

## Of Chocolate Zucchini and Hope

Dear Friends,

I found a very oily, stained recipe card in my box a few weeks ago. It came from my friend Elizabeth Harris. Much in need of comfort food, and with an extra supply of zucchinis in the garden, it was perfect. So I pass it on to you:

### Marie's Zucchini-Chocolate Cake

Bake 350 degrees for 30 minutes to one hour.

1/2 cup butter or margarine  
1/2 cup oil  
1 3/4 cup sugar  
2 eggs  
1/2 cup canned milk or sour cream  
2 1/2 cup flour  
1 tsp. soda  
1/2 tsp. salt  
1/2 tsp. cinnamon  
4 tablespoons cocoa  
1 1/2 tsp. vanilla  
2-3 cup grated zucchinis (squeeze out juice)  
a handful of chocolate chips

Frosting: 1 pound powdered sugar, 1/2 cup margarine, 1 tsp. vanilla, milk to spreading consistency.

"Take 1 big slice of this cake with a glass of very cold milk. Sit down - get very comfortable, and thank Mother Nature for chocolate zucchinis."

I find myself without many words given the events of the past weeks. It comes back to celebrating the joy in the ordinary, like sharing a recipe, or some time with a dear friend. There is the healing and the hope for me. Songwriting is also what I do to transform the tears. So I'll pass on this "chant" I've been working on. After the chant, I've listed a retreat, a workshop and a concert coming up soon, particularly of interest to Northwest folks.

Peace -  
Linda

"We have been burned, burned by the fire  
And we are ashes, ashes and smoke  
But we will rise, higher and higher  
On the wings of compassion, justice and hope"

THIS WEEKEND:

You're invited to an Harvest-tide House Concert

Featuring

Linda Allen

and

Craig Olson & Friends

with special guest vocalist Julianne Marx, bassist Lee LaMar and percussionist Joe Marx

Sunday, October 7, 2001

Concert at 2 PM, with Potluck and Drumming afterward

at the home of Craig Olson & Joanna Colbert

Heron House, 2113 Tuttle Lane, Lummi Island

This is a family event, so feel free to bring the kids.

\$8 - \$15 suggested donation for the musicians, sliding scale. (More if you can, less if you can't).

Don't forget to bring a potluck dish!

Hear the music at:

[www.lindasongs.com](http://www.lindasongs.com) - [www.craigolson.com](http://www.craigolson.com)

Linda Allen, well-known Bellingham singer-songwriter and activist, is a passionate and engaging performer whose songs are rooted in tradition and honed by years of commitment to an art that both informs and transforms. Her songs are bold, poignant, funny, informative, insightful and best described in a review from Folknik which called her music ". . . good holistic medicine for the spirit."

Craig Olson, from Lummi Island, will do a folk-rock set with Julianne, Joe & Lee, doing some songs from his first CD "Beyond the Cedar Moon" as well as some pre-release performances from his forthcoming CD "The River." Julianne Marx, lead vocalist with the popular band Your Highness (formally Soul Salad) will also be featured, doing some of her famous sizzling vocals.

PLEASE RSVP to Craig or Joanna at 758-3150 or 778-0201 or email [craigo@nas.com](mailto:craigo@nas.com) (Craig) or [stellamaris@nas.com](mailto:stellamaris@nas.com) (Joanna), so we know how many are coming.

Parking is extremely limited on Tuttle Lane, so please drop off members of your party, and we'll shuttle you back to the ferry or church parking area. Thanks for respecting our neighbors by not parking in front of their houses.

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## A NATURAL VOICE WORKSHOP WITH LINDA ALLEN

Saturday, October 6th Lummi Island

The Bridge Between Earth and Sky: A Natural Voice Workshop with Linda Allen

For beginning or recovering singers.

Explore your natural voice using art-making, theater, dance and vocal exercises. Experience the profound joy of singing together in community.

2:00 - 4:00 PM \$30.00

Lummi Island Women's Healing Center (1476 Seacrest Dr.)

Phone Khrystie Phoenix at 758-2099 for information and reservations.

[www.lindasongs.com](http://www.lindasongs.com)

The Bridge Between Earth and Sky:

Reclaiming Your Voice

White Stone Retreat Center,

Saturday and Sunday, October 20th and 21st

Sedro-Woolley, Washington

A journey of discovery using theater, dance, art-making and ritual to explore the mysterious territory of voice. A retreat setting offers time for community singing and song-sharing, art play, meditation, relaxation and renewal. This is an opportunity to celebrate your voice and its connection to body and soul. White Stone Retreat Center, near Sedro-Woolley in Washington's beautiful Skagit Valley, offers 54 wooded acres of magical cedar groves, cascading creeks, and enchanted meadows. Includes meals, comfortable lodging, and hot tub! Massage and Watsu (water therapy) available by arrangement. For more information on White Stone Retreat Center:

[www.whitestoneretreat.com](http://www.whitestoneretreat.com)

Linda Allen

October Rose Productions

360-734-7979