

June 2013 NEWSLETTER

THE IMPORTANT STUFF:

In honor of Lance Corporal Jeffrey Lucey (1981-2004)

I would like to tell you all about a young man named Jeffrey Lucey. The third song on my new album is called "One Falcon Down". The song is about Jeffrey.

One day, several years ago, I was driving to work just like any of you would be. I had the radio on and was channel surfing. That morning I happened to stop at Amy Goodman's morning radio program "Democracy Now". It was just before the seven o'clock hour when I caught the tail end of Amy interviewing a husband and wife about the death of their son. The description was so harrowing, so unforgettable that I ended up looking up the interview on the "Democracy Now" website shortly afterward.

It turns out Amy had been interviewing Jeffrey's parents, Kevin and Joyce Lucey. Their son Jeffrey had been part of the 2003 invasion of Iraq and had been present during the first few months of the occupation. To be brief, Jeffrey returned home, developed a terrible case of Post-Traumatic Stress Disorder (PTSD), and ended up taking his own life in June of 2004.

Three years later during the holiday season of 2007 I found myself writing a song about Jeffrey and what had happened to him. It's important to note that I had been vehemently against the war and not just because the occupation began to go poorly. I was totally against it before it began, when it began and after it began. I had been totally unconvinced by the Bush administration's case for Saddam Hussein possessing weapons of mass destruction and was just as unconvinced by the allegation of collusion between Hussein and Osama bin Laden over September 11, 2001. I mixed Jeffrey's story together with my own anti-war sentiments. The result was "One Falcon Down".

Recently, I have had the honor to be in contact with the Lucey family. I hope to write more about this subject and the problem of PTSD that is currently plaguing the American military in the future...because Jeffrey was just like any other young man. As I wrote in the song, he could have been anybody's brother or child.

I hope you enjoy this month's newsletter. If you know someone who might want my FREE track at <http://www.garrettsawyer.net> OR if you know someone who might like this month's recipes OR you know someone who might enjoy a word or two about frugality OR you know someone who could use a good laugh please forward them my email!

And if you have any comments, questions, etc. about my newsletters, don't hesitate to write me at garrettsawyer@cox.net. And don't worry about damaging my fragile little ego, either. If you see something you don't like, let 'er rip!

Garrett Sawyer
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THE “NOT-SO-IMPORTANT-STUFF-THAT-CAN-WAIT-UNTIL-LIFE-IS-SO-UNEXCITING-THAT-YOU-CAN’T-WAIT-TO –FLOSS-YOUR-TEETH”:

HOW TO EAT LIKE A ROCK STAR

You might think that preparing French cuisine requires years of cooking school to do “properly”. Happily, you are completely mistaken. Making this recipe is very easy and the results will make you feel like you’re eating in a French restaurant.

COQ AU VIN

A broiler or roasting chicken
3 tbsp butter or olive oil
¾ cup chopped onion or ½ cup peeled pearl onions
1 sliced carrot
3 minced shallots or scallions
1 clove garlic, finely chopped
2 tbsp flour
2 tbsp minced parsley
1 tbsp fresh chervil or marjoram
1 bay leaf
½ tsp thyme
1/8 tsp freshly ground pepper
1 tbsp brandy
2 cups dry red wine (burgundy works very well)
½ lb. sliced mushrooms

Disjoint the chicken. Heat the butter or olive oil in a large heavy skillet over medium high heat. Lightly brown the pork, onion, carrot, shallot or scallion and garlic. Move the vegetables aside and brown the chicken on both sides. Add all the remaining ingredients except the mushrooms. Bring to a simmer and simmer covered over low heat until done, about 1 hour. During the last five minutes add the mushrooms. If you wish skim off the excess fat. Serve.

NOTE: In this recipe a whole chicken is called for but I have taken to buying chicken thighs in bulk and using 6 thighs instead of a whole chicken. This works very well.

FRUGALITY 101

My late father attended the old U.C.L.A. school of business long ago. While he was there they taught him a very simple but far reaching lesson:

Question: If you have a choice between earning an extra dollar or saving a dollar which one do you do, and why?

Answer: You save the extra dollar. Why? Simple. When you *earn* an extra dollar you have to pay taxes on it. When you *save* a dollar you get to keep the whole dollar.

From Poor Richard’s Almanac: *If you would be wealthy think of saving as well as getting: The Indies have not made Spain rich because her outgoes are greater than her incomes.*

