

Entertainer of the Month Brenda Star

Whistlestop



The Coconut Telegraph is proud to feature Brenda Star as the August Entertainer of the Month. By chance, we stopped in the VFW on a Friday night and caught her show. I was hooked and have already enjoyed her show three more times this month!

Star's business card reads "Brenda Star, singer" but she is so much more. This amazing talent interacts with her audience in such a way that it keeps them riveted from start to finish.

"Star" is her stage name, her real name is Brenda Barber and she is from Rochester, New York. With an Associates degree in business and no special training in vocals, Star's talent is God given. She sang in the church choir and

tuned in to other artists.

She is inspired by Tina Turner, Bonnie Raitt, Melissa Etheridge, Rhianna, Aretha Franklin, and Whitney Houston, to name just a few. In her hometown she sang blues and lead vocals for her band The Heaters. She also played with a show band called Nick Entertainment for three years.

Since falling in love with our island lifestyle she has played at the Holiday Inn Tiki Bar, Sharkey's, The VFW, Smuggler's Cove and will be soon headlining at the Whistle Stop Sports Bar and Grill.

Contact the Whistle Stop for Brenda Star's schedule by calling 305-664-4246 or call Star directly at 585-752-9895.

This is a show you don't

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Spirit of the Sea Whale Medicine

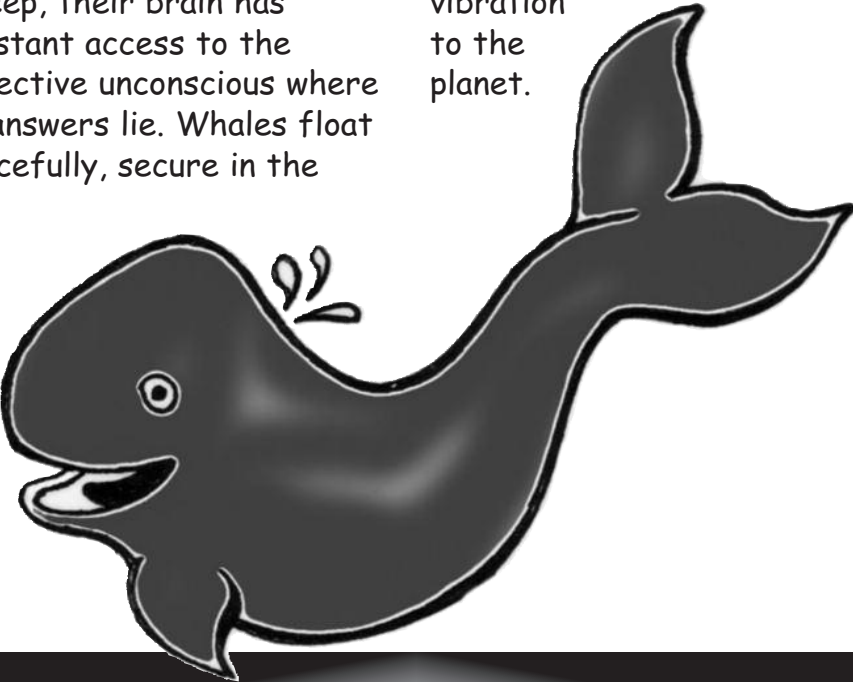
Like the whales, each of us has a unique song or gift to offer the world as is meant to be heard by others.

Native Americans teach us that the Great Spirit speaks to us through our animal brethren. The whale is one animal that we can learn from. Whales have existed for over 50 million years and are considered to be record-keepers who possess knowledge of the past.

It is through the vibrations of their unique sound that they release this ancient wisdom to us. At the same time, their sound carries across such great distances that whales can enter the realm of the future where they can acquire knowledge of what is to come. Every whale sings a song, and they never repeat the same pattern when they sing their song. Since whales must be conscious at all times in order to breathe, they cannot afford to fall into an unconscious state for too long. Never completely asleep, their brain has constant access to the collective unconscious where all answers lie. Whales float peacefully, secure in the

ocean environment that supports and sustains them.

You can learn from the wisdom of whales by remembering to express what's uniquely yours. Each of us has a unique "song" or gift to offer the world. Your song is meant to be sung by you and heard by others. No one else can sing this song but you, and your song is medicine for the healing of the planet. Like whales, you can choose to access information about the future when you go into a meditative state. Whales teach us to look at where we came from and where we are headed. Knowing that our past helps shape our future, we can remember to make positive choices regarding our lives, the environment, and our world. Like whales, we can remember to stay awake and actively engaged in a universe that supports and sustains us. When we express ourselves and share our unique gifts, we add our wisdom and vibration to the planet.



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