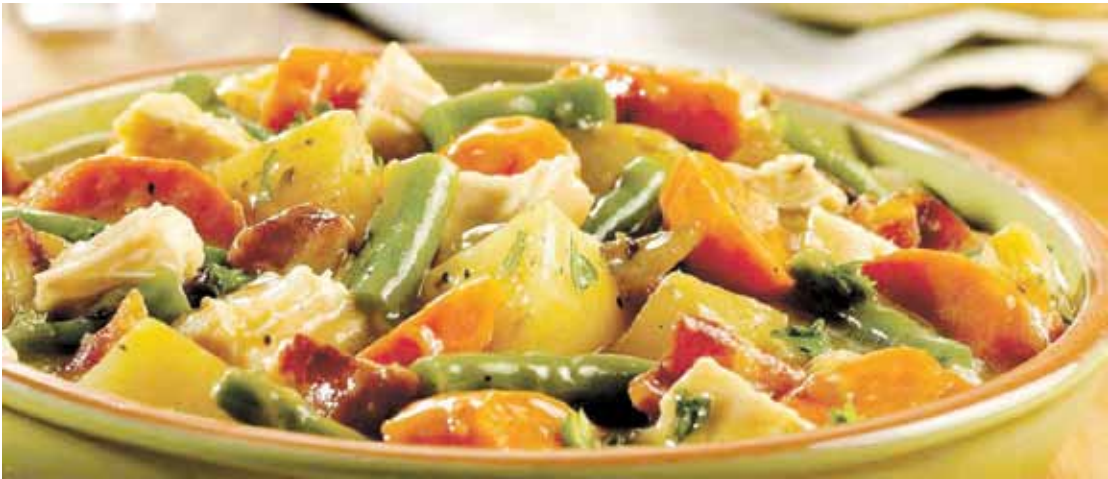


The Mangrove Galley
by Sandi Mieszczencki



There are those times that you just don’t feel like cooking. In lieu of going out, we like to pick up a rotisserie chicken. With it being just the two of us there is of course leftovers. The last time we had a precooked chicken we sliced off some of the breast meat and served it with a starch and a vegetable for dinner. For the stew, we removed the remaining meat from the bones and set aside. This is an easy dish that is cooked on the stove top making the stew a great boater’s dinner. I even had enough chicken left over to make chicken salad sandwiches for a lunch.

Try the stew; I think you will like it!

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

EASY CHICKEN STEW

- 1 large onion, sliced
- Pat of butter
- ¼ cup of flour
- One 10.5 oz can of chicken broth (or more if needed)
- 1 bag of frozen mixed vegetables
- Shredded chicken (as much or little as you like)

Melt the butter in a large skillet. Add the onion slices and sauté until slightly soft. Sprinkle in the flour coating the onion slices. Stir well. Add the chicken broth and continue to stir. Bring to a boil then reduce the heat to a simmer. Cover the pan and cook out the flour taste stirring occasionally. Add the mixed vegetables and the shredded chicken. Cook until the vegetables are thawed and the chicken is hot. It is ready to serve over biscuits or your choice of bread on the side. Now that is easy and tasty. Enjoy!

Cheeca Lodge All American Salutes War Heroes - November 7-9

War heroes will compete with world-class anglers at the 7th Annual Cheeca Lodge All American Backcountry Fishing Tournament, November 7-9, 2019 at Cheeca Lodge & Spa in Islamorada, FL. In honor of Veteran's Day, the event welcomes two war heroes in joining the tournament inspired by 41st President George Bush, who frequented Cheeca and the Florida Keys to pursue his love of fishing. Proceeds from the tournament benefit the Bonefish & Tarpon Trust, a non-profit organization whose mission is to conserve and restore bonefish, tarpon and permit fisheries and habitats through research, stewardship, education and advocacy.

"The All American Backcountry Fishing Tournament is part of Cheeca Lodge's



Stu Apte used to fish this tournament inspired by 41st US President George Bush! It hosts war heroes and benefits Bonefish & Tarpon Trust.

iconic legacy," said Paul Burke, Area Vice President, Florida & Acting General

Manager of Cheeca Lodge & Spa. "We're excited to partner with Bonefish & Tarpon

Trust and to welcome Bruce Melnick, a former American astronaut and retired United States Coast Guard officer, who will fish the tournament."

All American anglers fish on a guided charter boat or their own boat with a licensed guide. They will compete for trophies and awards for releasing five different species of inshore fish: snook, redfish, bonefish, tarpon and permit.

Social events will be held at the Cheeca Lodge & Spa, a sportsman paradise renowned for its barefoot elegance, with fishing trips departing from nearby World Wide Sportsman.

For more information visit www.cheeca.com/all-american, or www.cheeca.com/presidential or call 305-517-4512.

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LOST & FOUND

LOST Colostomy Bag
Last seen in the ball pit at McDonalds in Key Largo.
305-555-LOST

CLUBS

THE KEY PLAYERS
Community Theater Group needs volunteers to work behind the scenes & audition for roles!
thekeyplayers.org

Florida Keys Orchid, Fern and Bromeliad Society meets the 3rd Thurs. of every month at Key Largo Library Community Room at 7pm. Open to the public.
305-451-2396.

MUSICIANS
Amateur & seasoned musicians wanted!
The Keys Community Concert Band begins rehearsals in the fall. More info call 305-451-4530.

Classified ads will not be accepted without payment.

CLUBS

GARDEN CLUB OF THE UPPER KEYS
The monthly meeting will be held on October 15th, 11:00 am at the Francis Tracy Garden Center (mm 94 bayside).
Daniela Champney from The Connect to Protect Network at Fairchild Tropical Botanic Garden will be the guest speaker. Daniela's presentation will cover the CTPN's mission to enlist residents in Miami-Dade and Monroe counties to USE NATIVE PLANTS IN AN EFFORT TO CONNECT THE FEW REMAINING FRAGMENTS OF PINE ROCK LAND.
gardendubupperkeys.org
Come grow with us!

VESSEL SAFETY
The USCG Auxiliary conducts vessel safety checks at Blackwater Sound Marina, MM 103.8 Bayside, every third Saturday of the month. Public welcome.
305-998-8400

FOR SALE

JUST IN TIME FOR HALLOWEEN!

I have about a dozen coffins for sale. They have only been used once, and they will need a good cleaning, some rot is present. Bring lysol. Text 305-COFFINS

PERSONAL

ZOMBIES
SEEKING BRAINS!
Braaaaaains!!!
Brrraaaains!
305-ZOMBIES

HELP WANTED

SCARECROW WANTED
A volunteer is wanted to work as a scarecrow in a field in Homestead (weekends only).
No previous experience is needed as full training will be given.
Must be able to stand up for several hours without a break, and have no fear of birds.
No time wasters please.
305-555-HELP

FOR SALE


USED ROLLER SKATES \$50.
305-555-SALE

PIRATES COVE WATERSPORTS
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305-453-9881



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KEYS ADVENTURES
Jimmy Johnson's Big Chill, 104000 Overseas Highway
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ISLAMORADA, VILLAGE OF ISLANDS FOUNDERS PARK PRESENTS
2nd Annual
TRUNK OR TREAT **LOCATED ON THE GREAT LAWN**
SATURDAY, OCTOBER 26TH
6PM-8:30PM **FREE ADMISSION!**

Haunted Hayrides!
6pm-7pm: Not-So-Spooky Hayride
7-9pm: Haunted Forest Hayride
Sponsored by the Monroe County Sheriff's Office. Kids and Parents are welcome!

Kid's Pumpkin Coloring Station
Sponsored by the Islamorada Chamber of Commerce

Hay Maze! (For the little ones)

 **Pumpkin Patch**
Take Fall Family photos and purchase a Pumpkin!
Proceeds benefit Burton Memorial United Methodist Church

Trunk Rules:
Must bring candy (sealed/wrapped)
Family appropriate themes

Family Fun for All Ages!
A fun, safe, family environment where Trunk or Treaters go from trunk to trunk, collecting candy from volunteers who have decorated their vehicles to serve as a backdrop for this spooktacular event!

Costume Contest!
Begins at 7:15pm at the Amphitheater
Prizes awarded for:
Best Superhero Costume
Most Creative Costume
Best Fairytale Costume
Scariest Costume
Best Duo Costumes

Party Pirate Ship Slide! (Free)
Popcorn, Sno-Cones, Hotdogs and Drinks available for purchase!

Contact the Park Office to register your trunk no later than 10/18/2019
305-853-1685

This program is open to the public. In accordance with the Americans with Disabilities Act of 1990, all persons who are disabled and who need special accommodations to participate in this program because of that disability should contact the ADA Coordinator at ADA@islamorada.fl.us or 305-664-6448 at least 48 hours before the scheduled event.