



**SOLID  
WEALTH**  
KEEPING YOU ON TRACK

October 2022

Can you believe 2022 is coming to an end? Here it is October already, the weather is changing, the fall festivals/bazaars/craft shows, and Oktoberfest's are in full swing. Stores have competing aisles of Halloween and Christmas. Firewood is selling quickly; winter coats and sweaters are on sale and families are already making plans for the holidays.

Here at Solid Wealth, we have been busy these past months with events and educational opportunities for you and your guests. In July we had Derek Lightburn from WisdomTree speak to us about what is happening with the economy and projections of things to come. Last month we had a fun event at the War Hawk Museum, enjoying the presentation by Tom and Richard from the US Navy. How great is it that the newest submarine is named the USS Idaho! We learned so much about the submarine, the crew, the building and the funding.

As always, we have gathered lots of great ideas, books, movies, recipes, news, travel, and industry related information. If there is something you really enjoy...share it or request an electronic copy to send to a friend or neighbor. We are always looking for great ideas of events, information, tips etc. to share with each other. Email us or give us a call with that idea!



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## Office Hours

Monday through Thursday 9:00 am to 5:00 pm / Friday 9:00 am to 1:00 pm

Office or Zoom Appointments are available Tuesday through Thursday

## 2022 Holiday Closings

- January 17th – Martin Luther King Day
- February 21st – Presidents Day
- April 15th – Good Friday (closing early)
- May 30th – Memorial Day
- July 4th – Independence Day
- September 5th – Labor Day
- October 10th – Columbus Day
- November 11<sup>th</sup> – Veterans Day
- November 24th – Thanksgiving
- November 25th – Day after Thanksgiving
- December 23<sup>rd</sup> – Christmas Eve (Eve)
- December 30th – New Year's Eve (Eve)

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*As a value to you, one of our firm's relationships is that our team is available to be a sounding board for family members, friends, or colleagues of our clients. The bottom line is this... if someone is important to you then they are important to us, and because you are great clients, they don't have to become a client to take advantage of this service.*

*Candidly, we know there are people out there who aren't hearing from their advisor as often as they should and who are concerned if they are positioned appropriately for the current environment. Whenever you sense that we could provide value to someone who is important to you, please don't hesitate to have them reach out to us.*

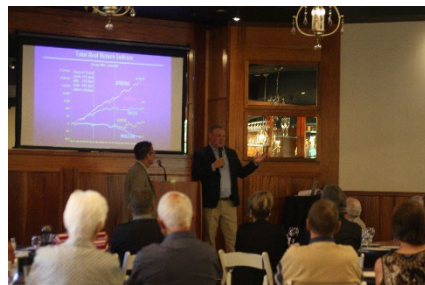
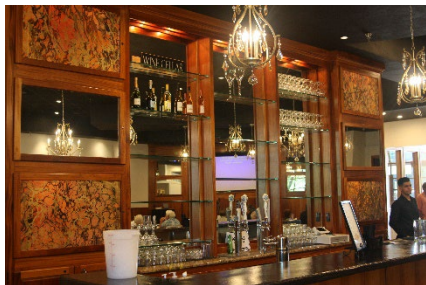




## Past events:

### July – Waters Edge Center

Derek Lightburn from Wisdom Tree came to update us on what is happening in the market and beyond. Great information, great social time and great food!



In September, we met at the War Hawk Museum to hear Tom and Richard from the US Navy tell us all about the newest nuclear submarine – the USS Idaho! We also had the opportunity to wander the museum and check out all the history.



## THE SHARING CORNER...



### **Travel ideas:**

[www.americancruiselines.com](http://www.americancruiselines.com) Not ready to cruise in the ocean or in Europe? How about right here in the US. Explore the fall foliage of the Hudson River with American Cruise Lines. This round-trip NYC journey explores the Big Apple, Albany and the Catskill Mountains.

[www.harmontravel.com](http://www.harmontravel.com) One of our families works for this Boise travel group. If you want to plan something unique, reach out to Barbara Rydzon. The world is open for fun!

[Www.visitmt.com](http://www.visitmt.com) Montana's museums, parks and attractions are fit for the whole family. Plan a trip. Explore the great outdoors in Montana.

Visit Idaho: [info@tourism.idaho.gov](mailto:info@tourism.idaho.gov) Always something to see and explore in this great state of ours. Ski trips, road trips, winter camping, fall foliage trips. Check it out!

### **Adult classes for just about any interest:**

<https://www.cityofboise.org/departments/parks-and-recreation/activities-classes-and-sports/adult/adult-art/> Boise Parks and Recreation offers a wide variety of art classes for adults year-round. All classes require registration through our online system. Click the link to view class offerings and access the online registration system. Winter/spring offerings include drawing, enameling, painting, pottery and photography.

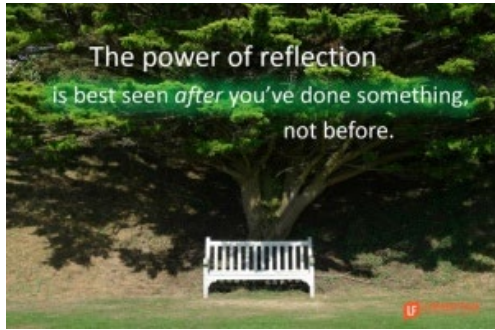
### **History sites:**

<https://totallyboise.com/History> Want to know or experience the local history? Check out this link.

[http://www.world-guides.com/north-america/usa/idaho/boise/boise\\_history.html](http://www.world-guides.com/north-america/usa/idaho/boise/boise_history.html) Boise history BUT...you can search on this site for history of anywhere in the WORLD!

<https://www.idaho.gov/about-idaho/history/> Anything you want to know about the state of Idaho, is on this website.





## Finding Purpose in the Everyday

What is your money for?

That's maybe the most important question that our planning process helps people to answer. If the purpose of life was just to make more money, then no one would ever stop working. The best uses of our time and our money lead us to more meaningful experiences that help us to grow as individuals, connect to our loved ones, and make a positive impact on the world around us.

If the hustle and bustle of life have come between you and your sense of purpose, try this three-step process to get back in touch with what matters the most.

### **1. Reflect on your purpose.**

Perhaps the biggest obstacle between ourselves and our sense of purpose is finding time to reflect. Schedule a block of time to simply sit, relax, and think about where you are in your life right now. You might try meditating, journaling, or even light exercise as a way to tune out the rest of the world and clear your head.

So much of our identity is wrapped up in what we do for a living that it's important to think beyond how we earn money. Think about the people who are most important to you and how you work on those relationships. Think about the interests you had when you were younger, the courses you took, and how those things led you towards your career or away from another line of work.

After working through these questions, you might find that you're already more connected to your life's purpose than you realized. Or you might identify potential changes that you want to spend more time thinking about, such as building more self-care into your weekly routine, taking online classes to learn a new skill, or even contemplating a new career.

## **2. Focus on the little things.**

Very few people get to spend every second of their day doing exactly what they love to do. The trick to getting through the inevitable drudgery is to cherish those moments when you are putting your talents to their most meaningful uses.

For example, the pandemic era has been particularly stressful on medical professionals. Doctors and nurses have had to contend with challenging work conditions, grumpy patients, staff shortages, and delivering the worst imaginable news. But they've also deepened their bonds with coworkers, exercised all their skills and knowledge, learned new things, and helped countless people through serious illnesses.

Every day has those moments of purpose that we should all spend more time focusing on. No matter what you do, there's an end customer whose life you're making better, a co-worker you're teaching or learning from, a problem that you're able to solve, or a family member who benefits from the fruits of your labor.

## **3. Take more purposeful actions.**

If your day is so full that you can't build more purpose into it, you might need to be more mindful about how you spend your time outside of work or commitments. Volunteer at a school or charitable organization. Teach or mentor the next generation of professionals in your field. Wake up an hour earlier so that you can devote some extra time to your exercise goals or hobbies. Invest in more purposeful relationships by leaving work at work and focusing your free time on friends and family.

Or, if your current situation just isn't improving your Return on Life, start working on a plan that will help you make a smooth transition into your next act. As always, give us a call if we can help in any way or be the sounding board to think out loud to determine any changes that you may want to make in your life/life style.

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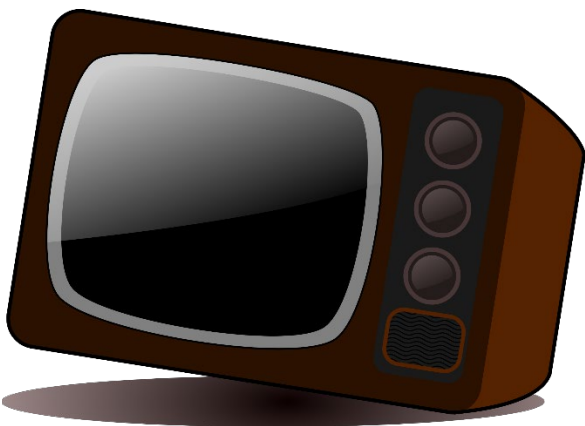
## BOOKS

- **Things We Never Got Over** by Lucy Score
- **Shakespeare: Conspiracy of Silence** by Raf Lindia
- **Blow Back** by James Patterson
- **Beanies, Ball Caps and Being Bald** by Tracy Peterson
- **Simply Happy Cookbook** by Steve and Kathy Doogy
- **Atomic Habits** by James Clear
- **Little Blue Truck's Halloween** by Alice Schertle
- **The Alaska Saga** by Tracie Peterson



## MOVIES

- **Halloween Ends**
- **Smile**
- **The Good House**
- **Woman King**
- **Nope**
- **The Bullet Train**
- **Room**
  
- **McDonald and Dobbs**
- **Father Brown**
- **The House of the Dragon**
- **Succession**
- **The Peacemaker**
- **Station Eleven**
- **Wipeout**
- **Abbott Elementary**



## TELEVISION SHOWS



## Balsamic Braised Pork Tenderloins with Fresh Figs

Use fresh figs to add some sweetness to these balsamic braised pork tenderloins. Bonus: There is no added sugar! The dish starts on the stove top and finishes in the oven, freeing you up for other tasks. We like this dish with roasted potatoes that let the oven do double duty. A simple green salad completes the meal.

### Ingredient Checklist

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|--|---|
| <input checked="" type="checkbox"/> 2 (1 1/2 pound) pork tenderloins       | <input checked="" type="checkbox"/> 1 teaspoon kosher salt, or to taste |
| <input checked="" type="checkbox"/> ½ teaspoon freshly ground black pepper | <input checked="" type="checkbox"/> 2 tablespoons olive oil             |
| <input checked="" type="checkbox"/> 2 shallots, thinly sliced lengthwise   | <input checked="" type="checkbox"/> 12 fresh figs, stemmed and halved   |
| <input checked="" type="checkbox"/> 1 cup chicken broth                    | <input checked="" type="checkbox"/> ¼ cup good-quality balsamic vinegar |
| <input checked="" type="checkbox"/> 1 tablespoon minced fresh rosemary     | <input checked="" type="checkbox"/> fresh rosemary sprigs for garnish   |

### Directions: Preheat the oven to 350 degrees F (175 degrees C)

1. Pat tenderloins dry and remove silver skin, if present. Season with kosher salt and freshly ground pepper, to taste.
2. Pour oil into a large, oven-proof skillet and heat over medium-heat until oil shimmers. Carefully place seasoned tenderloins into the hot oil and brown on all sides, 7 to 10 minutes total.
3. Add sliced shallots around tenderloins and stir, about 1 minute. Add figs, chicken broth, and balsamic vinegar. When the mixture begins to bubble, sprinkle minced rosemary over everything.
4. Cover, place in the preheated oven and bake until pork is no longer pink in the center, 25 to 30 minutes. An instant-read thermometer inserted into the center should read 145 degrees F (63 degrees C).
5. Using tongs, remove pork from the skillet and place on a serving platter. With a slotted spoon, remove figs from the skillet and place around the tenderloins. Cover loosely with foil.
6. Place skillet back onto the stovetop over medium-high heat. Bring pan juices to a boil and allow to reduce to about 3/4 cup, 10 to 15 minutes.
7. Slice tenderloins, drizzle reduced liquid over the meat, and garnish with fresh rosemary sprigs, if desired.



## Pumpkin Pie Dessert Hummas

A sweet and protein-rich dessert hummus you can eat chilled by the spoonful or serve with cinnamon-sugar pita chips, vegetables or your chip of choice.

- |   |   |
|---|---|
| 1 (15 ounce) can chickpeas, drained   | <input checked="" type="checkbox"/> ½ cup canned pumpkin            |
| <input checked="" type="checkbox"/> 3 pitted Medjool dates                  | <input checked="" type="checkbox"/> 3 tablespoons maple syrup       |
| <input checked="" type="checkbox"/> 2 tablespoons unsweetened peanut butter | <input checked="" type="checkbox"/> 1 tablespoon diced fresh ginger |
| <input checked="" type="checkbox"/> 1 tablespoon molasses                   | <input checked="" type="checkbox"/> 1 tablespoon vanilla extract    |
| <input checked="" type="checkbox"/> 1 ½ teaspoons ground cinnamon           | <input checked="" type="checkbox"/> ¼ teaspoon ground cloves        |
| <input checked="" type="checkbox"/> ¼ teaspoon ground nutmeg                |   |

Combine chickpeas, pumpkin, dates, maple syrup, peanut butter, ginger, molasses, vanilla extract, cinnamon, cloves, and nutmeg in a food processor. Process to a smooth paste, 2 to 3 minutes, scraping down sides as necessary. Refrigerate 1 to 2 hours before serving.



## What's up Dirk?

We have been trying to get items done at the new house. It has been very trying as construction delays continue to push out our progress on our home. Some items are a comedy of errors and other are supply related. It squarely questions my logic on deciding to do this NOW!



On a family note...I moved my 23-year-old daughter, Sienna, back from Arizona. I purposely talked her into re-grouping to get a better heading for what type of work she should pursue that would be more rewarding. In addition, I have set her up as my assistant for the house project. She has learned how to run a trench digger to help me install some 1000 feet of irrigation line, install 160 feet of vinyl ranch fencing and install 6500 square feet of sod. My bride of 30 years, Stacey, has also been a big help with the fencing and sod. She is really looking forward to living in the country and getting out of this darn rental house.

My super student, Shawni, is about one month away from taking the all-inclusive Veterinary Medical Exam called the NAVLE. Once passing that exam and eight more clinical rotations, she will officially be DR. WALL! Quite the role model. Makes us so proud.

Really looking forward to our next client gathering and helping each one of you make smart, informed decisions on your journey! The best is yet to come!

## What's up, Pam?

Day trips, smoky mountains, clear streams, fair food, family – yep that was my summer. Because of my move to an apartment, my flower garden is confined to the balcony, and it did wonderful (still is!). It was kind of nice not to have to cut the grass, weed continually and fight the ‘critters’ in my flower beds and wrangle the irrigation system.

We drove into the mountains on many Saturdays and simply enjoyed the scenery. Hiking, photo ops, hot springs and antique shopping plus trying great food in some ‘out of the way’ diners was top of the list. Oh...and I am now the grandmother of a second grand-dog! Little Denali is in Tennessee with my kids and is an Aussie Doodle and quite the charmer! I get videos weekly of her antics. Can't wait to meet her!



We, of course, went to the State Fair and ‘grazed’ the night away. Why we do that and punish our bodies with food not normally fit for human consumption is truly a ‘wonder’! But it was yummy and the night we went was not too crowded. We also had birthdays this summer (3 out of 4 grandsons), including mine (ate waaaay too much but it was awesome!). Gina and I are participating in several fall bazaars (she is sewing and I am gluing) which will keep us out of trouble for the next few weeks. She challenges me, for sure!



And my ‘sometimes’ roommate grandson Noah has moved out to Tennessee to be with his family once again. He is joining the White Noise Band with his family and branching out with his music composition, getting help from his Music Producer Uncle (LittleGuyStudio) who works with GoTee Records. I see great things happening not only for him but for the kids as they continue to build up their ministry and outreach to the musicians in the Nashville area with the goal of having a building for the school/venue by fall of next year and leading worship with the band in very unlikely places!

As for my son Greg and his remodeling business – it's a good thing his two sons work with him. The guy is busy, busy! Really proud of my kids...for sure, for sure! Me? Just hanging out, making friends, planning trips and enjoying working with all of you! You all are awesome!!!



## TRU ADVICE TEAM MEMBERS

Our back-office team at TRUADVICE plays a vital role in your income plan, investment plan and overall portfolio. As Dirk interacts with them to formulate and monitor growth, changes, withdrawals etc. we are featuring several staff members this month:

**Nick** – we survived Hurricane Ian with very little damage and had internet back up within hours. My family had a few anxious moments, but the real force of Ian passed us by. Very grateful, for sure!

**David** – Holidays are a joyous time for us to get together for family gatherings, festivities decorating and exchanging gifts with loved ones. This year will be even more special in our family since my niece was recently engaged. Paige and Michael are to be married in Charleston and then honeymooning in Greece next summer. Next May our family trip will be to the Amalfi Coast in Italy. We will start in Naples then continue to Positano, Sorrento and Ravello. Italy is my favorite place to visit and will be worth the wait!

**Bonnie** – Did you know there is a type of intelligence that can measure how you will fair with adversity? We all face some form of adversity throughout lives, the COVID pandemic certainly counts as does this most recent hurricane Ian we faced in Southwest Florida. I wrote last newsletter about all four of my grandparents as being children of the great depression; it shaped who they were. I just finished reading a novel that taught me about a facet of the 30's that is not part of my family history, but I found it fascinating, The Dust Bowl. Kristin Hanna is the author of 'The Four Winds' a historical fiction novel that tells the tale of a farming family in Texas and their struggles during that time. If anyone had a high Adversity Intelligence, it was most certainly the Greatest Generation – may we learn a thing or two from them!

As a side note, the TruAdvice team sustained some individual loss of power, property etc. and the TruAdvice building was without power for several days; however, all was restored quickly and everyone was back to work the following Monday, serving families and advisors and grateful no one was injured!

Back row: David, Nick, Samantha, Dan, Ross, and Bonnie. Front row: Bianca, Chris, Savanna, and Renee