

The Mangrove Galley by Sandi Mieszczenski

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



July is the time of the year to celebrate our country's birthday with picnics, family gatherings, and friends. The most enjoyable way is to ask everyone to contribute their favorite dish. One of my favorites is an easy-to-prepare dessert that is so tasty! So enjoy!

CHOCOLATE TRIFLE CAKE

- 1 box dark chocolate cake mix
- 1 box of chocolate pudding mix (not instant)
- 1/4 to 1/2 cup dark rum
- 1 can cherry pie filling
- 1/2 cup toasted sliced almonds
- whipped cream

Prepare the cake according to directions on the box, then cool.

As the cake is baking, cook the chocolate pudding following the instructions on the box. When all is cool, cut the cake into 1/2 inch slices. Line a 2 quart bowl with 1/2 of the cake slices then sprinkle with 1/2 of the rum. Spoon on top 1/2 of the cherry pie filling followed by 1/2 of the chocolate pudding.

Repeat the process with the cake, rum, cherry pie filling, and the pudding. Cover and chill.

Serve with the whipped cream and the toasted almonds on top.



Entertainer of the Month: Sweetwater at Snook's Bayside - Quench Your Thirst!

The definition of Sweetwater is fresh water. It is a fresh, new, soothing sound in the Keys that you can drink in and still not get enough of.

Since forming Sweetwater over two years ago, the members have kept to their original desire to create a unique sound. What you hear and see is the accomplishment of that dedication. Accolades from establishments and audiences alike use terms such as 'refreshing' and 'different.' Each member contributes his or her talent to enrich the blend.

Sweetwater doesn't have a rigid set list while performing. They have an ability to feel the mood of the audience, regardless of the venue, and respond with a mixture of songs and melodies appropriate for that moment.

The band has a strong sense of community. They, along with many other talented local musicians, have donated their time and talent to local causes and benefits to help Keys families, friends and musicians in need.

Sweetwater plays every week at venues throughout the Keys and South Florida; recently performing for the Homestead Center for the Arts. You can catch them every Sunday afternoon at Snooks Bayside Restaurant and Grand Tiki in Key Largo.

Sweetwater plugs in acoustic strings to deliver that "back porch" feel with clarity. You'll hear Piedmont-style country, blues, folk, ragtime and swing. Their aim is to create a comfortable, fun atmosphere with a strong nod towards humor. You'll hear a variety of instruments and see them too because they don't use tracks. (Don't know how and don't want to learn!)

Sweetwater's original music has received high scoring with multi-state competitions, and they hard developing new material without overlooking the standards we all love.



PATRICK KNOTTS' varied finger-style rhythms help promote the unique imagery in his originals and lends itself to the various string instruments he now incorporates in this approach. You will hear the big sound of his Martin guitar, the sweet notes of his mandolin and the slide of his dobro. It's been said that songwriting is 90% inspiration. With songs featuring fish rescue, suit-wearing feral wolf-men, and cheap cigars with mango wine, what does that say about this guy? He has several full length recordings consistently receive high scores in national songwriting competitions. Patrick is also invited each year to present workshops at one of the country's largest traditional music festivals.

Although a Michigan native, Patrick says he's a Key Largo resident by choice. "You have to remember your frozen roots, still stuck in the ground in cold country. Just write a tune about it."



PAM OSTERMAN has been involved with the arts most of her life. An accomplished artist, she also acted in and directed several theatre productions in Cape Coral, Florida. After relocating to Key Largo, she turned this creative energy back toward music. Selling her piano, she picked up a guitar. What began as playing and singing with "the guys" at neighborhood parties has blossomed into her current position as female vocalist, guitarist and booking agent for Sweetwater.

Pam's vocals deliver a unique style and tone; smoky with an occasional sultry flair. Playing her antique washboard, she adds some old time percussion to the Sweetwater sound and has recently added playing her ukelele. She'll be the one that's barefoot.



BILL WISSINGER started singing and playing guitar at an early age. After deciding six strings were too complex, he switched to double bass. A short stint as a music major convinced him that a regular paycheck (and food other than Ramen noodles) weren't such a bad idea after all. Bill and his big, blonde upright bass provide the solid foundation on which Sweetwater builds its melody lines.



STEVE DUNLAP has always loved music for as long as he can remember. Hitting things that made noise always made perfect sense, even if his teachers and parents didn't think so. After many painful years of attempting to learn guitar, he discovered where his heart was. Steve is the percussionist for Sweetwater.



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FEATURED BANDS



Saturday, July 23
CHAIN REACTION
7-11 PM
Journey Tribute Band



Saturday, July 30
SHANE DUNCAN BAND
7-11 PM



Sunday, July 10
THE DROPOUTS 1-6 PM
Locals' Favorite



Sunday, July 24
THE REGS 1-6 PM
Gilberts' Favorite



Sunday, July 31
ECLIPSE 1-6 PM Staff Favorite

HAPPY HOUR MONDAY THRU FRIDAY

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

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IN THE KEYS!**



Country Night!
First Friday of the Month
Friday, July 1, 7-11 pm
Featuring 33 YEARS