

Happy New Year!

With 2008 already underway, we wanted to say thank you to the Finì Concierge community! We are very appreciative of those around us -- our clients, the amazing Finì team, vendors and partners -- all of whom make our daily lives exciting and successful.

We wish you the best for a happy, healthy and adventurous 2008!

Chantal and Ed Boxer

Finì Concierge, Inc.

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A Plan within the Plan: How to set a New Year's Resolution



The start of a new year is many people's favorite time of year because it is a time of reflection and opportunity to define new goals for the year ahead. Every year we hear amazing stories about people's successes. We wanted to share tips on how to accomplish your resolution from an inspirational woman who lost 65 pounds through diet and exercise. As a personal trainer, reflection and resolving became her specialties; we hope her tips help you get motivated to meet your goals for 2008.

"Failing to plan is planning to fail," is the mantra that this woman follows and is a line with which her clients are quite familiar. Every cool down begins something like this, "what's the plan this week?" Her approach to resolving involves planning your resolution once it is set.

The Plan:

First of all, start from a positive place. At this time of year, with our bellies still bloated, we look back and often see all the things we didn't do. Why not look back at what went right for you last year? Identify your strengths and weaknesses. Then ask yourself what you'd like your future to hold.

When you sit down and contemplate your future, some big dreams can come pouring out. But things like losing 65 pounds or getting your family budget in order cannot be done in one step. This is precisely what makes these tasks so hard. So once you've got those lofty goals pinned down, break them down. Sit down with a piece of paper and tear them apart. Plan what you have to do daily, weekly, monthly to reach those goals. That's your plan, now all you have to do is use the plan, follow it and you will reach those big, lofty goals.

An Example:

Here's how the approach works in the real world. An important daily step is that she sits down each night with a dedicated notebook and makes a check-list or plan for the following day. The list includes mundane things like, "lunch: spinach salad with salmon" which may seem unimportant or trivial but the list provides a sort of guidance throughout the day to keep her focused. And by focusing on those small tasks, she is able to take steps every day towards the larger goal of maintaining her weight.

Focus on the Task at Hand:

Start positive, set lofty goals and break them down into smaller tasks. Then put those big goals in storage while you focus on the tasks at hand.

Happy New Year!

Wine gem of the month



La Posta 2006 Malbec Angel Paulucci Vineyard

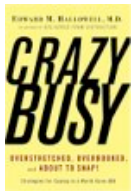
Malbec has become the signature grape of Argentina. It offers generous dark fruit flavors and a boldness that matches perfectly with the hearty winter dishes you'll see this time of year. In fact, try it with steak, just like the Argentineans do! The excellent balance and clean flavors earned it a 90 point rating from Robert Parker's Wine Advocate!

- Regular Price: \$18 per bottle
- Case Price: \$183.60 (\$15.30 per bottle)-a \$32.40 savings on the regular price!
- Half Case Price: \$102.60 (\$17.10 per bottle)

Finis Concierge will purchase and deliver your wine order, adding the costs to your next invoice.

Please click on the following link to order your wine. Once your order is submitted Finis Concierge will take care of all the details. [order form](#) Enjoy!

Crazy Busy tip of the month



When Life Gets Too Crazy, Organize Your Most Important Areas

When things get overwhelming, stop and clean out your handbag or briefcase. If you can manage it, clean off your desk. Just having those vital spaces organized makes it a lot easier to be efficient and cope with all the other chaos. Plus it will give you a sense of satisfaction and some "visual peace."

To organize a different way: Make list and check things off as you complete them.

Finally, if you can't spare any extra time to organize the space around you; contact Finis Concierge and we will help!

--Dr. Hallowell

CrazyBusy: Overstretched, Overbooked, and About to Snap! Strategies for Coping in a World Gone ADD by Edward M. Hallowell

Foodie tip of the month



Braised Lamb Shanks with Zinfandel

Zinfandel the fun-loving 'sister' has gained wide spread popularity. Although historians were puzzled over California's Zinfandel's origin, finally in the late 1990s, researchers proved that Zinfandel and southern Italy's Primitivo are the same grape! If Cabernet is the serious member of the red wine family, then Zinfandel is the fun-loving 'sister.' When made in a light, fruity, zesty style, it compliments barbecued ribs, hamburgers, and grilled chicken dishes. Even when made in a heavier style this California classic seems better suited to informal dishes rather than fancy "table clothed meals."

When creating this dish, Braised Lamb Shanks with Zinfandel, mouth-watering aromas of a great wine, and the sound of sizzling meat in the pan, come from your kitchen.

- 4 Lamb Shanks, 2 1/2 -3 lb

- Salt and freshly ground pepper to taste
- 1 Tbsp. extra-virgin olive oil
- 1/4 lb plum (Roma) tomatoes
- 1/2 yellow onion, finely minced
- 1 small carrot, peeled and finely chopped
- 1 celery stalk, finely chopped
- 2 garlic cloves, finely minced
- 2 Tbsp. minced fresh rosemary
- 1/2 cup Zinfandel
- 1/2 cup water
- 2 Tbsp. chopped fresh flat-leaf (Italian style) parsley

Season the lamb with salt and pepper. In a high-sided frying pan or Dutch oven over medium-high heat, warm the olive oil. When the oil is hot, add the lamb, reduce the heat to medium- low, and brown on all sides, about 30 minutes. Using tongs, transfer the lamb shanks to a plate.

Meanwhile, halve the tomatoes. With your fingers, scoop out and discard the seeds. Grate the tomatoes using the large holes on a box shredder- grater, positioning the cut side of each half against the grater. Discard the tomato skins. You should have about 1 cup puree.

Add the onion, carrot, celery, garlic and rosemary to the pan. Cook until soft, about 10 minutes. Add the wine, raise the heat to high, and simmer until the pan is almost dry, about 1 minute. Add the tomato puree and the water and return the lamb shanks to the pan. Bring to a simmer, cover, and adjust the heat to maintain barely a simmer. Cook until the meat is fork- tender and is easy to pull away from the bone, about 2 hours, turning the lamb shanks occasionally in the liquid.

Transfer the lamb to a plate. Pour the braising liquid and vegetables into a large measuring cup and refrigerate until most of the fat rises to the top, takes about 30 minutes. Spoon off the fat and discard, then return the liquid and vegetables to the pan. Place over high heat and simmer, uncovered, until thickened to a sauce consistency. Taste and adjust the seasoning to your liking.

Return the lamb shanks to the sauce and reheat gently until hot throughout. Stir in 1 Tbsp. of the parsley. Then divide the shanks over warmed individual plates. Spoon sauce over them, garnish with remaining parsley. Pairs nicely with a creamy polenta or your favorite sides.

Buon Appetito!

Upcoming & ongoing events in Boston



Monty Python's Spamalot: January 15th-27th at The Opera House. For more information please click on the following link: [Spamalot](#)

My Fair Lady: February 5th-17th at The Opera House. For more information please click on the following link: [My Fair Lady](#)

The Beatles Experience, Rain: February 6th- 8th at The Colonial Theatre. For more information please click on the following link: [The Beatles Experience, Rain](#)

Luxury for Export; Artistic Exchange between India and Portugal around 1600: February 8th-May 4th at at The Isabella Stuart Gardner Museum. For more information please click on the following link: [Isabella Stuart Gardner Museum](#)

Rhythms of Modern Life; British Prints 1914-1939: January 30th-June 1st at The Museum of Fine Arts. For more information please click on the following link: [Museum of Fine Art](#)

Reminders

Tax Season is upon us once again. Taxes are due Tuesday, April 15,



2008.

Fini Concierge is hiring! Please visit our website at the following link to view available opportunities: [Employment Opportunities at Fini Concierge](#)

Fini Blog: Read about Fini Concierge's latest adventures at: [Fini Concierge Blogspot](#)

About Fini Concierge: Check out the most recent media coverage highlighting Fini Concierge. Please click on the following link to read about us in the Boston Herald, the Boston Globe and Upscale Living. [Fini Concierge In the News](#)

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