

The Mangrove Galley  
by Sandi Mieszczenski

Sandi's recipes are featured here monthly.  
For previous issues go to <http://www.theconchtelegraph.com>.



Crepes, what a delicious recipe to prepare! Savory or sweet, the varieties of how they can be served are numerous. Prepared as a main course, they can be filled with meat, seafood, or cheese. My favorite way to present a crepe is as a dessert. A dessert crepe can be filled with fruit, ice cream, or something as simple as Nutella.

CREPES

- 1 ½ cups all purpose flour
- 1 tablespoon sugar
- ½ teaspoon baking powder
- ½ teaspoon salt
- 2 cups whole milk
- 2 eggs
- 2 tablespoons melted unsalted butter
- ½ teaspoon vanilla extract
- Droppings vegetable oil

Mix together the flour, sugar, baking powder, and salt. Stir in the remaining ingredients. Beat until smooth.

*The trick to preparing crepes is temperature and technique. Place an 8" sauté pan on your stove top with the temperature at medium to medium high. Lightly coat the pan with a small pat of butter or a little vegetable oil. Pour in ¼ cup of the batter and rotate the pan until the batter is round and uniform in thickness. Place back on the stove top and cook until the edges began to curl, carefully flip the crepe to lightly brown on the opposite side. Separate each crepe with wax paper until it is time to fill them. Often the first or even second crepe might not be perfect, but they are a tasty treat for the chef while making the remaining crepes. Enjoy!*

19th Annual Free Keys Kids Fishing Derby



The 19th Annual Keys Kids Fishing Derby will be held Sunday September 25th at the Lorelei for anglers ages 10 and under. There is no charge to enter but anglers must be Monroe County residents. There are three fishing divisions: Shoreline, Backcountry and Offshore and awards for three age divisions, 4 and under, 5-7 and 8-10. There are lots of prizes with winners in all divisions! Sign up early as the first 100 registered anglers are guaranteed ditty bags. Sign up at

Tackle Center of Islamorada, Caribee Boat Sales, at the Lorelei in person or on line, or you can find the application on Facebook "Keys Kids Fishing Derby" To donate to help defray costs, please make checks to the Islamorada Charter Boat Association a 501-c-3 organization and mail to P.O. Box 462, Islamorada, FL 33036. To donate items, or for more information call Dianne Harbaugh 305-522-4868 or stop and see her at Caribee Boat Sales in Islamorada.

"THE SOUND OF PEACE"

Keys to Peace is a non-profit organization with a mission to create a more compassionate, peaceable, and sustainable community through education, affiliation, and innovation. With recent headlines highlighting the amount of negativity and hate in our world, we feel it is imperative to recognize and encourage the power of kindness.

We have many on-going projects throughout the community aimed at spreading kindness and promoting compassion. Our projects include: establishing and maintaining peace parks, teaching and sponsoring an antibullying program for children, providing free laundry service to those in need, sponsoring educational guest speakers, hosting an annual group of Tibetan Monks, weekly drum circles, cleaning a portion of our highway, and assisting other non-profits which align with our mission statement.

We have been able to provide these services primarily through the sales and raffles of our Peace Bells. These bells are created from recycled scuba tanks and feature original works of art donated by Florida Keys artists.

All of our bells are made from steel dive tanks because they have the best sound, and each bell is specially crafted by local volunteers, with most tanks being donated from surrounding dive shops. First, the bells are cut, and then they are sandblasted, painted and

clearcoated. To see and hear one of these bells in person, please visit one of our "Peace Bell Keepers" and Compassionate Business Partners at Encore Restaurant, Bitton Bistro, Burton Memorial Methodist Church, the Francis Tracy Garden Center, Island Dolphin Care, Scuba Tech or the Island Hammock Pet Hospital.

We currently have one bell for sale and one that is being raffled. The "Silver Flyer" was painted by Katie McCosh and Jonny Bartek who recently moved to the Florida Keys. This bell will be displayed outside of

Island Hammock Pet Hospital at Mile Marker 98 and can be purchased by visiting our website.

The "Practice Random Kindness" bell by Wayne Scaturro is currently being raffled and is on display at Scuba Tech (MM 99.) Tickets are \$10 for one or three for \$25 and can be purchased at Scuba Tech. All

sales of the bells will be used to help us continue our quest of spreading peace and compassion throughout our community.

We have many ideas for innovative programs and events that can only be accomplished with the help from our fellow citizens. Please support us by becoming a new member and/or volunteer.

For more information about the bells and to learn more about how you can help us on our mission, please visit [keystopeace.com](http://keystopeace.com). If you would like to purchase a bell, please email [info@keystopeace.com](mailto:info@keystopeace.com)

We are all the keys to peace!

—Lou Gillespie



"Practice Random Kindness" by Wayne Scaturro



"Silver Flyer" by Katie McCosh and Jonny Bartek

HOW THINGS CHANGE WITH AGE

| 1966  | 2016  |
|---|---|
| Longhair  | Longing for hair                                    |
| KEG   | EKG   |
| Acid rock                                       | Acid reflux   |
| Moving to California because it's cool          | Moving to Florida because it's warm                 |
| Trying to look like Marlon Brando or Liz Taylor | Trying NOT to look like Marlon Brando or Liz Taylor |
| Seeds and stems                                 | Roughage  |
| Hoping for a BMW                                | Hoping for a BM                                     |
| Going to a new, hip joint                       | Getting a new hip joint                             |
| Rolling Stones                                  | Kidney stones                                       |
| Screw the system                                | Upgrade the system                                  |
| Disco   | Costco  |
| Parents begging you to get your hair cut        | Children begging you to get their heads shaved      |
| Passing the driver's test                       | Passing the vision test                             |
| Whatever  | Depends   |



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FEATURED BANDS IN SEPTEMBER



**Sunday, Sept. 11**  
**THE DROPOUTS**  
1-6 PM



**Friday, Sept. 16**  
**LUKE SOMMER GLENN BAND**  
PETERSON'S POKER RUN  
11AM - 3 PM



**Saturday, Sept. 17**  
**STEREOTOMY**  
80's Night!  
(MICHAEL TRIXX 8PM)  
7-11 PM



**Sunday, Sept. 18**  
**MR. NICE GUY**  
1-6 PM



**Saturday, Sept. 24**  
**SHANE DUNCAN BAND**  
7-11 PM



**Sunday, Sept. 25**  
**THE REGS** 1-6 PM  
Gilberts' Favorite



HAPPY HOUR  
MONDAY THRU FRIDAY

\$2 Bud Light & Miller Lite Drafts  
1/2 off Well Drinks and  
\$2.30 Fireball Shots!

JOIN US AT THE  
BIGGEST TIKI BAR  
IN THE KEYS!



Country Night!  
Friday, September 2, 7-11 pm  
With JADE SANDERS