

VOL 3 ISSUE 2
2022 November
Edition



GRIDDLE ME THIS DAD NEWSLETTER



GRATITUDE

by Bill Pickrel

Welcome to the November edition of the GMTD newsletter

I hope everyone is well and enjoying the change of seasons. Happy Birthday Mom! The theme for this month's newsletter is gratitude. I use this newsletter as my informal gratitude letter.

I am grateful for my family, my source of focus and pride, that provide meaningfulness in my life. I am grateful for my supportive and beautiful wife, who I love, honor, and respect. Her drive and determination are the foundation that our awesome family is built on. Everyday, she shows and teaches me what being a good person truly means. Thank you for sharing your life with me.

I am grateful that our family is healthy and safe and does not have deal with the challenges of long term health care for a loved one or short term challenges of natural disasters.

As I get older, I find myself more able to better appreciate the people, events, and situations that have been part of my life and how blessed that I have been. Thank you all!

Happenings -We all had an excellent time during the 20th Anniversary version of my charity golf tournament at Whiskey Creek Golf Course in Ijamsville, MD on Tuesday, October 25, 2022. The weather was surprisingly warm but a bit overcast and hazy. **Congratulations to all who played, we raised \$1000 to support The LEGACY SCHOOL, EMPOWERED LEARNING for DYSLEXIC CHILDREN.** Special thanks to my fabulous wife for assisting at the event, the Whiskey Creek Staff, and Jamie Caplan, Founder of the school, for her vision and commitment to make this school a reality. This school changes children's lives for the better, everyday. Recipes this month include one inspired by the Atlanta (cover picture) Grilled Cheese Festival - Jalapeño Popper Griddled Cheese and one inspired by what I had in the freezer - Trout for Two. Enjoy!

Information - In all its forms, showing gratitude and messages of appreciation should ultimately be unburdening, focusing on positive emotions, memories, and thoughts rather than any "donewrongs" Identifying and using the strength of gratitude, has important valuable associations with other mental and physical factors, including:

- Life satisfaction
- Optimism
- Prosocial behavior
- Increased cardiovascular and immune functioning
- Longevity
- Lower levels of anxiety and depression
- Kindness and compassion

Gratitude—both as a strength and an emotion—can be boosted easily with practice. Indeed, gratitude letter writing is so beneficial because research has shown it promotes gratitude, encourages the appreciation of others in your life, and strengthens relationships. Give it a try!

Review – Southern Tier Brewing's Pumking Imperial Ale is a fall classic. To quote their website: "IT'S GOOD TO BE KING! All Hallow's Eve is a time of the year when spirits can make contact with the physical world, and when magic is most potent. It is thought that we harness this magic to brew our powerful pumpkin ale. Not so, but it is with great respect to the magic of their trade that our brewers produce this fine beer. Take a whiff of this complex ale and your journey has just begun. At first sip, a magical spell will bewitch your taste buds, yet another victim enraptured by the Pumking." With a healthy 8.6 % ABV and loaded with warm autumn spices: vanilla, clove, allspice, cinnamon, and nutmeg. Malty and sweet, this boozy ale is a pumpkin pie in a glass. Highly recommended.

HOW ABOUT A LIST, INSTEAD?

I was asked, "what is in your six pack of hot sauces?" I keep these sauces on my table in a cool 6 pack carrier:

1. Frank's Red Hot
2. Huy Fong - Sriracha
3. Melinda's Chipotle Sauce
4. El Yucateco Salsa Picante De Chile Habanero
5. Tabasco Chipotle Sauce
6. Melinda's Original Habanero Extra Hot Sauce

INTERESTING LINK

Another odd call out for the link this month, but very well spoken and informative. Chris Williamson is a British Love Island Contestant turned Podcaster, YouTuber, and blogger.

His genuine and engaging way with his super interesting guests is truly awesome to watch, To quote his YouTube homepage: "Bonjour. I'm Chris, Host of the Modern Wisdom Podcast. Currently learning out loud with guidance from the most interesting people on the planet. You should join the cult."

I enjoy his reading list and blog as well that can be found on the link below.

<https://chriswillx.com/>