



GRIDDLE
ME
THIS
DAD



VOL 3 ISSUE 3
2022 Holiday Edition

**GRIDDLE ME
THIS DAD
NEWSLETTER**

2022 Holiday

EDITION



Reflection and Renewal

BY BILL PICKREL

WELCOME TO THE 2022 HOLIDAY EDITION OF THE GMTD NEWSLETTER

WELCOME TO THE HOLIDAY ISSUE OF THE GRIDDLE ME THIS DAD NEWSLETTER.

THE THEME FOR THIS NEWSLETTER IS REFLECTION AND RENEWAL. AS I REFLECT ON A GRADUAL RETURN TO A MORE NORMAL PACE IN 2022, I AM BLESSED THAT MY FAMILY WAS ABLE TO THRIVE AND GROW IN THE PAST YEAR WITH THE ADDITION OF MY WONDERFUL DAUGHTER IN LAW, ERIKA. I WISH CONTINUED HEALTH, PROSPERITY, HAPPINESS, AND THE BLESSINGS OF FAMILY AND FRIENDS FOR ALL DURING THIS HOLIDAY SEASON. I WOULD AGAIN LIKE TO THANK MY FAMILY AND ALL THE SUBSCRIBERS THAT HELP CREATE AND ENJOY THIS NEWSLETTER. ALL THE BEST FOR THE NEW YEAR!

REFLECTIONS ON 2022 GRIDDLE RESOLUTIONS - VERY SUCCESSFUL IMPLEMENTATION OF THE RESOLUTIONS. I HAVE GREATLY ENJOYED THE COUNTRIES/REGIONS OF INTEREST AND WILL CONTINUE THAT THEME THIS YEAR, MANY PROTEINS WERE FEATURED LAST YEAR TO INCLUDE TROUT, CRAB, BEEF, HAM, CHICKEN, CHICKPEAS AND OTHERS. UNFORTUNATELY, I WILL REPEAT MYSELF FROM LAST YEAR, I WISH MY PERSONAL GOALS WERE THIS SUCCESSFUL. RECIPES THIS MONTH INCLUDE SOME OF MY FAVORITE DISHES: GRIDDLE WINGS, BOARDWALK FRIES, AND HONEY SRIRACHA SHRIMP. SPECIAL RECIPE FOR A SUPER IMPRESSIVE CHARCUTERIE TREE FROM THE FABULOUS GRIDDLE ME THIS MOM.

HAPPENINGS - AS PART OF OUR HOLIDAY EXTRAVAGANZA, THE REFLECTION CONTINUES ON ITEMS THAT I HAVE LEARNED IN THE PAST YEAR. I LEARN MOSTLY FROM READING. I DID NOT QUITE MAKE MY GOAL OF READING 50 BOOKS THIS YEAR (38). THE BEST THREE BOOKS I LEARNED MOST FROM WERE:

1. THINKING FAST AND SLOW - DANIEL KAHNEMAN - THIS BOOK EXPLORES HOW WE, AS HUMANS, THINK, WHICH I FIND VERY INTERESTING. BASICALLY, WE HAVE A QUICK REACTING, NEARLY AUTOMATIC SYSTEM, SYSTEM 1, AND A MORE CONTROLLABLE, SLOWER SYSTEM, SYSTEM 2. TO QUOTE REVIEWS OF THIS BOOK; "THINKING, FAST AND SLOW IS A MASTERPIECE—A BRILLIANT AND ENGAGING INTELLECTUAL SAGA BY ONE OF THE GREATEST PSYCHOLOGISTS AND DEEPEST THINKERS OF OUR TIME. KAHNEMAN SHOULD BE PARKING A PULITZER NEXT TO HIS NOBEL PRIZE." —DANIEL GILBERT, HARVARD UNIVERSITY PROFESSOR OF PSYCHOLOGY "TO ANYONE WITH THE SLIGHTEST INTEREST IN THE WORKINGS OF HIS OWN MIND, IT IS SO RICH AND FASCINATING THAT ANY SUMMARY WOULD SEEM ABSURD."—MICHAEL LEWIS, VANITY FAIR

2. THE POWER OF HABIT - CHARLES DUNHIGG - THIS BOOK EXPLORES HOW WE DEVELOP, MAINTAIN, AND POSSIBLY EVEN CHANGE HABITS. TO QUOTE THE BOOK, "HABITS, SCIENTISTS SAY, EMERGE BECAUSE THE BRAIN IS CONSTANTLY LOOKING FOR WAYS TO SAVE EFFORT." "THE POWER OF HABIT IS CHOCK-FULL OF FASCINATING ANECDOTES . . . HOW AN EARLY TWENTIETH CENTURY ADMAN TURNED PEPSODENT INTO THE FIRST BESTSELLING TOOTHPASTE BY CREATING THE HABIT OF BRUSHING DAILY, HOW A TEAM OF MARKETING MAVENS AT PROCTER & GAMBLE RESCUED FEBREZE FROM THE SCRAPHEAP OF FAILED PRODUCTS BY RECOGNIZING THAT A FRESH SMELL WAS A FINE REWARD FOR A CLEANING TASK, HOW MICHAEL PHELPS' COACH INSTILLED HABITS THAT MADE HIM AN OLYMPIC CHAMPION MANY TIMES OVER, AND HOW TONY DUNGY TURNED THE INDIANAPOLIS COLTS INTO A SUPER BOWL-WINNING TEAM."—LOS ANGELES TIMES

3. THE SUBTLE ART OF NOT GIVING A F*CK AND EVERYTHING IS F*CKED - MARK MANSON - THESE BOOKS ARE WELL WRITTEN AND INFORMATIVE, AND YES, THEY ARE MAKING A MOVIE. "RESILIENCE, HAPPINESS, AND FREEDOM COME FROM KNOWING WHAT TO CARE ABOUT--AND MOST IMPORTANTLY, WHAT NOT TO CARE ABOUT. THIS IS A MASTERFUL, PHILOSOPHICAL AND PRACTICAL BOOK THAT WILL GIVE READERS THE WISDOM TO BE ABLE TO DO JUST THAT." — RYAN HOLIDAY

INFORMATION - AS PART OF THE NEW YEAR RENEWAL, I WILL AGAIN STAND ON THE PULPIT OF THE CHURCH OF GRIDDLE AND WILL PROCLAIM MY GRIDDLE RESOLUTIONS FOR 2023 TO THE FLOCK.

1. IMPROVE WEBSITE BY ADDING SEARCH FUNCTIONALITY ON RECIPES AND OTHER FEATURES TO IMPROVE VISITOR EXPERIENCE.
2. CONTINUE THE COUNTRIES/REGIONS OF INTEREST. I RESOLVE TO FEATURE ONE COUNTRY/REGION OF INTEREST FOR EVERY NEWSLETTER THIS YEAR.
3. PROVIDE FLEXIBILITY TO THE NEWSLETTER FORMAT AND STRUCTURE TO IMPROVE AND ENHANCE READER ENJOYMENT.

REVIEW - ONE OF MY FAVORITE, LOCAL BREWERIES IS FLYING DOG OUT OF FREDERICK, MD. AN AWESOME EXAMPLE OF THEIR SKILL IS THE LIMITED RELEASE, SNOWPLOWED HIBERNATION 12 PACK WHICH CONTAINS THREE EXCELLENT BEERS (4 EACH): STROOPWAFEL CINNAMON BLONDE (8 ABV), WHITE RUSSIAN BLONDE STOUT (7.2 ABV), AND SMOKED MAPLE PORTER (6.5 ABV). ALL ARE EXCEPTIONAL FOR KEEPING YOU WARM ON A COLD WINTER'S NIGHT. HIGHLY RECOMMENDED.

HOW ABOUT A LIST, INSTEAD?

HOLIDAY MUSIC IS ONE OF MY FAVORITE EXPERIENCES OF THE SEASON. MY FAVORITE PICK SIX CHRISTMAS SONGS ARE:

1. GOD REST YE MERRY GENTLEMEN/ WE THREE KINGS - BARENAKED LADIES
2. THE 12 DAYS OF CHRISTMAS - STRAIGHT NO CHASER
3. CHRISTMAS EVE/SARAJEVO - TRANS-SIBERIAN ORCHESTRA
4. DANCE OF THE SUGAR PLUM FAIRY - LINDSEY STIRLING
5. VENI VENI - MANNHEIM STEAMROLLER
6. CAROL OF THE BELLS - LORRIE LINE

INTERESTING LINK

IN KEEPING WITH MY BOOK RECOMMENDATIONS FOR THIS YEAR, MARK MANSON IS A SURPRISINGLY RIVETING INDIVIDUAL. TO QUOTE HIS WEBSITE, "I AM THE #1 NY TIMES BESTSELLING AUTHOR OF THE SUBTLE ART OF NOT GIVING A F*CK AND EVERYTHING IS F*CKED: A BOOK ABOUT HOPE. I WRITE LIFE ADVICE THAT IS SCIENCE-BASED, PRAGMATIC, AND NON-BULLSHITTY—A.K.A., LIFE ADVICE THAT DOESN'T SUCK. SOME PEOPLE SAY I'M AN IDIOT. OTHER PEOPLE SAY I SAVED THEIR LIFE. READ ON AND DECIDE FOR YOURSELF." I REALLY ENJOY HIS VIDEOS ON YOUTUBE ESPECIALLY HIS ONE MINUTE BOOK REVIEWS. HIS MAIN WEBSITE CONTAINS LOADS OF GREAT ARTICLES, HE EVEN HAS A WEEKLY NEWSLETTER. GREAT STUFF.

[HTTPS://MARKMANSON.NET/](https://markmanson.net/)

[HTTPS://WWW.YOUTUBE.COM/@IAMMARKMANSON](https://www.youtube.com/@IAMMARKMANSON)

QUESTIONS OR SUGGESTIONS?
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