Victim ~ Berlin ~ Pleasure Victim

Back to the Rivers of Belief ~ Enigma ~ MCMXC

Lay All Your Love on Me ~ Abba

In My Dreams ~ Berlin ~ Love Life

La Isla Bonita (Spanish Lullaby) ~ Madonna

Crazy On You ~ Heart

Anytime, Anywhere ~ Sarah Brightman - Live

An Old Fashioned Love Song

Part I ~ Summer Wine

Fly Me To the Moon ~ Sinatra

Makin' Whoopee: French Kiss Soundtrack*

Les Yeux Ouverts: French Kiss Soundtrack*

Via Con Me: French Kiss Soundtrack*

I Love Paris French Kiss Soundtrack*

La Mer: French Kiss Soundtrack*

Someone Like You: French Kiss Soundtrack*

Feels Like A Woman French Kiss Soundtrack*

Old Fashioned Love Song ~ 3 Dog Night

Summer Wine ~ Nancy Sinatra & Lee Hazlewood

Sail Away ~ Enya

Some Velvet Morning ~ Nancy Sinatra & Lee Hazlewood

* French Kiss Soundtrack - A great CD!

Part II ~ The Rhythm Divine

Sooner Or Later ~ Madonna

Moon On Ice** ~ Yello ~ One Second*

Call It Love** ~ Yello ~ One Second*

Only The Rain ~ Escape Club

One More Try ~ George Michael

Could It Be Magic ~ Donna Summer

Try Me ~ Donna Summer

Human Nature ~ Michael Jackson ~ Thriller

The Rhythm Divine** ~ Shirley Bassey / Yello ~ One Second*

*Another great CD - practice the perfect order of the songs on this one. With a touch of Latin Rhythm this promises to be one sexy addition to a "Hot Love" CD

THE ART OF ROMANCE

Romancing The Doors

OK, so who thought there was enough Doors music to make a romantic playlist? Well folks... here it is, a Romantic America favourite!! If you have all, or even some of these songs, put them in this order for a wonderful 45 minute interlude.

And it really is romantic!

Love Street ~ Waiting For The Sun
Wintertime Love ~ Waiting For The Sun
Wishful Sinful ~ The Soft Parade
The Spy ~ Morrison Hotel
Blue Sunday ~ Morrison Hotel
Summers Almost Gone ~ Waiting For The Sun
Yes, The River Knows ~ Waiting For The Sun
Indian Summer ~ Morrison Hotel
You're Lost Little Girl ~ Strange Days
End Of The Night ~ The Doors
Riders On The Storm ~ L.A. Woman
The Crystal Ship ~ The Doors
I Can't See Your Face ~ Strange Days

CHAPTER TEN
ROMANTIC RECIPES



RECIPES FOR ROMANCE

Set the mood for a romantic dinner with the help of the articles on Romantic Dinners at Home. These start with relatively easy dinner menus that I refined over the years.

A Romantic Valentine's Dinner at Home (remember Valentine's Day should be every day of the year!)

Be sure to check out "*Romantic Dinners At Home*"

RECIPES FOR ROMANCE THE MENU

Here is a wonderful assortment of recipes from some of “The Finest & Most Romantic” Bed & Breakfast Inns along the Pacific Coast as well as some of my own personal favourites. These inns were featured in my book, *The Romantic Pacific Coast* and have supplied us with delightful recipes they serve their guests. They include, appetizers, breakfast, dinner AND dessert. Recipes that don’t reference an inn are dishes I refined over the years.. and they have ALWAYS been well received. We’ll start with...

AN EASY 3 COURSE DINNER RECIPE

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AN EASY 3 COURSE DINNER RECIPE

Here is a time tested, 3 course meal you can make right at home: Do you think preparing a dinner is hard? It's not! Remember, Practice Makes Perfect!

1) Stuffed Mushrooms (Appetizer)

- 8 medium mushroom caps • Fresh Cilantro and Basil • Olive Oil
- Thyme • white wine • soy sauce • black pepper • cayenne pepper
- 8 oz. sharp cheddar

Clean mushrooms. Chop Cilantro and Basil and grate cheese. Heat sauté' skillet to medium and add 2 tbs. of oil. Remove stems from mushrooms and place open side down. Simmer 2 minutes and turn. Place small pinch of Basil in each cavity and spoon in liquid from pan. Add Cilantro and a pinch each of cayenne, black pepper, Thyme and cheese. Lightly sauté and then remove from heat. Gently put cheese into each cavity and with your thumb over the wine bottle, drizzle wine over mushrooms. Bake in oven at 350 degrees for 10 - 15 minutes

2) Chicken And Grapes In Wine Sauce (Dinner)

- 6 ~ 8 Chicken breasts or thighs
- 1/2 ~ 1/4 lb. mushrooms
- 2 cups green grapes (medium sweet)
- 1 cup dry white wine
- 1/2 cup+ minced onions
- Flour
- Salt and Pepper
- Butter

Sprinkle chicken with salt and pepper, roll lightly in flour and brown until golden in 5 tbl. butter or olive oil. Arrange chicken pieces in baking dish and set aside. Add onion to butter and cook until soft. Combine broth and wine and pour into onions. Bring to boil and pour mixture over chicken.

Bake covered at 375° for 40 minutes. Meanwhile, sauté mushrooms in 3 tbl. butter. After baking chicken, add mushrooms and grapes, continue baking for 10 minutes. 4 - 6 servings.

Serve with brown rice and vegetable or steamed cauliflower lightly covered with Béarnaise or Hollandaise sauce goes well with this.

Note About Béarnaise/Hollandaise Sauce: Often a real pain to make from scratch, KNORR products has an excellent package mix that is easy, practical and the best around. Accept no other brand!

3) Chocolate Covered Strawberries (Dessert)

A special treat at home and perfect for a pool or beach excursion: Purchase ripe strawberries, chocolate and/or butterscotch chips, and milk. In a double boiler, crock-pot, or Potpourri cooker (a miniature and inexpensive, crock pot), melt equal amounts of the chips and add milk sparingly until smooth. Stir frequently. Rinse strawberries and pat dry with paper towel. Dip into sauce and lay on a plate or wax paper. Refrigerate and serve at room temperature with Champagne. *Bon Appetite!*

♦♦ A Homemade Double Boiler: Find two pots that fit into each other, (the smaller one should have handles that rest on the sides of the larger one) fill the large pot with water so that about half of the smaller pot sits within the water. Heat until warm (do not boil) and put chocolate in small pot, stirring frequently.

ROMANTIC DINNER DRINKS

♥ The Bellini ~ Here is a real romantic treat that originated in Harry's bar in New York: Find two or three white peaches, cut out the seeds and then put the peaches in a blender with Champagne.

♥ Kir Royalé ~ Champagne is always fun, but a Kir Royalé takes the experience a step further. Pour a small amount of Chambord (a raspberry liqueur) into the bottom of the Champagne glass, follow with Champagne, (or, reverse the order) and a twist of lemon.

Note about Chambord: A large bottle of Chambord can run around \$30.00+ and unless you use it a lot (Good for you if you do!) it may just sit around gathering dust. However, you can purchase a smaller bottle for considerably less. Ask your friendly liquor store clerk.

ROMANTIC APERITIF

♥ While at Piccolo Mondo Restaurant in Vancouver B.C., I met a gentleman with his ladyfriend who had created a special Romantic Aperitif that is served exclusively at Piccolo Mondo. It consisted of melted chocolate with Grand Marnier served in a medium or large Brandy snifter. Truly Heaven! Make it at home with a double boiler, heat on the stove, and melt the chocolate by stirring the liqueur until smooth and semi-thin. The perfect excuse to snuggle up in front of the fireplace with your sweetie!

BREAKFAST RECIPES

Monterey Eggs ~ Martine Inn



A wonderful combination of eggs, cheddar cheese, cottage cheese and chilies, baked to light soufflé' like texture and complemented by fresh salsa and sour cream. • 8 eggs

- 1 1/2 lbs. cottage cheese
- 1/2 lb. grated cheddar cheese
- 1/4 cup flour
- 1 tsp. baking powder
- 1/2 cup diced Ortega chilies or pimentos

In large bowl beat eggs. Add rest of ingredients and mix thoroughly. Spray or grease muffin tins and fill 2/3 full. Bake in oven at 350° for 40 minutes or until puffy and very light brown. Remove from oven and let sit 5 min. Place 2 portions of eggs on plates and a small portion of salsa and sour cream.

Martine Inn

255 Oceanview Blvd. • Pacific Grove, California 93950

800.852.5588 • www.martineinn.com

Sourdough Eggs ~ The Wine Country Inn



(prepare the day before serving)

- 12 Slices of lightly buttered extra-sourdough bread
- 4 cups grated cheddar cheese
- 10 eggs
- 4 cups milk
- 3 heaping tbl. of spicy mustard
- 1 tsp. salt
- 1 cup thinly sliced mushrooms
- 1/4 tsp. pepper

Cut bread into small cubes. Place 1/2 of bread cubes into large coated baking dish. Sprinkle with 2 cups cheese, onion and mushrooms. Add second layer of bread and top with remaining cheese. Beat eggs, milk, mustard, salt and pepper together. Pour this mixture evenly over the casserole. Cover with foil and refrigerate overnight. Bake at 325° for approximately 50 minutes until top is golden and lightly crusted.

The Wine Country Inn

1152 Lodi Lane St. • Helena • California • 94574

707.963.7077 • www.winecountryinn.com

Berry Scones ~ Gingerbread Mansion



- 2 1/4 cups flour
- 1/2 cup sugar
- 2 tsp. baking powder
- 1/2 tsp. salt
- 1/2 tsp. cloves
- 1/4 cup butter
- 1 cup cream
- 3/4 fresh or unfrozen berries

Combine flour, sugar, baking powder, salt and cloves. Cut butter into mixture until it resembles a coarse meal. Set aside 2 tsp. cream. Add remaining cream and berries to dry ingredients. Mix lightly with fork until mixture clings together and forms a stiff dough.

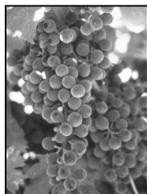
Knead on floured board 5-6 times. Roll into 7" round; cut into wedges. Place 1" apart on greased baking sheet; pierce top and brush with cream. Bake at 425 degrees for 15-18 minutes. Serve warm. Makes about 12 scones.

Gingerbread Mansion

Box 40 • Ferndale • California • 95536

707.786.4000 • www.gingerbread-mansion.com

French Toast Soufflé ~ Cedar Gables Inn



Serves 12

- 1/2 Cup butter or margarine
- 8 oz. Cream Cheese
- 1/2 Cup Maple syrup
- Bread cubes 1/2'-3/4" squares*
- Ramekins or 2 - 7 x 11" glass baking dishes
- We use sliced sour French bread and then cut into squares
- 12 Eggs, large
- 3 Cups half & half
- 1 tsp. Vanilla
- Cinnamon

Butter baking dishes well and fill dishes 1/2 full with bread cubes. In small bowl mix butter and cream cheese (after softening in microwave), and syrup together. It is OK to leave a little lumpy. Spoon this mixture over bread cubes and distribute evenly clear to edges. In large bowl, beat eggs, half & half and vanilla. Pour egg mixture over bread. Your bread cubes will be "floating" at this point, make sure all cubes are moistened. Dust with cinnamon, cover and store overnight in fridge. Bake @ 350° for 55-60 min. It is done when center is raised and firm and whole top is lightly browned.

To serve: Cut in 6 serving piece, top with diced strawberries or bananas and chopped walnuts. Pour small amount of syrup and dust with powdered sugar. Serve immediately, this crashes quickly.

Cedar Gables Inn

486 Coombs Street • Napa • California 94559

800.309.7969 • www.cedargablesinn.com

Crème Caramel Over-Night French Toast Beazley House



Serves 12

- 1 loaf French bread,
cut in 8-9 pieces
- 1 1/2 cups liquid egg substitute
- 2 1/2 cups nonfat milk
- 1/3 cup sugar
- 1 tbl. cinnamon
- 1/2 tbl. ground allspice
- 1 tbl. vanilla
- 1 cup brown sugar
- 1/4 cup low-fat margarine
- 1/2 cup light corn syrup

Before preparing the French toast mixture, melt butter and corn syrup together in a small sauce pan. Then stir in brown sugar and bring to a rolling boil. Let boil for 1 ~ 2 minutes. While the caramel is hot, pour into your PAM sprayed 9 1/2" x 13" baking pan, and chill in refrigerator for 10 - 20 minutes or until set. (You'll know it's ready when a light touch leaves your fingerprint on the caramel's surface.)

Next, slice French bread and arrange gently on top of the caramel. Mix all remaining ingredients and pour carefully over bread, cover and refrigerate overnight. In the morning, preheat oven to 350°. Bake until set (about 1 hour). When serving this treat, flip pieces over onto the plate so the melted caramel sauce drips over your French toast. And since it already has its own syrup, you could top with fresh fruit and a dollop of low fat yogurt instead.

The Beazley House

1910 First Street • Napa • California • 94559

800.559.1649 • www.beazleyhouse.com

STUFFED FRENCH TOAST

1/4 loaf Shepherder's Bread (or similar) cut into 1" cubes

- 4 oz. cream cheese (cut into cubes)
- 3 eggs • 1/2 cup milk
- 1/2 cup maple syrup
- pinch of salt
- 1/4 cup dried cranberries soaked for at least 1 hr. in 5 Tbs. Grand Mariner (or microwave for about 1 minute)

Remove crusts from bread and cut into 1 inch cubes. Butter 9 X 13 inch pan. Place cubed bread into a bowl. Beat together eggs, milk, maple syrup, cut-up cream cheese and salt. Pour egg mixture and cranberries over bread. Mix well with large rubber spatula. Press and pour into pan. Press down hard to make the top flat. Cover and let sit overnight in refrigerator to absorb liquid. In the morning, leave casserole out for 20 minutes. Bake 30 - 40 minutes at 350 degrees. Serve with maple syrup. Serves 2

OMELETS

Shrimp or crab omelets with fresh or frozen shrimp and Monterey Jack cheese are light, fun, and delicious any time of the day, even for a late night meal. Top it off with a Béarnaise sauce and you have a truly heavenly treat!

Note About Béarnaise/Hollandaise Sauce:

Often a real pain to make from scratch, "KNORR" products has an excellent package mix that is easy, practical and the best around. Accept no other brand, because you may be disappointed. Keep a package around for those "special occasions". If your partner is weight conscious, you can cut the butter down by half without losing any flavour.

EGGS BENEDICT

A favorite breakfast-in-bed dish, believe it or not, it's not hard to make... it all comes down to timing. You will need:

- English muffins • Eggs
- Canadian bacon or ham
- Avocado (optional)
- 1 package KNORR Hollandaise or Béarnaise sauce (I prefer the latter) plus butter and milk to make it
- 2 small pots
- frying pan
- strainer or cooking spoon with drain slots
- minute timer

In a small pot make the sauce and set aside with top on to keep warm. Cut avocado into thin slices. In another small pot, boil water. While the water is boiling, lightly fry ham in butter and set aside in paper towels.

Here's the tricky part: Just as the water comes to a boil, start toasting your English muffins. Gently crack open eggs and drop into boiling water. An average egg takes about 1 - 1 1/2 minutes to poach. As the egg is poaching, do a quick warm up of the sauce and put the ham in a microwave for a few seconds.

Take out toasted English muffin and put ham on top. Remove poached egg from water and place on top of ham. Pour sauce on top and serve hot. Avocado can be placed on top of ham, or served on the side. This may take a little practice, but once you get it, you are sure to impress your friends and family

Kale, Apple and Fresh Scallop Salad Sooke Harbour House



Ingredients:

- 3 tbs. 1 tsp. blueberry or raspberry vinegar
- 5 tbs. canola oil
- 1 tsp. Dijon or Meaux mustard
- 1 tbs. heavy cream
- 4 cups curly or flat leaf kale (or your favourite greens) rinsed and torn into bite size pieces
- 2 Granny Smith Apples cored and cut into 16 slices
- 2 tbs. unsalted butter
- Fresh Oregon or Bay Scallops

For the vinaigrette, whisk together the vinegar and oil in a small bowl, add the mustard and whisk until the ingredients emulsify and thicken, then add the cream, mix well and reserve.

Blanch the kale leaves (or your favourite greens), in boiling water for 15 seconds. Drain and immediately rinse under cold water.

Melt 1 tbs. of the butter in a small frying pan over medium high heat, add the apples and sauté until they are slightly soft and golden, about 5 minutes. Remove apples from the pan and keep warm.

If using Oregon scallops, cut them in quarters. Melt the remaining butter in the same pan over medium high heat, add the scallops and sauté until they lose their translucence, about 3 minutes.

Remove from heat.

Arrange the kale leaves on four salad plates. Evenly divide the apple slices among the plates, top with the scallops and pour the vinaigrette over all.

Sooke Harbour House

1528 Whiffen Spit Road • Sooke • British Columbia • V0S 1N0
800.889.9688 • www.sookeharbourhouse.com

Savory Artichoke Dip ~ The Inn at Depot Hill



- 2 small jars marinated artichoke hearts, drained and chopped
- 4 green onions, chopped (green included)
- 1 cup Parmesan cheese, shredded
- 1/2 cup mayonnaise
- 1 cup mozzarella or jack cheese, shredded
- 3 gloves garlic, minced
- 1 tbl. pesto, if desired
- 1 baguette, thinly sliced

Mix all ingredients. Bake in oven proof dish at 350° for 20 minutes ~ 25 minutes. Let rest a few minutes before serving. Serve with baguette slices.

The Inn at Depot Hill

250 Monterey Avenue • Capitola-By-The-Sea, California • 95010
800.572.2632 • www.innatdepothill.com

Oysters Rockefeller For Two **Chef Ray Alto**

12 Oysters

1 tsp. finely chopped parsley

1/2 cup white wine

1 cup cooked spinach, finely chopped

1 tsp. lemon juice

3 tbsp. heavy cream

2 tbsp. butter

4 tbsp. flavored breadcrumbs

2 celery stalks, minced

Seasonings: salt, pepper, garlic salt

2 garlic cloves

Shuck oysters and set aside in bowl, add lemon juice and 1 tbsp. of melted butter. Place butter, celery, garlic, spinach, and wine in saucepan and sauté until spinach is cooked. Season to taste. Continue to cook, adding breadcrumbs and cream, and sauté for 3 minutes while stirring mixture.

Arrange oysters on the half-shell. Spread spinach mixture on top, sprinkle with breadcrumbs and bake in oven at 450° for 8 minutes.

Italian Seafood Stew on Capellini Hood River Hotel



- 20 fresh New Zealand Greenlip or fresh mussels
- 24 fresh Manila clams
- 4 petite Slipper lobster tails, 2 - 4 oz. ea., split in half. Or, 2 -1 1/2 lb. Maine lobster split in half, or 4 Crawfish
- 8 fresh jumbo prawns or 16 small prawns
- 1 lb. of assorted meaty fish such as swordfish, tuna, and salmon diced in 1 oz. pieces • 1 medium yellow onion sliced in 1" squares
- 1 fennel bulb sliced in 1/2" squares
- 1 large carrot quartered and cut diagonally in 1/2" pieces
- 4 Roma tomatoes diced
- 4 oz. of Olive oil • 1 lb. angel hair pasta cooked al dente

Sauce:

- 24 oz. clam juice • 1/2 tbs. Italian seasoning
- 1/4 tbs. crushed red peppers • 1 tbs. chopped garlic
- 8 oz. marinara or tomato sauce • pinch of salt

In large skillet start by sautéing in olive oil the mussels, clams, lobster, prawns and fish for 3-4 minutes. Add in spices. Then add vegetables, followed by clam juice. Simmer 5-8 minutes. Add marinara or tomato sauce. Simmer 2 more minutes. It is now ready to serve over the pasta. You may substitute the pasta with 2 lbs. of cooked risotto.

Hood River Hotel

102 Oak Street • Hood River • Oregon • 97031
800.386.185 • www.hoodriverhotel.com

Pecan-Encrusted Chicken Breasts

Shoalwater Restaurant at The Shelburne Inn



- 6 boneless chicken breasts
- 3/4 cup softened butter
- 1/2 cup Dijon mustard
- 1 pound chopped pecans
- 1 cup sour cream
- 1 cup heavy cream
- 1 tbl. olive oil
- 2 tbl. butter

Cream together the softened butter and 1/4 cups of Dijon mustard. Pat the chicken breasts dry and spread a generous layer of the butter mixture over one side. Press that side into the chopped pecans to coat. Repeat with the other side and the rest of the breasts.

Heat 2 Tb. butter in a medium hot skillet and add olive oil. Brown the breasts, turning once. Place breasts in a baking dish and bake in a 450 degree oven for 8-10 minutes.

While the breasts are baking, drain the butter from the skillet, reserving the pecan pieces. Add the sour cream, heavy cream, 1/4 cup Dijon mustard and whisk gently until heated through. Do not boil. Serve the breasts on heated plates with the sauce spooned over the top with wild rice as a side dish. We recommend a soft Oregon Pinot Noir to accompany this meal.

The Shelburne Inn

Box 250 • Seaview • Washington • 98644
802.985.8498 • www.theshelburneinn.com

Soho Salmon Steak With Caviar Sauce **Echo Valley Ranch Resort**



- 200 gr. Salmon , boneless and skinless
- Sauce:
- 50 gr. Butter
 - 1.5 Dl. White Wine. Dry
 - 50 gr. Spanish Onion, Chopped
 - 1/2 Dl. 35% Cream
 - 10 gr. Salmon or Arctic Char Caviar.
 - 1/2 tsp. Rose Water.

Rose Water

- 1/2 cup. Young Rose Petals • 1 tsp. Water

Place the rose pedals in the water and heat slowly to almost boiling. Remove from heat and cool down covered with saran wrap.

Melt 10 gr. of the butter in a pan just big enough to fit the salmon. Add the chopped onion, and sauté for a minute, place the Salmon in the pan, add the wine and rose water, cover with a lit and reduce the heat. Steam for 5 to 10 min. or until the salmon is cooked. Remove the salmon and place on a plate and store in oven, no heat, to keep warm. Add the cream and reduce to thicken, turn of the heat. Whip in the rest of the butter. Turn in the caviar, and cover the salmon with the sauce. Serve with fresh vegetables of your choice and rice. (no lemon, please)

Echo Valley Resort

Box 16 • Jesmond/Clinton • British Columbia • VOK 1KO

800.253.8831 • www.evranch.com

Wild Mushroom Crusted Halibut Wickaninnish Inn



with Wild Rice & Chanterelle Sauté

Yield 4 portions

- 4 ~ 6 oz. Fresh Halibut
- 1 whole shallot
- 100 g wild rice
- 454 g fresh chanterelles
- 125 g butter
- 5 g fresh chopped herbs
- sea salt and black pepper to taste

Boil wild rice till soft, don't overcook. Sauté shallot and chanterelles together. Add wild rice, butter and chopped herbs. Season to taste. Season Halibut with salt and pepper, crust with dried mushrooms and pan sear app. 4 - 5 minutes on each side.

Blackberry Puree

- 2 whole shallots • 1 Lt. blackberries • 125 ml. Orange juice

Sauté the shallots. Deglaze with orange juice. Add blackberries and simmer until soft. Puree and strain through cheese cloth.

Wickaninnish Inn

Osprey Lane at Chesterman Beach • Box 250
Tofino • British Columbia • Canada • V0R 2Z0

800.333.4604 • www.wickinn.com

Altos Scampi ~ by Chef Ray Alto

1 lb. large Tiger Shrimp, cooked and deveined

2 tbsp. capers

1 cup butter

2 tbsp. lemon juice

2 cloves garlic, minced

1/4 lb. mushroom

2 shallots

2 tbsp. brandy

1 tsp. Herbs de Provence

Season salt

Heat butter in large frying pan. When hot, add cloves, shallots, herbs, capers, lemon juice and mushrooms. Add shrimp to frying pan. Cook until shrimp turns to a pink color. Add wine and brandy. Season salt to taste. Serve immediately over a bed of rice.

- Complementing wines: Chardonnay, Sauvignon Blanc, Chenin Blanc, or an Italian Pinot Grigio.

Chicken Carey ~ Chef Ken Hickman

- 2 lbs. chicken thighs or breasts w/skin
- Cayenne Pepper
- Fresh Basil
- Rosemary
- Salt & Pepper
- 1 lemon
- Red or white cooking wine

Clean chicken thoroughly in cold water. Peel Skin back but leave connected. Remove yellow fat. Grease 12" inch baking dish. Place chicken pieces uncovered in microwave on High for 6 minutes. Preheat oven to 375°.

Meanwhile, prepare your marinade: Mix a pinch of salt and pepper and a generous amount of Cayenne with juice of 1 lemon.

Take chicken out of microwave, peel skin back and score each piece, face side up, with 5 or 6 slits. Then, rub in marinade. Place 1 sprig of rosemary and basil leaf on top and fold skin back over top to hold spices. Put app. 1" red or white cooking wine in baking dish, and then place chicken top-side down dish and cover loosely with foil.

Cook for 20 minutes, remove and turn chicken right side up. Care must be taken that skin remains in place, return to oven for 20 minutes and bake uncovered. • Serve with skin on, garnish with Radicchio or salad for a colourful display. Pour drippings over chicken if so desired.

Serve with Sauvignon Blanc wine, hot bread and long grain, or wild rice. Or, slice yellow and green Zucchini and place in baking dish during the last 20 minutes. (This recipe can also be prepared on a barbecue.)

DESSERT RECIPES (OR BREAKFAST!)

Wild Blackberry Coffee Cake Eagles Nest Bed & Breakfast



- 2 1/2 cups sifted flour
- 1/4 cup melted butter
- 1/4 tsp. gr. nutmeg
- 1/2 cup sugar
- 1 cup milk
- 1/3 cup brown sugar
- 1/4 tsp. salt
- 1 large egg

Preheat oven to 375 degrees.

Grease and flour 9-inch cake pan or fluted pastry pan and set aside. Combine in a bowl the flour, sugar, salt, baking powder and nutmeg. Mix together dry ingredients. Add the melted butter, egg, milk, almond extract and beat until smooth.

Spread 2/3 of the batter over the bottom of the pastry pan. Top with coconut, and scatter 1 cup of blackberries over the top of the coconut and push berries slightly into the batter. Pour remaining batter over the center and smooth outward. Note: There will not be enough batter to cover entire cake. Top with the chopped walnuts. Bake on center rack in the oven for 40 -45 minutes until cake tests done with toothpick. Cool.

Mix glaze and drizzle over top of cake in a spiral fashion starting from the center of the cake and working outward. Garnish with berry leaves for serving.

Eagles Nest Inn

4680 Saratoga Rd. • Langley • Washington • 98260
800.243.5536 • www.eaglesnestinn.com

Cheese Blintzes Au Chocolat Markham House



For simplicity's sake, please use your favourite sweet crepe recipe. Frozen crepes in grocery stores are an acceptable alternative.

Filling

- 1 cup cottage cheese (sieved)
- 1/4 cup farmers cheese
- 2 tbs. sugar
- 1/2 tsp. grated lemon zest
- 1/2 tsp. grated orange zest
- 1/2 tsp. pure vanilla extract
- 1 egg yolk
- 2 tbs. unsalted butter
- 2 tbs. confectioners sugar
- 1 oz. sweet bakers chocolate
- strawberry sauce
- seasonal fruit

Heat your crepe or omelet pan over moderate heat. Ladle in only enough of the crepe batter to cover the bottom of the pan, swirling the pan to coat it evenly. Cook the crepe just until its edges turn golden, then remove it with a spatula and flip it cooked side up on a kitchen towel, folding the ends of the towel up over it. Repeat the process with the remaining batter stacking the crepes inside the towel.

In a mixing bowl, stir together the ingredients for the filling. Take a crepe and place it cooked side up on a work surface. Spoon about 1 tbs. of the filling across the center of the crepe. Fold opposite sides over the ends of the filling.

Melt the 2 tbs. of butter over moderate heat in a skillet large enough to hold all the blintzes without crowding. When it

sizzles, add the blintzes, seams down, and fry them until golden brown, 3 to 4 minutes per side. Be careful not to overdo as the filling will start to burn

- For presentation on plate: Pour warmed strawberry sauce onto plate, carefully place blintzes on top of sauce. Scatter flakes of chocolate over blintzes and confectioners sugar. For decoration, use a small heart shaped cutter and cut kiwi or any seasonal fruit, and place on plate with a piece of mint or lemon verbena and rose petal.

Markham House

1853 Connie Road • Victoria • British Columbia • V9C 4C2
888.256.688 • www.markhamhouse.com

Chocolate Mousse

A very easy recipe, this is one of the fastest and simplest Chocolate Mousse recipes I have found.

- Cook over low heat 2 - 3 tablespoons of Chambord or Rum and 1/4 cup sugar until sugar dissolves.
- Melt in a double boiler (see Homemade Double Boiler on next page) 1/4 lb. Semisweet chocolate chips.
- Stir in 2 to 3 tbl. of whipping cream when chocolate is melted.
- Add the syrup to the melted chocolate and stir until mixture is smooth.
- When the mixture has cooled (be sure not to over-chill) fold in 2 stiffly beaten egg whites and then gently fold this combination into 2 cups whipped cream.

Don't worry if you get a few small chunks of chocolate in it ~ it just adds to the flavour.



How to make a Homemade Double Boiler

Find two pots that fit into each other, (the smaller one should have handles that rest on the sides of the larger one) fill the large pot with water so that about half of the smaller pot sits within the water. Heat until warm (do not boil) and put chocolate in small pot, stirring frequently.

Chocolate Mousse Too ... really easy

A tasty and simple-to-make Chocolate Mousse package mix is made by Knorr products. As you are blending the ingredients, stir in an ounce of Kahlua and/or Crème de Cacao into the Chocolate or Vanilla mixes. These liqueurs can be used as an after dinner aperitif, as well.

OK, we're going to wrap this up in a really fun way...

A RASPBERRY THEMED DINNER

RASPBERRY ROYALÉ A SENSUOUS DESSERT

WARNING: Instant Romance! Contents may lead to romantic experiences!



Feeling Adventurous? This Raspberry Royalé sauce is a must for any romantic relationship. Make a double batch and keep it on hand. You can always warm it lightly in the microwave. The recipe is a bit involved but worth the effort. Plus, you can do so much more with it once it's done (info comes later)

A delightful topping that complements ice cream, (Vanilla is the best), Mango Sorbet, cheese cake, crepes, pancakes, and a host of other tempting delights. Shake Well ~ Refrigerate after opening.

Developed by chef and restaurateur Ray Alto of San Diego and personally approved by author, Ken Christensen, this sensual dessert topping can be savoured any time of day!

For breakfast try it on pancakes or homemade crepes, for lunch, over fresh fruit, berries or cheesecake, truffles and chocolate mousse, or, consider an unforgettable raspberry themed dinner (coming up).

THE ART OF ROMANCE

Add a touch of brandy or CHAMBORD and you will discover a heavenly taste sensation. Serve warm or chilled and let your imagination run wild.

P.S. True romantics will discover that food isn't the only thing this taste treat tastes good on.

RASPBERRIES ROYALÉ RECIPE

1/2 cup water

1 1/4 tablespoons cornstarch

1/4 cup raspberry juice or sauce*

1/4 cup brandy

1/4 cup Crème de Casis (raspberry) or Chambord liqueur

1 container (app. 1 cup) fresh raspberries

Vanilla ice cream or plain cheesecake

Mix cornstarch and 1/2 cup water in a small jar, shake well until thoroughly mixed. Heat raspberry juice and 1/2 cup water in small pot. Simmer on stove and stir constantly while slowly adding cornstarch mixture until thickens (use only about 3/4 of mixture). Then add Brandy and 3/4 container of raspberries and simmer for about five minutes, stir frequently until raspberries begin to break up and sauce thickens. Add remainder of Raspberries and Crème de Casis or Chambord and simmer for 3 ~ 4 minutes. These raspberries should remain relatively whole. For a special treat, let the raspberries soak for an hour or two in the Crème de Casis or Chambord. Pour into container and cool in refrigerator.

IMPORTANT NOTES:

- ♥ Non Alcoholic version: Don't add liquor, it still tastes wonderful!
- ♥ Once prepared, sauce should be chilled until thick. Serve chilled over ice cream or warm sauce a bit in microwave. Be careful that sauce is not too hot, or ice cream will melt very quickly.
- ♥ Raspberry Juice can be bought at European food stores if not available in a regular grocery store. In German grocery stores, ask for Himbeersaft. If fresh raspberries cannot be found, use frozen or canned. The juice can be incorporated into the recipe.

With sauce done, lets try:

CHICKEN BREAST ROYALÉ

- Rinse 2 - 4 boneless chicken breasts and roll lightly in seasoned flour. Sauté lightly in butter for about 10 minutes on each side and then bake at 350 for about 30 minutes or until done.
- Serve on dinner plate with a touch of Raspberry Royale served on top.
- Serve with: Green beans with almonds or Red Skin Potatoes ~ boil red skin potatoes until medium soft, cut into quarters, sauté lightly in butter. Sprinkle with allspice and a touch of rosemary

CHOCOLATE MOUSSE ROYALÉ

A delicious way to end a romantic dinner:

Prepare “Chocolate Mousse”

Chill in nice dessert or wine glasses and served with Raspberry Royale over the top.

For a simple dessert, Raspberry Sauce served over Hagen Dasz Vanilla Ice Cream is very tasty and when topped over Hagen Dasz Mango Sorbet, is an out of this world taste treat!

Serve with...

Kir Royalé

Champagne is always fun, but a Kir Royalé takes the experience a step further. Pour a small amount of Chambord (a raspberry liqueur) into the bottom of the Champagne glass, follow with Champagne, (or, reverse the order) and a twist of lemon.



Creative Romantics will find that ice cream and cheesecake aren't the only things that this raspberry sauce tastes good on!

CHAPTER ELEVEN
ROMANCING YOUR POOL



EXCERPTS FROM I LOVE MY POOL
THE PERFECT POOL IN FIVE EASY STEPS

Chapter 11: Splash! Having Fun With Your Pool

Chapter 12: Romancing Your Pool

THE ART OF ROMANCE



So we might not be able to have pools like on the chapter cover but we can dream..In the meantime, simple things and a little time can turn even the most boring pool into a magical escape, especially at night.

It's easy to take your swimming pool for granted. I look at my pool as the ultimate relaxation tool in a stressful world. The hours spent working on my patio and back yard to create a fun, and magical setting are innumerable, and to me, great therapy.

With inexpensive family vacations a thing of the past, why not invest some money into your back yard and turn it into a tropical paradise? Today, there is an endless assortment of patio furniture, cabanas, bamboo bars and a multitude of products to enhance your backyard. New technology has created patio furniture out of high quality polyurethane that prevents sun-bleaching or damage by extreme weather conditions.

What's that? You don't have a pool in your yard! That's OK too. Take a look at your backyard. Does it have the potential to turn into a romantic paradise at night. By reading on, you may

be surprised how easy it is to create a tropical escape. There's nothing wrong with buying a kiddie pool or 3ft above ground pool and playing around in it day or night. Follow any of the directions in this chapter and just pretend it is your Olympic size pool in your own backyard.

Here are some very unique products I saw at the 2007 international pool show guaranteed to enhance your pool and backyard experience.

HAVING FUN WITH MOTHER NATURE

Do you like the sound of chirping birds? Find out what kind of food attracts songbirds indicative of your area and put out a feeder. Keep the feeder elevated on a pole or hung from an overhang as they tend to attract squirrels and other critters if in a tree. Birds will make a mess however when they break open the seeds with their beaks so be sure to keep the feeders away from the pool area. Many of the seeds will fall into the ground below the feeders causing a variety of plants and weeds to grow.



THE ART OF ROMANCE

How about a butterfly or hummingbird garden? Every geographical area has specific plants that attract these magnificent creatures. Research and plan a simple, or extravagant garden. It doesn't take much to draw them to an area with plants they like. A hummingbird feeder or two placed outside your bedroom or living room window can provide hours of entertainment. If your window has a reflective coating on it, you may be able to watch the hummingbirds checking out their reflections.

Garden departments at Home Depot and Lowe's have an amazing array of plants and complementary fountains, rock and waterfalls. Be creative! Is your yard large enough to build a trail of bricks or tiles? Both stores have a wide variety of ground stones available. While in the garden department of these stores, look into the future and think how your pool area will look in time after planting a flower garden that blooms in spring and summer.

If you are in a more tropical setting, consider bushes, palms or unique foliage and create a magical oasis over the years with an intimate pathway to walk down at night. A romantic bench or gazebo, strategically placed make for wonderful kissing spots. Does night blooming jasmine grow in your area? I visited a B&B in north Florida one summer with a gazebo covered with this jasmine, which was in full bloom that night. With a full moon above and a glass of Champagne in hand, this was a moment in time never to be forgotten. Does your yard have a fence and privacy from the neighbors. If, so, an outdoor shower is a wonderful experience while a massage under the shade is a must!

THE ART OF FLOATING IN THE POOL

Probably one of my greatest loves in life is floating in a swimming pool in my raft, favorite drink in hand and reading a good book or MAD Magazine. There are certain tricks however. First, set up the atmosphere around the pool. Do you have your favorite music playing on your outdoor speakers or stereo? How about some snacks on a plate and your beverage. A sun visor is a must if you are going to read. Don't forget sunscreen, as the reflection of the sun on the water can be a killer on your skin.



THE PERFECT RAFT

The perfect raft to me, is one where only a small portion of my body is immersed in water. However, everyone has a personal favorite so it may take a few tries until you find the right air mattress. To me, it's important that I can kick my feet and row with my arms to maneuver around the pool. Does the float have

THE ART OF ROMANCE

a cup holder for your beverage? This is a key factor in getting the most out of your experience.

Once you are ready to go, set your beverage, snack, and reading materials along the side of the pool. Don't try and be cute and get on the raft with your arms full of stuff as disaster is inevitable. I have found the best way to get on a raft when I don't want to get too wet is from the steps; lifting one leg over at a time and setting my body into the raft.

Once you are settled in, row over to your goodies (don't let them sit in the sun too long) and set yourself in total relaxation mode. Place your paper plate with snacks on your stomach, then get your reading material and finally, your drink. A gentle push from the wall allows you to float around the pool at your leisure. If you read a newspaper on your raft, be careful the wind doesn't blow it into the water as it can make a mess in your skimmer or clog up your floor vac.

THE ART OF TROPICAL DRINKS

Poolside parties, or a relaxing afternoon rendezvous, are enhanced a hundredfold with tropical specialty drinks. Throw in an umbrella and colored straws and you're set! Of course, glass should never be around your pool so check out Bed, Bath & Beyond, Beals, and similar stores that carry a variety of plastic glasses that range from basic to exotic. Common sense dictates that you have to be extremely careful when drinking around a pool especially with hard liquor. Have fun but be careful! Here are a few exotic drinks to enjoy:

EXOTIC POOL SIDE DRINK RECIPES



BERMUDA TRIANGLE

Pour over ice: • 2 parts spiced rum • 1 part peach schnapps •
Fill the remainder of the glass with orange juice

BLUE LAGOON

Pour over ice: • 2 parts Vodka • 1 part Blue Curacao • 2 parts
lemon juice • Add a splash of 7UP and stir

BLUE MARGARITA

Pour over ice: • 2 parts tequila • 1 part blue Curacao • 2 parts
lime juice • Stir - Salt rimmed glass is optional

MARGARITA

Pour over ice: • 2 parts tequila • 1 part triple sec • 2 parts
lemon or lemon or lime juice • Stir or blend and put in a salt
rimmed glass

CALYPSO PUNCH

In a punch bowl with ice, mix: • 2 parts rum • 1 part raspberry
liqueur • 2 parts seltzer • 2 parts Champagne & stir

THE ART OF ROMANCE

COPA BANANA

In a blender with ice, mix: • 1 part Amaretto • 1 part banana liqueur • 1 whole banana • 2 parts Coco Lope • 2 parts pineapple juice • 2 scoops of vanilla ice cream • Blend to a pudding consistency

PALM BEACH LEMONADE

Pour over ice: • 1 part each of vodka, gin, rum, tequila and triple sec • Fill the remainder of the glass with equal portions of lemon juice and 7UP®

PINK FLAMINGO

In a blender with ice, mix: • 2 parts rum • 1 part orange juice • 1 part Coco Lopez • 1 part pineapple juice • 2 scoops of orange sherbert • Splash of grenadine • Splash of lime • Blend to a pudding consistency

PINA COLADA

In a blender with ice, mix: • 2 parts each of rum, Cocoa Lopez and pineapple juice. • Blend to a pudding consistency

SEA BREEZE

Pour over ice: • 1 part vodka • Fill remainder of glass with equal portions of grapefruit and cranberry juice

DAIQUIRI

Pour over ice: • 1 part rum • 2 parts lemon juice • 1 tsp. sugar and stir

MAI TAI

Pour over ice: • 1 part rum • 1 part triple sec • 1 part Amaretto • 2 parts lemon juice • 1 part pineapple juice • Stir

CREATING MAGICAL MOMENTS POOL SIDE

Whether you're planning the ultimate proposal, or you just want a unique nighttime setting in the privacy of your own backyard, a little imagination can create magical moments around your pool long after the sun goes down.

First scan the area in the daylight. Does that tree or bush look like it would look good with twinkle lights in it or illuminated by a soft spotlight? Is there a garden that would look nice with Tiki Torches? How would that area of rocks look with an artificial rock speaker? Is it time for new pots and plants?

You can purchase any number of soft outdoor lights that stick into the ground, many of which are solar charged that look great at night.

Romanticizing your pool is more than just doing a few things here and there. It involves a little imagination and noticing the differences in your yard during the day and then at night, when it takes on a whole new perspective. Within this chapter, you find an assortment of ideas to help you create, the most romantic pool in the neighborhood

SUBTLE OUTDOOR LIGHTING

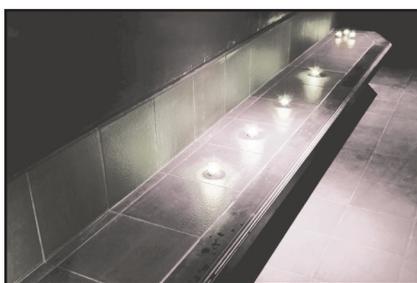
Let's set the mood for night time:

Candles



The fact is, the slightest breeze will put out a candle just as fast as you light it. Buy glass candle holders that are enclosed on the sides. Many of them have attractive designs that add to the atmosphere when lit. When strategically placed around the pool or in your yard, you would be surprised how a drab, dark yard or pool area transforms at night. A fireplace lighter is a must!

Citronella Candles



Do you have a tough time with bugs? If you don't have a screen covering your pool, Citronella candles strategically placed around the area do a pretty good job of keeping bugs away. If you have to put bug repellent on your skin, try to use a natural product versus the over-powering, chemically-laden sprays as much as possible.

Floating Candles



Candles that float on the water combined with subtle lighting is an absolutely magical experience at night! There are a variety of products on the market, so look on the Internet or at your local pool store. Most floating candles accommodate tea candles which are perfect as they don't drip wax all over the place. Make sure the sides of the candle holders go above the flame as it is less likely the wind will blow them out.

Twinkle Lights

Elegantly place Christmas lights in bushes or trees by hanging them in a soft drape from branch to branch. If you have a row of bushes or trees, be creative when you drape them. Note: the tint on colored Christmas lights tend to chip off over time. As time goes on, some of the white lights sparkle through, which creates a very nice two color effect when the breeze blows through the trees.

CAUTION: If you use extension cords, be careful as they can be dangerous if placed in water. Be sure the cords are long enough so the plugs don't lie on the ground and/or are well covered. Ideally any lighting around a yard should be professionally installed.

Tiki Torches

Let's face it, Tiki Torches are fun and transform a dull setting into a tropical atmosphere with the light of a match. Tiki's can be bought at any major store that has a garden shop, typically in spring and summer for less than ten dollars. You also need to buy torch oil, which is usually near the torch display. When you assess your pool area for proper placement, be sure to set them in areas where there is not a lot of foot traffic as the flames can get high. Once you push the poles into a secure ground, fill up the oil containers, take the cap off of the top of the torch and light with a fireplace lighter. As always, be careful whenever igniting a flame.



BUDGET ROMANCE

If you are on a budget, it doesn't have to be expensive to transform your pool area at night. White or blue Christmas lights can change a drab setting into a magical atmosphere. Purchase the smaller bulbs before, or after Christmas (when they are discounted) and drape them from trees or plants surrounding your pool. If you attach them to an extension cord, keep in mind that the cord should not be set in or around any water.

Do you desire music outside but can't afford speakers? Shop around at yard sales for an inexpensive stereo or speakers. By purchasing cheap speakers, you don't have to worry about how long they last or if they hold up in the weather (you might be surprised how well they hold up!)

ROMANTIC OUTDOOR DINING



Let's face it, outdoor dining under the stars is just romantic! Follow the instructions in the next article about Romantic Dinners At Home but set it up outside. If you plan it when a full moon is above, it just doesn't get any better. Check the Link for a great sun and moon phase calendar.

Be sure that your candle holders on the table are covered on the sides so the flame doesn't blow out. Put dimmer switches on any outdoor lighting, dim it down just right and you are almost there. Are your twinkle lights working? How about the floating candles in the pool? Are they lit? Is your romantic music ready so you don't have to worry about changing it later? Well, if you've made it this far, you're just about ready to go.

THE PERFECT PROPOSAL



The stars glistened brightly the night I proposed to the love of my life. It was a special night, as we had met exactly three years earlier to the day.

A romantic candlelit table was set on our outdoor patio, the menu; Roast Duck L' Orange, the same meal we had the night we first fell in love. The swimming pool was illuminated lightly in the background, a blue filter over the pool light was dimmed to create a mystical glow two fathoms below. Floating candles shimmered amidst the light ripples of the water, casting soft shadows on the Grecian pedestals topped with ferns strategically placed around the pool.

Cabana curtains draped across three pillars blew lightly in the breeze as did the white twinkle lights in the trees. "Sway" by Dean Martin played on the outdoor speakers hidden beneath the palms, and an artificial pond lit by a small red spotlight created fairy-like reflections on the black granite waterfall.

Dinner began with a Kir Royal' Champagne cocktail and was followed by a delightful wine. We toasted the night away and without question, Love Was In The Air!

As the full moon rose above us and Frank Sinatra crooned; "The Best Is Yet To Come", I proposed... and without hesitation she said... "Yes!"

THE PERFECT SPA EXPERIENCE



There is no greater pleasure for me than relaxing in a hot tub on a cool crisp night with the moon and stars above. In a modern society with everyone on the go, it is this authors contention that a soothing spa experience offers the opportunity to reflect on the pleasures of life, clear your mind, refocus, and let your body enjoy a bit of pampering. Make it a part of your daily routine and you will be surprised how much fun you can have!

Setting the mood

Install dimmer switches for outside lights and/or place candle holders all around your patio. Keep the lights dim inside also so you can come back into a relaxing setting.

Accessories

There are a variety of natural spa products that can enhance your experience a hundredfold. An assortment of soothing spa lotions and body oils that stimulate your skin and senses, are available at www.spazazz.com

THE ART OF ROMANCE

♥ Warm fluffy towels and robes are a must, especially, if they have just come out of the dryer. “Warmer Racks” are a fun indulgence as they warm the towels draped over them.

♥ A tray that can be set on the edge of the spa with a glass of wine, or a cup of tea or hot chocolate (I love a hot spiced Rum drink in the winter). Use plastic glasses as broken glass in a spa is not a pleasant thing. Include a selection of cheese and crackers, fruit or light snacks.

♥ When shopping in novelty shops or toy stores, keep an eye out for fun bath toys such as a rubber ducky (a must), wind up boats, penguins, fish, or anything else that floats and paddles.

vAn ice bucket to keep a bottle of wine or Champagne chilled.

The Experience

Once you have the water temperature to your liking, (don't make it too hot or else you won't be able to stay in for long) turn off the phone, put a Do Not Disturb sign on your door, set your cares aside, and enjoy the serenity and soothing atmosphere you have created.

As the water gently envelops you, close your eyes and sink into the safe confines of your spa. Find your favorite jets and let them run across your back, legs and arms. Take a couple of deep breaths and forget the rest of the world exists. Should your spa overlook a garden, plant a colorful array of flowers and trees to stimulate your visual senses while soaking. At night, a subtle spot light on your garden is a finishing touch.

So sit back, soak your troubles away, relax and enjoy... you have just created the perfect Spa experience!

BREAKFAST IN BED



Is one of the most exciting and wonderful sensations following a night of intimacy. A quick shower before dining followed by a long one together afterwards is always special. A breakfast with fresh juice, muffins, eggs, coffee and Champagne is always appreciated. Served on a tray with china, nice silverware, cloth napkins and a flower in a vase are very special touches. A great way to start a lazy day or to use as an excuse to stay in bed all day enjoying each others company.

CHAMPAGNE FOR BREAKFAST

♥ Leftover Champagne from last night? Seal the bottle before you go to bed (a paper towel works well), and in the morning, mix with equal amounts of fresh squeezed orange juice (a Mimosa). Even if the Champagne is a bit flat, this is a wonderful way to start a lazy Sunday morning. Serve with breakfast in bed and enjoy a lazy day together.



♥ The Bellini ~ Find two or three white peaches, cut out the seeds and then puree the peaches in a mixer with Champagne. A savory experience that is sure to please!

THE ART OF ROMANCE

Be sure to toast to:

*"Here's to the Best that
Life Has To Offer"*

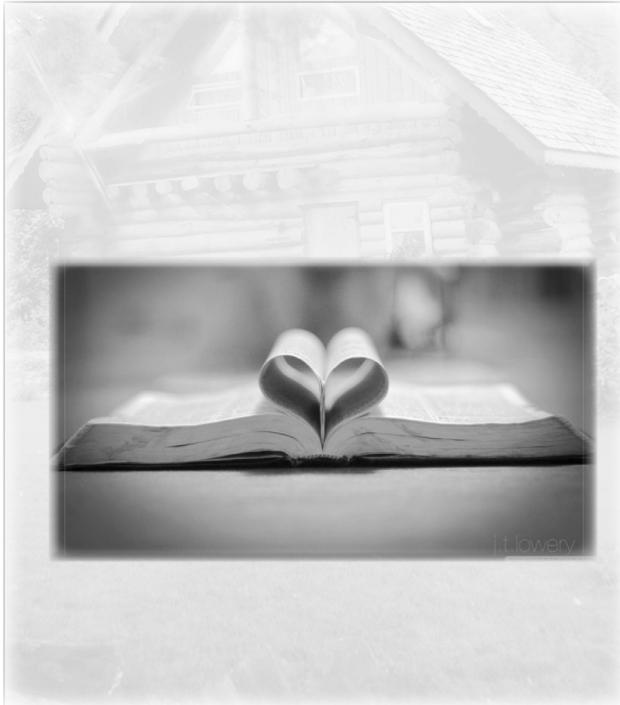


*Romantic
America*

CHAPTER TWELVE
ROMANTIC POETRY
& GREAT QUOTES

Love in its essence is spiritual fire.

~ Emanuel Swedenborg



THE ART OF ROMANCE

OK, so I'm not a big one on poetry, but these verses complement many of the books in the Romantic America Travel series.



Without Love, There Are No Dreams

~ Someone Famous



Place me like a seal over your heart,

Like a seal on your arm;

For love is as strong as death,

Its jealousy unyielding as the grave.

It burns like a blazing fire,

Like a mighty flame.

Many waters cannot quench love;

Rivers cannot wash away

~ Song of Solomon 8:6,7



*How do I love thee?
Let me count the ways.
I love thee to the depth
And breadth and height
My soul can reach...*

~ Elizabeth Barrett Browning



*Love is patient ~ Love is kind.
It does not envy ~ It does not boast,
It is not proud ~ It is not rude,
It is not self-seeking,
It is not easily angered,
It keeps no record of wrongs.
Love does not delight in evil
But rejoices in the truth.
It always protects ~ Always trusts
Always hopes ~ Always perseveres
Love never fails...*

~1 Corinthians 13:4-8

THE ART OF ROMANCE



*Place me like a seal over your heart,
Like a seal on your arm;
For love is as strong as death,
Its jealousy unyielding as the grave.
It burns like a blazing fire,
Like a mighty flame.
Many waters cannot quench love;
Rivers cannot wash away*

~ Song of Solomon 8:6,7



*I met her in the greenest dells
Where dew drops pearl the wood bluebells
The lost breeze kissed her bright blue eye
The bee kissed and went singing by
A sunbeam found a passage there
A gold chain round her neck so fair
As secret as the wild bee's song
She lay there all the summer long*

~ John Clare – Song (Secret Love)



*Beautiful days and friends
To share the fun of summer sun.
Beautiful days and friends
Make castles in the sand
Walk the beach, hand-in-hand.
Beautiful days and friends
Never come to an end ~ You are my friend*

~ Jamie Ehret



*I saw your shooting stars
As they said good-bye last night
Two gypsies on the sands of time
Stardust lost in endless flight
When shadows touch my dreams at night
I'll think of them and smile
Two flowers in a brave new world
The memory of a shining light*

ABOUT THE AUTHOR



Ken Christensen, author, artist, and entrepreneur was born in a log cabin he helped his father build. Trudging through rain, sleet and snow to come home with C average grades, he relentlessly pursued his education in the School Of Hard Knocks and The College Of Life, while studying the philosophies of Howard, Howard and Fine (The Three Stooges). At the age of 17 he took on as a job as a laborer for a brick layer and decided, then and there, that he would be an artist!

In 1990 Ken developed the Romantic America Book Series and wrote and published 25 books covering 43 states and British Columbia. With the aftershocks of 9/11 in 2001 affecting the travel industry, he focused on taking care of his fatally ill wife and Romantic America fell by the wayside.

In 2009 he returned to college to expand his knowledge of graphic design and marketing. In time, things turned around for Ken and he became increasingly involved with social media and designing videos tied in with expansive e-mail promotions (over 200+ videos to this day).

*All I want of you men and women...
All I want of you is that you shall achieve
your own beauty as the flowers do.*

D.H. Lawrence

THE ART OF ROMANCE

SPECIAL THANKS DEPARTMENT

Ken Christensen photograph by **Mary Wozniack**

Jenni Vinje Artist: "An Old Fashion Picnic" drawing on page 3

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Roxie Hart: Special Assistant to Ken Christensen



*And remember...
Use Your Imagination*



THE ART OF ROMANCE

IN LOVING MEMORY OF



Michelle Piage Malone
Author of many of the
Love Notes in this book
and more...



Cindy Hollinger Christensen
(My Baby Doll)

Both, True Inspirations to

THE ART OF ROMANCE

Oh, the stories I can tell!

A FAVORITE TOAST

Here's to the Best



That Life has to Offer



3 STOOGES SALUTE



"Willoughby next stop, Willoughby next stop ..."

“Live long and prosper.”

~ someone famous