



Dragon News - Dragons had quite an adventure in Europe and soon will head to Lake Superior to see if they can find their ice dragon cousins in their summer caves.....In the meantime - enjoy your summer!

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Yvonne Palka

Yvonne is the award-winning sumi-e artist who wrote and illustrated *Dragon Fire, Ocean Mist*. A retired college professor, grandmother, biologist and naturalist, she is passionate about introducing children and adults to the wonders of the natural world.

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Northwest Beaches: Barefoot on the Beach

This summer I hope you've been able to get in some "beach time". Relaxing and playing, walking the beach, looking for critters in tidepools, etc. Our northwest summers are so delightful and they invite us outdoors to experience the bigger world around us.

And....I've been discovering the joys of going barefoot at the beach once again. Digging my toes in the wet sand, playing at the water's edge, going for long walks. And what do you know? The new ancient wisdom and information about the health benefits of going barefoot and grounding oneself in the earth's energy (not to mention getting healthier feet...) is just beginning to surface in the popular literature. Check out the new book [Earthing at earthinginstitute.net](#) and learn along with me about this fascinating new subject.

"My favorite dragon was the small one, Niji. It was really cool the way you took a real place, Shi Shi Beach, and made it the setting of the story of [Dragon Fire](#),

Ocean Mist. I think the story is lots of fun"

**Theo R., age 9, Kirkland,
WA**

Dragons: Dragons Back from Europe!

The dragons had an interesting time in Europe looking for stories about their European ancestors. They made it to Krakow and found the Dragon of Krakow that we wrote about in our last newsletter. Sure enough, there he was, *Smok Wawelski*, (the dragon of Wawel Hill) - the huge 20 ft bronze dragon that breathes fire every five minutes! Standing tall in front of the caves that lie under the hill on which sit the imposing castle and cathedral of Krakow - the home of the Polish kings for many centuries. And of course there were lots of tourist stands with cool dragon stuff - check out the articulated wooden dragon in the picture that moves in the wind as if it is flying. A perfect Zorg flying in to steal fish!

But in general dragons have a bad rap in Europe. They are always thought of as evil, sometimes as representations of the devil, and are primarily depicted as being slain by brave knights. Often the dragon has three heads and the knight really has his hands full trying to slay one head before being eaten by the others. In an exhibit of coats of arms with dragons in them almost all of them depicted the dragon being slain by a knight! The picture to the right is an imaginative contemporary version of this. Poor dragons!

In the meantime, the friendly Dragons of the Pacific Northwest are up and about at Shi Shi Beach in Washington. Perhaps you'll see them!

Asian Art: An Amazing Young Painter

Instead of a painting this month, I want to let you know about a lovely book for young people called **[A Young Painter: The Life and Paintings of Wang Yani](#)**. Published in 1996 it shows the paintings and life of a young Chinese girl, Wang Yani. Although an adult now, Wang Yani has a wonderful ability to capture the essence of the animals she encountered every day, especially monkeys. An inspiration for Super Simple Sumi Painters!



Dragon Fire, Ocean Mist

Written & Illustrated by
Yvonne Palka

BUY NOW



Fountain in Slovakia of 3 headed dragon being slain (sigh.....)



Wooden articulated dragon that flies in the wind. A perfect Zorg!



Pole vaulting knight slays a dragon - Yikes!



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