

LIFESTYLE | TRAVEL | FOOD | HEALTH

WINTER/SPRING 2023

la Dolce Vita!

THE SWEET LIFE



Venice to Ljubljana

Winter Fly Fishing

Baja Wine Country

Compliments of
HUITING
WEALTH MANAGEMENT GROUP



QUARTERLY UPDATE

Dear clients and friends,

With open arms we welcome 2023! Despite the many economic and geopolitical obstacles in 2022, we seem to have persevered. While we're not sure how the pandemic will impact us this year, there does seem to be a feeling of optimism. Our magazine this issue highlights some of the destinations last year we found especially compelling – as always, you are welcome to visit our “travel library” in our new addition, grab a glass of wine and sit by the fireplace with a good travel book to find inspiration!

Looking back at 2022, it was a very disappointing year from a market perspective, with both bonds and equities moving together significantly to the downside. Wells Fargo Investment Institute (WFII) released their Outlook for 2023, please let us know if you would like a copy. You can stay current with WFII's latest thoughts and analysis with our weekly Thursday email which provides links to their latest comments.

This quarter's book, “Benjamin Franklin: An American Life,” is written by NY Times bestselling author Walter Isaacson. Now a history professor at Tulane, Isaacson has been CEO of the Aspen Institute, chairman of CNN, and editor of Time magazine. Isaacson chronicles the adventures and contributions of one of America's most accomplished founding fathers, Benjamin Franklin. We have a limited number of copies available for our clients – please call Wendy at 303-670-4904, to receive your complimentary copy while supplies last (note, Wells Fargo Advisors Financial Network does not endorse or recommend this book).

Sincerely,

A handwritten signature in black ink that reads "Randolph Huiting, CFA".

Randolph Huiting, CFA, CFP®
President

Huiting Wealth Management Group
Wells Fargo Advisors Financial Network

Wells Fargo Advisors Financial Network did not assist in the preparation of this report, and its accuracy and completeness are not guaranteed. The opinions expressed in this report are those of Randy Huiting and are not necessarily those of Wells Fargo Advisors Financial Network or its affiliates. The material has been prepared or is distributed solely for information purposes and is not a solicitation or an offer to buy any security or instrument or to participate in any trading strategy. Wells Fargo Investment Institute, Inc. is a registered investment adviser and wholly-owned subsidiary of Wells Fargo Bank, N.A., a bank affiliate of Wells Fargo & Company.

CONTENTS

Winter/Spring 2023



TRAVEL

4

Venice to Ljubljana



LIFESTYLE

6

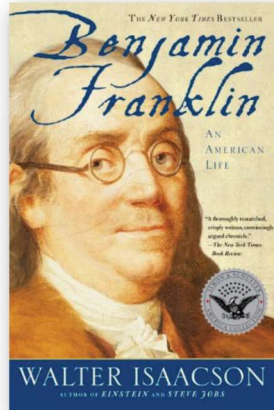
Winter Fly Fishing



HEALTH

10

Green Tea



BOOK REVIEW

14

Benjamin Franklin

8

Travel

Undiscovered Baja Wine Country

13

What's New?

What are Randy and Wendy up to?

12

Recipe

Chocolate Soufflé

14

Sudoku Puzzle

DEPARTMENTS

4 TRAVEL

6 LIFESTYLE

8 TRAVEL

10 HEALTH

11 SPIRITS

12 FOOD

13 WHAT'S NEW?

14 BOOK REVIEW | SODOKU

Venice - Gateway to the Dolomites and Friuli

The hardest part of planning a trip to Europe is deciding where to go and what to do. Destinations are seemingly endless and there exists activities for nearly everyone no matter what your age or physical abilities – from biking, hiking, cruising, culinary trips and wine explorations, not to mention the obvious nearly overwhelming choices of history, art and cultural experiences. For me, this is the beauty of Europe and when combined with the open and friendly people you are bound to meet – it’s a bucket list which never empties.

For my 60th birthday, my children took me to Europe to celebrate, a memorable way to start a new decade! Our choice was to begin in Bologna, arguably the “foodie” capital of Italy which says a lot given how delicious ALL of the regions of Italy are, then taking the train to Venice for exploring this ancient trading and financial capital of Europe. Venice also became our launch pad for exploring the Dolomites and the land of Italy’s famous bubbly, Prosecco. Our travels would then take us through the vineyards of Friuli to Trieste and onward to relatively unexplored Slovenia.

There are many ways to structure your trip, from packaged tours such as Rick Steve’s, to heading out on your own. We prefer a hybrid, using local guides in small groups and private bookings, as well as exploring on our own. A series of guidebooks by Corinna Cooke, provide insights not offered by the mainstream guidebooks, which are also a great place to start. For foodies, several TV series provide prescreened ideas - be sure to check out Phil Rosenthal’s “Somebody Feed Phil,” the late Anthony Bourdain’s book, “World Travel: An Irreverent Guide,” and of course all of his shows. For Italy, “Stanley Tucci: Searching for Italy” and a one season show, “Eat the World with Emeril Lagasse,” also provide numerous ideas for specific restaurants and sites to visit. For side trip ideas, skip the line tickets, and guided cultural tours, these two phone apps are also a great resource: Viator and GetYourGuide.



So back to Venice. Upon arriving by train, we made a point of using the water taxis whenever possible. Generally, the cost was about \$50 for longer trips, a bargain considering its essentially your “private vehicle” for cruising the canals and being able to see Venice from a different perspective. Be forewarned, while they “do” accept charge cards, due to sketchy wifi on the canals, cash is generally the only method of payment, so be sure to bring extra Euros! Wells Fargo bank is an excellent source of Euros before you leave – call Wendy a week in advance to have us order them for pick-up at a local Wells Fargo bank branch.

Day trips from Venice to the Dolomites or to the Prosecco wine growing region are about an hour from Venice, and private transportation and trips are easily arranged prior to leaving for your trip abroad. Wine tastings are generally by appointment only and are accompanied by an exquisite array of small plates and charcuterie – we found Viator to be an excellent resource in planning and booking these excursions. If you are looking for a high end exceptional experience combining Venice’s famous Murano glass works and food, there are several options available, albeit somewhat difficult to uncover, on Murano – don’t give up, they exist!



Slovenia – Hidden Vineyards and Michelin Stars

Would you like to visit a historical European destination off the beaten track, bordered by a slice of the Mediterranean to the south and the Austrian Alps to the north, easily accessible from Italy on its western border, without crowds of tourists? Slovenia, a former part of Yugoslavian territory which found its freedom in 1990, has a population of just 2.1 million, and is renowned for its beautiful landscapes, lakes and dramatic scenery. While lake Bled, Predjama Castle, and Postojna Cave Park are among the most popular and historic tourist destinations, our interests were also focused on the “undiscovered” vineyards in the southwest and tempting Michelin starred restaurants in its capital, Ljubljana. While numerous flights and rail trips are available to Ljubljana, we found it more convenient to use a private driver from MyDayTrip, to shuttle from Venice to Ljubljana, which also permitted us to schedule a side trip to Miramare Castle in Trieste, Italy, enroute to Slovenia.

With over 28,000 official wineries and only 2.1 million people, Slovenia provides an almost bewildering array of choices. We had the opportunity to visit Lepa Vida winery for an extensive tasting paired with one of the best small plate and charcuterie boards we’ve encountered. Lepa Vida is a boutique, family owned winery producing some of the best Vipava wines on 8 hectares of land with over 32,000 vines, in the Osek, Vipava valley. Among the grapes are Malvasia, Istriana, Xelen, Sauvignon blanc and Pinot grigio. Pleasantly, bottle prices range from about \$7 to \$20, with shipping within the EU for only \$1 per case (if only!). The winery’s tasting room is a modernist space at the vineyard, with floor to ceiling glass bordering the vines. Wine makers Matija and Irena who have breathed fresh life into marketing Slovenian wine, guide you through their wines and the winery’s history and winemaking philosophy.



Staying at the hotel Mrak (est. 1916 and recently renovated) near the center of the capital Ljubljana, we were able to walk along the Ljubljanica river, which borders the main city center, crossing at the Cobblers’ Bridge to discover the numerous cobblestone streets closed to traffic and lined with shops and wonderful restaurants.

The Michelin Guide notes 57 restaurants in Slovenia, including one two star and nine one star recipients. One of these restaurants to experience is Atelje, Chef Jorg Zupan earned Atelje’s first Michelin star in 2020. Their 5, 7, or 9 course menu with optional wine pairing of local wines is at once both playful and serious, inspired by old Slovenian recipes utilizing fresh local seasonal ingredients elevated by his international sensibility.



Fly Fishing in the Winter

Tactics and Techniques to Elevate your Small-Fly Game to the Next Level – Pat Dorsey



Growing up in Colorado gave me the opportunity to fish some of America's best trout streams at an early age. It didn't take me long to figure out that there was something special about the Centennial State. Colorado is home to a wide array of trout streams—a combination of small, meandering meadow streams to large, untamed freestones. Colorado is especially known for its world-class tailwater fisheries that support a rich and diversified aquatic life with impressive populations of trout.

Tailwaters provide anglers with year-round fishing which is a huge advantage in comparison to freestone (unregulated) streams that are often jammed with ice between November and March. Even during the coldest months of the year, tailwaters remain ice-free for several miles below the dam. During the winter,

the warmest water flows from the base of the dam (the exact opposite occurs in the summer) but cools down quickly as it moves downstream. It's rare to find a tailwater unfishable within the first 3-4 miles below the dam. If you experience slush or anchor ice, move upstream closer to the dam where the water is warmer.

Winter is one of my favorite times of the year to fish, especially when I'm seeking solitude. Tromping through Mother Nature's winter wonderland has its fair share of tradeoffs and compromises, however; but the rewards are worth the effort. The consensus among die-hard anglers is there is no such thing as bad weather; but there is bad clothing! With all the modern-day advancements in apparel and outerwear, there is no excuse for getting cold. If you bundle up, and dress in layers; winter fishing is only as difficult as you make it!

Fishing in the winter helps you elevate your skills to the next level. Winter is some the most technically challenging fishing of the year because of the low, clear flows, ice-cold water, sporadic hatches, and lethargic trout. But the good news is you can usually find a few cooperative trout on just about any outing if you fish the right water and employ the correct tactics and techniques.

Between November and March, trout overwinter in the slower runs and deeper pools. These areas provide trout with the largest quantity of food, while expending the least amount energy. Stay away from fast riffles and runs as these areas typically have fewer fish.

Winter is the time to break out the small fly offerings to fool the finicky fish that sit in the slower currents. The slower water affords the trout the luxury of scrutinizing your flies closely. You can stack the odds in your favor by fishing miniscule flies. Oftentimes the difference between catching fish and not catching fish, is tying on a size 24 midge imitation instead of a 22. When in doubt—error on the small side!

The best fishing is between 11 a.m. and 3 p.m. If the water temperature is below 40 degrees, chances are pretty good you'll have difficulty finding feeding trout. I recommend carrying a digital thermometer in your vest or lumbar pack to check the water temperature on a regular basis. Oftentimes the best midge emergences occur mid-to-late afternoon when the water has warmed up a few degrees. There is no need to get to the river early—it's simply a waste of time!

The bulk of a trout's diet during the winter is midges. I recommend familiarizing yourself with the midge lifecycle (larva, pupa, and adult) as you'll need to imitate the various stages of their development for the next several months. Typically you'll see 3-5 broods of midges each calendar year which punctuates their importance.

Larva look like little segmented tubes and are uniform throughout their worm like bodies. A healthy trout stream has hundreds of midge larva per square meter living in the substrate. They are an important food source for opportunistic trout because they frequently become victims of catastrophic drift. I recommend carrying plenty of pale-olive and red larvae in your arsenal of flies. I typically dredge my larvae imitations with a lot of weight, fishing them near the substrate, where their largest concentrations are found.

The intermediate stage of a midge's life cycle is referred to as the pupa. Pupa have a swollen thorax which contains the wings and legs of the emerging adult. To match the hatch use the size, shape, and color formula, a foolproof method of choosing the appropriate fly based on streamside observation. Pupae are found in shades of brown and black with distinct segmentation. As the hatch intensifies, I recommend cutting off your larva and replacing them with pupa. Pupae imitations should be first mid-column, which requires anglers to consistently adjust their weight and strike indicator to achieve the proper depth. Too much weight is as problematic as not enough.

Once you observe adults on the water look to see if any fish are eating them. If you see trout eating both pupae and adults, try using a dry and dropper set-up to imitate both stages of development. Once they commit to the adults, snip off your dropper and fish with one or two dry flies.

You'll nymph-fish the majority of the time during the winter. A red larva or micro egg pattern is an excellent attractor in a tandem nymphing rig. Check your local fishing regulations for specifics; in some states you can use two flies while in others three-fly rigs are allowed. Off the lead fly (attractor) tie an additional piece of tippet (14-16 inches in length for a two fly rig or 8-10 inches for a three fly rig) off the bend of the hook and attach another small midge pattern to the terminating end of the tippet. Repeat this process for the third fly if you opt to use one.

I like to use a 9 foot, 5X nylon leader when setting up a nymph rig. I recommend attaching a piece of 5X fluorocarbon to the end of your leader, then tying on your attractor. This prolongs the life of your leader and is cost effective. Your lead fly or attractor should be one to two sizes larger than the trailing flies. I use 6X nylon tippet for my droppers. If you opt to fish with dry flies, 7X nylon tippet is recommended. Make sure you carry an extra spool of each in your vest or waist pack, as running out tippet at the most inopportune time can affect the outcome of your day.

To complete your nymph rig, attach a yarn strike indicator to the butt end of the leader and some weight at the junction of the leader and tippet. The strike indicator should be kept two times the depth of the streambed from the lead fly. The final component and most critical part of your nymphing rig is weight. The old cliché, "The difference between a good angler and a great angler is one split shot", is not far from the truth! Make sure you adjust your weight regularly, keeping your flies in the correct feeding zone.

I begin with a size 6 split shot; then use JP's Nymphing Mud (a moldable tungsten putty) over it to fine tune things. Pay close attention to where the trout are positioned in the water column and make the necessary adjustments to keep your flies in the correct feeding zone. I'll make 10 times the weight and strike indicator adjustments in comparison to changing flies. I can't tell you how many times I added some weight and caught a fish on the next cast! Don't outthink yourself...if you're constantly changing flies, that equates to downtime, and not catching fish.

Fishing in the winter is a great way to refine your tactics and techniques. Nothing comes easy during the winter, but persistence and hard work pays off.



Pat Dorsey - World class fly fishing guide, acclaimed author, fly tier, and co-owner of the renowned Blue Quill Angler fly shop!



Emerging from the Pandemic last spring, we contracted a severe case travelitis - a condition generated from being confined, locked down, and masked beyond our tolerances! Concurrent with the onset of symptoms - a desire for exquisite cuisine, delicious wines and exotic scenery - I received a compelling article from one of my travel subscriptions, "The Points Guy." The article, "TPG's Guide to Mexico's Answer to Napa Valley: Valle de Guadalupe," described spectacular vistas, with an array of lodging options to satisfy the most discriminating tastes, from boutique winery bed and breakfasts to exclusive small boutique lodges and spas.

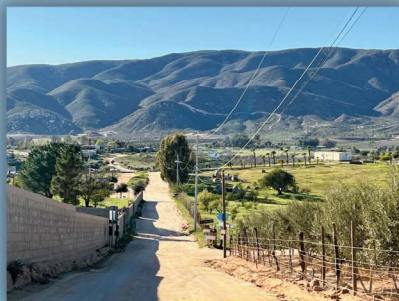
I'd heard various rumors over the years about this "undiscovered" valley which was slowly establishing itself as a food and wine mecca, and now I was ready for La Ruta del Vino, The Wine Route! To start our journey, we flew to San Diego on a Friday, arriving around noon, plenty of time to pick up our rental SUV and head down the I5 to the Tijuana border crossing. Be aware, renting a vehicle at the San Diego airport which you can legally drive into Mexico is a challenge! Also, be sure to check current document requirements for entering and existing at the border. Approaching the border crossing was a little stressful, seemed like 8 lanes of traffic funneling down to maybe three lanes, with cement dividers routing the traffic at the last minute - one tip is to be closer to the right side, because as soon as you are through customs, traffic speeds up and rapidly funnels down - you'll be looking for the sign to "Ensenada/Rosarito" which will quickly exit to your right, a herculean challenge if you happen to be in the left lanes! Traveling the Ensenada toll road (cuota) 1D, is a beautiful scenic drive, one which you'll exit just north of Ensenada turning east on Tecate 3/Ruta del Vino. For the toll road you will need some pesos, so don't forget to bring some currency!



There are several very nice choices for lodging, we selected La Villa del Valle, a luxury inn and spa styled as an Italian villa perched on a hilltop surrounded by olive trees and vineyards. Owned by Eileen and Phil Gregory who live on the premises, they also own and operate the adjacent boutique winery, Vena Cava. The winery designed by Architect Alejandro D'acosta, attracts attention for its unusual and original design, built from reclaimed fishing boats and other recycled materials, that now have a new life and purpose. Travelers tip - be sure to book in advance a special private 5 course dinner with wine pairing at the Inn, and be sure to reserve a premium tasting, charcuterie board and tour upon arrival! A delicious breakfast made to order is included daily, with al fresco dining on the patio.



Even in the off season, the more desirable wine tasting and dining opportunities fill up quickly, so reservations before you go are highly recommended. Also, you won't see many tourists from outside of Mexico, so being able to speak at least a little Spanish is very helpful. Also, while we were unable to procure reservations for wine tasting at one of the premier wineries, Monte Xanic (pronounced "Mon-tay Shan-ic"), we were able to make a lunch reservation at their acclaimed restaurant located just below the winery tasting room, Artio, for a five course lunch with wine pairing - so sort of our own wine tasting but better! While not Michelin rated, I'd equate the experience similar to a 1 star Michelin restaurant with beautiful al fresco dining. Afterwards you are able to visit the winery to browse their shop and purchase wines (without a valid reservation at either the winery tasting room or the restaurant, you can not even enter their expansive grounds, which are completely gated and very guarded). Traveler's tip - do ask to see their very limited edition annual bottling of "Ricardo - Gran Ricardo" with native Zapotec hand beaded bottles - truly both a work of art inside and outside of the bottle! Second travelers tip - you are only allowed to bring one bottle back into the states duty free - let it be this one!



The following day, we headed out for lunch and tasting at Bodegas F. Rubio, dining al fresco at their restaurant, Parcela 70, which again offered an exquisite array of foods to accompany a full on wine tasting, just yards from their expansive vineyards filling the valley. The winery produces about 3,500 cases per year with Palomino, Chenin Blanc, Cabernet Sauvignon, Merlot, Malbec, Tempranillo, Montepulciano, Sangiovese and Nebbiolo grapes, providing wonderful accompaniments to their lunch menu.



Our final tasting was at Relieve Vinicola - a new modernist tasting room and winery, with both an expansive inside tasting room and patio, all overlooking beautiful hillsides covered in vines. Besides wonderful wines, you can also rent one of their three hillside villas overlooking the valley. Also, you can follow up your wine tasting with lunch or dinner, with just a short walk to their outdoor Italian restaurant about a block down the road, serving wood fired pizzas and a variety of Italian dishes from fresh local ingredients.



After breakfast on Monday, we headed back home - be sure to leave early, and follow the same route, Hwy 1D, back to the border. Taking what looks to be a "shortcut" on Hwy. 1 to Tijuana is not a good idea due to very heavy and slow traffic as you approach Tijuana. Also, be prepared for 2 - 3 hours stop and go traffic at the border.

Finally, if you are thinking of going, be absolutely sure to pick up the indispensable, "Vinita'cora, 3rd edition guide to Baja California Norte (Valle de Guadalupe wine valley)! Overall, a blend of adventure, delicious food, wonderful wines and friendly people. We have a copy available in our travel library

Discover the Wonders of Green Tea:

5 Incredible Health Benefits

Do you love sipping on a hot, strong cup of green tea? Besides the pleasure it brings to your taste buds, green tea has numerous health benefits you might not be aware of. Let's explore the health benefits of green tea, which make it such a healthful beverage to sip.

Studies show green tea contains high levels of antioxidants, which may lower the risk of chronic diseases such as heart disease, stroke, and type 2 diabetes. Studies show that the polyphenol antioxidants in green tea improve blood vessel function and reduce oxidative stress, which can lead to chronic diseases. While the results look promising, there's a need for more human studies to confirm these health benefits.

It's gratifying to know that green tea contains antioxidants (soft drinks can't make that claim), but the quantity of antioxidants can vary. One study analyzed 24 green tea products to assess the strength and purity of their dominant antioxidant, EGCG. This powerful antioxidant is associated with numerous health benefits, making it an important factor in selecting green tea products. The results showed significant variation in EGCG levels, with some products containing as little as 25 mg per serving while others had as much as 86 mg. This disparity highlights the importance of choosing the right product to maximize the health benefits of green tea. Your best bet is to avoid bottled green tea, which usually contains far less of these healthful compounds, and brew your own green tea from loose-leaf tea leaves. This will ensure you get the maximum health benefits in every cup.

Studies show that green tea may improve cognitive function, reduce anxiety, and support attention, focus, mood, and memory. Lots of positives, right? But why is green tea a brain-healthy beverage? Along with modest quantities of caffeine, high-quality Japanese green tea contains theanine, an amino acid found in green and black tea and some mushrooms. It promotes relaxation by reducing stress and anxiety levels and may modulate aspects of brain function. The caffeine and theanine in green tea work together to increase focus and attention, making it an ideal choice for a mid-afternoon pick-me-up.

Unlike soft drinks and fruit juice that add calories, sugar, and inches to your waistline, green tea is waistline friendly, and may even help with weight management. The polyphenols in green tea modestly boost resting metabolism, which can lead to weight loss. In addition, drinking green tea may curb your appetite due to the caffeine it contains. Green tea contains bioactive substances that can make you burn more calories, and its caffeine and polyphenols help support a healthy metabolism. Drinking between two and three cups of hot green tea throughout the day should be sufficient to get these benefits.

Green tea has a calming effect, reducing stress and anxiety. The polyphenols in green tea help lower the stress hormone cortisol, leading to a reduction in stress levels. As mentioned, green tea contains theanine, an amino acid that has been shown to have a calming effect on the mind and body. So, despite its caffeine content, green tea can help relax your mind and body.

Another thing to love about green tea is it's sugar free unless you add your own sugar. Changing from soft drinks to green tea is a simple and effective way to start incorporating healthier habits into your daily routine. Green tea is not only sugar free but also contains antioxidants that help keep your body healthy. Plus, the natural flavor of green tea is delicious, and you can enhance it with ingredients like honey or lemon. If you're looking for a refreshing, healthy drink, green tea is a healthful choice. Give it a try today, and see how it can brighten up your day.

Green tea is a delicious and healthful drink with numerous benefits for the body and mind. Whether you are trying to improve your heart health, boost your cognitive function, or simply want to enjoy a delicious cup of tea, green tea is worth considering. The next time you're at your local grocery store, pick up a box of green tea and enjoy all its healthful benefits.

Negroni



Of all the top classic cocktails from around the world, the Negroni may be the most versatile - presented as both an aperitif to stimulate your appetite before a meal, or a digestive, to aid in digestion after a full dinner. At its core, the Negroni is a simple three-ingredient cocktail:

1 part gin
 1 part Campari
 1 part sweet vermouth

Build over ice in a rocks glass, and decorate with an orange twist. I particularly enjoy it with one large square or globe of ice - this allows you drink the cocktail a little slower as it takes the ice longer to dilute the mix, while keeping it at the perfect temperature.

Like any cocktail, quality ingredients make the drink. While there are only three ingredients in the Negroni, the ability to personalize it are almost endless. While Italian Campari bitters are a constant, your choice of sweet vermouth and gin drives the subtle flavors to define your signature flavor profile.

First is your choice of gin from which much of the flavor comes from. Besides the gin's mix of botanicals, the proof and body can influence the overall flavor. A higher proof will move the gin flavor profile forward, while a lower proof will allow the flavor profile of the sweet vermouth and Campari to shine more. A favorite of Death & Co., Tanqueray No. 10 Gin, crafted using whole fresh citrus fruits provides an excellent start.

Second is your choice of sweet vermouth. My personal go-to preference is Antica Formula with a beautiful vanilla-forward nose and aroma. This vermouth has a strong bouquet of vanilla with spice, citrus and subtle notes of almonds, cherries, dark chocolate and cloves. The finish has bitter orange and date notes with a subtle hint of cocoa beans and saffron. Antica Formula is based off the original 1786 recipe crafted by Antonio Benedetto Carpano in Turin, Italy, and remains secret known only to three people.

The flexibility of "designing" your personal flavor profile from the choice of gin and sweet vermouth is one of Negroni's pleasures - enjoy!

Easy

CHOCOLATE SOUFFLÉ

Soufflés may seem intimidating, yet the reality is they can be easily mastered and be a grand accompaniment to your meal, from savory cheese souffle's, chocolate souffle's and a Grand Mariner soufflé. To get you started, we're going to guide you in making a delicious chocolate soufflé.

Ingredients for 2

6 oz. semi sweet chocolate
 2 Tbsp unsalted butter
 2 large egg yolks and 3 large egg whites
 1/8 cup granulated sugar + extra for the ramekins
 1 tsp. pure vanilla extract
 Pinch of salt
 Small pinch of cayenne pepper (optional)
 1/4 Tsp Cream of tarter
 Powdered sugar for dusting



1. Preheat oven to 375 degrees about 15 minutes before you are ready to bake.
2. Prepare two 6 oz. ramekins by liberally buttering and then coating the surface with granulated sugar.
3. Separate the yolks from the egg whites. Mix the 2 egg yolks with the sugar, vanilla and pinch of salt.
4. If using a chocolate bar, break into small pieces (alternatively you can use chocolate chips). Melt in a medium bowl over barely simmering water (be sure that the bowl is not touching the water, and that no water gets inside the bowl), adding the butter while melting the chocolate.
5. When melted, remove from the heat, cool slightly, then add the egg yolk mixture (and pinch of cayenne pepper if using) while whisking ingredients together.
6. Beat the egg whites and cream of tarter in a separate bowl (preferably a steel or copper bowl) until stiff peaks form.
7. Fold 1/3 of the egg whites into the chocolate mixture to "loosen" the chocolate, then gently fold in the remaining egg whites into the mixture, being careful not to overmix.
8. Scoop mixture into the two ramekins up to the top, and run your thumb around the rim.
9. Bake for 20 minutes, don't open the oven to check until the time is up - use the oven's light if needed.

TIPS:

- Use room temperature eggs, take them out of the refrigerator about an hour before you start. Warm egg whites will achieve better peaks.
- Use cream of tarter which is an acidic salt that is a byproduct of wine production -the acid helps the egg whites reach maximum height and trap more air.
- Cook the soufflé on a baking sheet at the bottom of the oven.
- Don't open the oven door to view - turn on the light.

WHAT ARE RANDY & WENDY UP TO?



Despite entering 2022 with many parts of the world reeling from the Pandemic and various levels of lockdown, it was one of our most active years. February started our travels with a long weekend road-trip to Santa Fe. In March, Randy, his oldest daughter Leah, and good friends Joe and Nancy did their first post-pandemic international trip, exploring the exceptional but rustic wine region of Mexico, Valle de Guadalupe in the Baja (see our travel article on pages 8 & 9).

The following week Wendy traveled to Alaska with her oldest son Skyler, on an "expedition" to begin his relocation there - graduating with a degree in Construction Engineering from Montana State University, Skyler and his girlfriend Summer moved to Anchorage for Skyler's job with Granite engineering. Then to thaw out, as soon as she returned, Wendy jetted off to Dallas with her Oklahoma friends which was followed by a quick trip for both Randy and Wendy to Rancho Mirage for an economic symposium and to enjoy a new found joy, a "lazy river!"

After a quick trip to New York City for another economic symposium hosted by JP Morgan, summer provided both Randy and Wendy some down time and R&R, with Randy taking the opportunity to enjoy numerous cooking classes with the likes of Giada De Laurentiis, Jonathan Waxman, Jean-Georges Vongerichten, Ludo Lefebvre, Gregory Gourdet and Kwoklyn Wan. After squeezing in time for a few float trips on the Roaring Fork, Randy finished up summer visiting his youngest daughter Erin and her boyfriend Darnell in San Francisco, heading up to Healdsburg for wine tasting and on to Mendocino for sea kayaking and hiking.

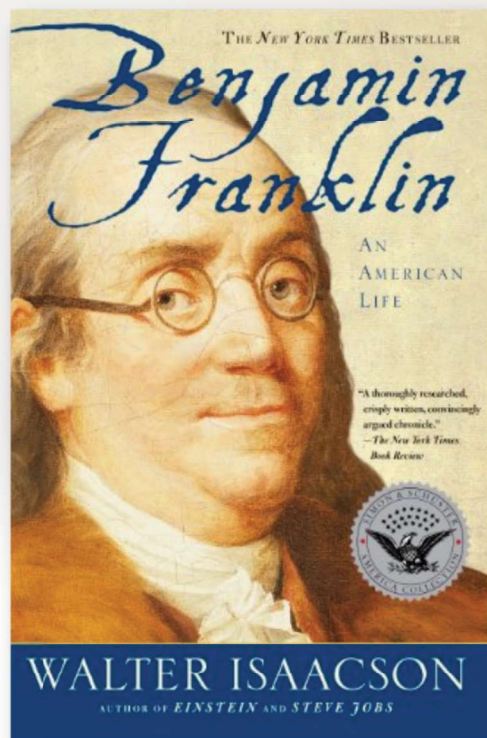
Fall started with a fabulous road trip taking us through Jackson Hole and then heading north through Idaho along the western edge of the Tetons up to Glacier National Park, staying at Manny Glacier and Lake McDonald Lodges, then returning through Missoula, Bozeman and Billings to Wyoming, stopping in Sheridan, Casper, and Cheyenne before returning to Evergreen.

In September Randy's girls took him to Bologna and Venice, Italy, and then to Slovenia, on a food and wine journey for a delayed post pandemic celebration of his 60th birthday. October brought Wendy and Randy's annual Caribbean trip, this time for snorkeling in Bonaire. Subsequently, they've become addicted to the resort's live streaming underwater camera located at their private house reef - if you google "Harbour Village Bonaire Coral Reef" for a link, you won't be disappointed! Bonaire also provided an excellent opportunity for both Wendy and Randy to break out their watercolors and acrylic paints to capture some Caribbean memories! Finishing up the year we traveled to northern Michigan to visit with Randy's family for Thanksgiving.

BENJAMIN FRANKLIN: AN AMERICAN LIFE - WALTER ISAACSON

In a time when we need true heroes and inspiring leaders, looking back in history can help fill that gap. Benjamin Franklin defined the term Renaissance man during the 1700's. Born in 1706 and living for 83 years, he became a prolific writer, scientist, inventor, printer, statesman and diplomat. As a statesman Franklin was the only person to sign all four of America's founding papers: the Declaration of Independence, the treaty with France, the peace accord with Britain, and the Constitution. As the U.S. Minister to France, he was pivotal in securing the aid of France in the Revolutionary War which was crucial in America achieving its freedom from Brittan. For his achievements, Franklin received honorary degrees from Yale, Harvard and the College of William and Mary. From the United Kingdom, he received honorary doctorate degrees from Oxford University and the University of St. Andrews. He was elected the first American member of the Royal Society of London.

NY Times bestselling author, Walter Isaacson has brought to life Benjamin Franklin - one of the most iconic Americans in our country's history. Isaacson, has been President and CEO of the Aspen Institute, the Chairman and CEO of CNN, and the editor of Time. Presently Isaacson is a professor at Tulane University, and author of recent books, "Steve Jobs" (2011), "The Innovators: How a Group of Hackers, Geniuses, and Geeks Created the Digital Revolution" (2014), "Leonardo da Vinci," (2017) and "The Code Breaker: Jennifer Doudna, Gene Editing, and the Future of the Human Race" (2021).



SUDOKU

Answer on page 15

1		8			6	4		
		6		9		8		7
5								
2	6	9	5				8	
			4		9			
	8				2	7	9	1
								5
6		4		7		2		
		1	2			9		3



Fill in the grid so that every row, every column, and every 3x3 box accommodates the digits 1-9 without repeating any.

Fun Facts:

Slovenia

- Slovenia became the first republic to split from Yugoslavia in 1991.
- Slovenia is bordered by Italy, Austria, Hungary, Croatia and the Adriatic Sea. It's considered to be Central European, with the Alps to the north and a 29 mile coastline from Italy to Croatia on it's southern border.
- Population is about 2.1 million people, of which 80% are Slovenian.
- It is a member of the European Union, Eurozone, Schengen Area, NATO, and the UN.
- With an area of about 6,300 square miles, it's area is slightly larger than Connecticut.
- Is the third most forested country in Europe, with about 58% of the area forested.
- Slovenia is a developed country whose Gini coefficient rates its income inequality among the lowest in the world.
- Home to 8,000 caves, 20 of which are open to visitors. Postojna Cave is over 2 million years old and one of the most visited attractions in the country.
- Slovenian's love their wine, with over 28,000 wineries, there is a vineyard for every 70 people. They export only about 8 - 9% of what they produce.
- Has over 18,000 miles of rivers and streams.
- The main traditional dish is a cake called Potica, basically a nut roll pastry traditionally filled with walnuts, hazelnuts and tarragon.
- Beekeeping is an important part of their culture; 1 out of 200 people are beekeepers.
- Slovenia has ten restaurants with at least one Michelin star, 57 total recommended.



1	9	8	7	5	6	4	3	2
3	2	6	1	9	4	8	5	7
5	4	7	3	2	8	1	6	9
2	6	9	5	1	7	3	8	4
7	1	3	4	8	9	5	2	6
4	8	5	6	3	2	7	9	1
9	3	2	8	4	1	6	7	5
6	5	4	9	7	3	2	1	8
8	7	1	2	6	5	9	4	3

Answer to puzzle on page 11



The name "sudoku" is abbreviated from the Japanese suuji wa dokushin ni kagiru, which means "the numbers (or digits) must remain single."



When people find out that my husband and I are in the process of building an airplane their first question usually is "You mean a real airplane?" Once we assure them that, yes, it is a real, life-sized, airplane which seats two people, carries 50 pounds of baggage, and cruises for approximately four hours at 130 mph (depending on wind conditions) before needing to land to refuel, their follow up questions include, "When will it be finished?" and "Where are you going to fly first?" We respond with a smile and say, "Thursday", and "Around the airport".

A little over a decade ago, my husband decided to pursue a lifelong dream of earning his private pilot's license which led to us realizing that to truly enjoy the freedom that comes with general aviation we would need our own plane. After lots of research and attending many EAA Airventure shows in Oshkosh, Wisconsin we chose to build a Van's RV-12. Van's Aircraft, based out of Aurora, Oregon, is the most successful aircraft kit manufacturer in the world with just over 11,000 completed kits including around 800 completed RV-12's. The RV-12 is a special category of plane known as an ELSA or Experimental Light Sport Aircraft. During construction, we could not deviate from the published plans and had to build the plane exactly as Van's had designed, helping to ensure consistency and that our plane is just like all the other ELSA RV-12's out there including the certified model that the Van's factory built. During recent currency training, Mark has had the pleasure of flying several different RV-12's and he reports that they all fly alike (and wonderfully)!

We were able to build most of the structure at our home in Austin, Texas while we waited for available space at the nearest general aviation airport. There were many months, extending into years, where we used the space in front of our fireplace to store the wings. We made sure any visitor to our home got to take a turn at pulling a rivet and enlisted the help of family and friends on our 25th wedding anniversary to help hang the engine. So here we are about twelve years after receiving our first crate containing the components to build the empennage (the tail up to where it attaches to the fuselage) almost ready to take it up for its first flight around the airport. We've heard it said that when you are 99% done with building a plane you still have 99% more to do, so that is the position we are currently in before determining exactly which Thursday will be appropriate for the first flight. Ultimately we will expand our circles around the airport to encompass traveling back and forth between Austin and Denver with dreams of eventually flying along the Al-Can highway to Alaska and making the short hop from Florida to the Bahamas. Having recently retired from over thirty years of teaching high school physics together, we are now time millionaires and are excited to finish our magic carpet so we can go on adventures as long as VFR* conditions allow.



HUITING

WEALTH MANAGEMENT GROUP
WELLS FARGO ADVISORS FINANCIAL NETWORK

Boutique Wealth Management

Investment Products and services are offered through Wells Fargo Advisors Financial Network, LLC (WFAFN), Member SPIC. Huiting Wealth Management Group is a separate entity from WFAFN.

Randolph A. Huiting, CFA, CFP®
Partner, President

Wendy Yanish
Partner, Vice President

(303) 670-HWVG (4964)
www.huitingwmg.com