

The Mangrove Galley by Sandi Mieszczenski



Living in Florida we are fortunate enough to grill out all year. Steak is a favorite, there is nothing like a perfectly cooked steak paired with an ice cold beer or a hearty red wine. Two of the least expensive cuts of meat are the flank or skirt steaks. These pair excellently with a chimichurri sauce.

It's amazing how easy it is to prepare this delicious sauce. All you need is a food processor, blender, or mini-chop. We made an extra batch and marinated the steaks for the afternoon before we grilled them.

Cook to your preferred temperature, and let them rest 2 or 3 minutes before slicing. Slice across the grain at an angle of 45-60°. This helps tenderize the steak even more. Place the steak on a plate and ladle on some of the chimichurri sauce.

Sandi's recipes are featured here monthly. For previous issues go to www.theconchtelegraph.com.

CHIMICHURRI SAUCE

This recipe is my favorite. You can spice this sauce up by adding red pepper flakes or a jalapeño pepper. Try it and I think you will enjoy it!

- 1 cup fresh parsley, stems removed
- 1/2 cup extra virgin olive oil
- 1/3 cup red wine vinegar
- 1/4 cup fresh cilantro, stems removed
- 2 chunked up garlic cloves
- 3/4 teaspoon cumin
- 1/2 teaspoon salt



Place all in a processor and blend until fully liquefied. Remove to a covered bowl and refrigerate for about an hour. Remove from the fridge before serving to get to room temp. Serve over the hot steak strips.

Vulnerability

by Dawn Wiggins, Ed.S.

Vulnerability comes in all forms, especially in relationships. A relationship that invests in individual and collaborative vulnerability is exponentially more likely to beat the odds. I recently spoke with a couples boudoir photographer. Photographers have the great honor of witnessing vulnerability on a daily basis - especially one who photographs couples in the bedroom. However, it's much more than skin and sex.

To catch someone's true essence on camera, the person has to be vulnerable; at the moment, guard down, open to the experience. Without vulnerability, we cannot reach a deeper connection. The type of connection that can sustain a relationship in the hard times.

Often, couples rely on financial connections, family connections, and social connections to maintain their bond. Is that the type of relationship you want? Or are you looking for passion, understanding, security and unconditional love?

Unconditional love is a by-product of vulnerability. If you aren't willing to unconditionally expose yourself to your partner, how can they unconditionally love you? They don't know the extent of you. If you aren't ready to experience every part of your partner; inside and out; they will struggle to feel accepted.

It was cool to learn how a photographer draws vulnerability and intimacy out of his couples. His secret? He interviews them individually before the day of the shoot.



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These are relationship anchors. Shared moments of vulnerability when the connection, love, and commitment is undeniable. Do you have these moments? Do you want these moments? If they are missing, do you know when they left or where they went?

Do you have the courage to share yourself vulnerably with your partner? Or are you willing to forgo intimacy in your relationship? If your marriage is stable, excellent, but don't take that for granted. Keep investing in the core asset you have. Embrace vulnerability and say something your partner needs to hear even if it's "not your thing" to be overly verbal.

Take a risk in the bedroom by talking about sex with your partner. Talk with your partner about feelings. And leave any expectations behind before the conversation. Vulnerability is about being unguarded, exposed and at risk for wounding.

Marriage pro tip 1: when your partner is vulnerable, be especially kind, gentle and loving. It's not the time to be harsh, critical or force "being understood."

Marriage pro tip 2: be patient. Every problem doesn't need to be solved tonight. Consistent commitment and vulnerability will be the guideposts that lead you together through life.

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Penguin Behavior

Did you ever wonder why there are no dead penguins on the ice in Antarctica? Where do they all go?

Wonder no more! It is a known fact that the penguin is a very ritualistic bird and lives an extremely ordered and complex life. Penguins are extremely committed to their family and will mate for life, as well as maintain a form of compassionate contact with their offspring throughout the remainder of their life.

If a penguin is found dead on the ice surface, other members of the family and their social circle have been known to dig holes in the ice, using only their vestigial wings

and beaks, until the hole is deep enough for the dead bird to be rolled into, and buried. After packing the ice back in the hole, the male penguins then gather in a circle around the fresh grave and sing: "Freeze a jolly good fellow... freeze a jolly good fellow."



You really didn't believe that we know anything about penguins, did you?

DO NOT TOUCH
Must be the scariest thing to read in Braille!

LOSING WEIGHT doesn't seem to be working, so I'm going to focus on GETTING TALLER.

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