



June 17, 2020

# Chicago Parrot Head News



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

## From the Captain's Chair

*Captains Logbook*

*One hundred thirty-eighth entry: June 17 2020*

*The scouting parties be returning with good news! I meself have travelled to the northern region and seen with me own eyes that there is a return to normalcy. Though cautiously optimistic, it appears we shall soon be able to convene once again. As Jimmy hisself would say, but not yet! Let's keep our fingers and peglegs crossed for July and into August. Perhaps our paths shall cross as our troubadours start to play in the small venues once again, and then in our travels to the south and west for the larger gatherings. Until then, pay attention to the coconut telegraph. Yer Crew be diligently planning and plotting behind the scenes, so prepare yer pirate best and sharpen yer blades to set sail again. Welcome the sun and hot weather, summer be here!*



**Billy Brehm**  
*Our Pirate King*

*Billy Behm, the Pirate King*

### **Strawberry Cream** (This one is so worth the calories)

- 1 Cup Vanilla Ice Cream
- ½ Cup Strawberry Jam
- 1 Ounce Cream Cheese
- 1 Shot Raspberry Liqueur ( I of course used a little more)
- 2 Tablespoons Milk

Whipped cream, crushed graham crackers and or sliced strawberries for garnish

Blend ice cream, jam, cream cheese, liqueur, and ice in a blender on medium speed until thick and smooth. Pour in glasses and top with desired garnish — ENJOY.

*Drink recipe by Vikci Kerr*

## *The 8 Biggest Myths About Summer*

### Shark Attacks

*Fact: Sharks live in the ocean. Apart from that, there are a lot (and we mean a lot) of myths surrounding these monsters of the sea (thanks a lot, Jaws). First myth: Shark attacks are common. Not true. You have a better chance of dying from being struck by lightning, or even from a dog bite. (Yeah, seriously.) Second myth: Sharks will attack if they sense you have your period. While sharks have a keen sense of smell and are attracted to blood, there's no evidence that shows you're more likely to be attacked during this time.*

### Heatstroke

*Heatstroke is actually very uncommon if you're 18 to 39 years old and not obese. Basically, it happens when your body's ability to cool itself is thwarted and body temps rise very high (into the 100s), very fast. It's signaled by weakness, dizziness and lack of sweat. While the likelihood of having heatstroke is low, if you're feeling ill, get into a cool room and drink liquids. Have someone monitor you, and if you don't feel better soon, go to a doctor.*

### Air-Conditioning

*We've all heard that one about how moving from the "natural" outdoor air to a building pumped with air-conditioning will make you sick. Not true -- it's probably just your allergies, because moving from a clean-air environment to the outdoors may trigger allergy sensitivities (hello, sneezing). Bottom line: Don't blame the AC for your sniffles, and buy some allergy medicine! Not a fan of the AC anyway? Check out these stylish fan options.*

### Curing a Jellyfish Sting

*You know that Friends episode where Chandler pees on Monica to relieve her pain from a jellyfish sting? Turns out, he could've just used some vinegar. That's right -- studies have shown that vinegar is your best bet for relieving the pain. Why the strong support for urine? Well, there's some truth to the claim: Ammonia, another cure, is one component of urine. Depending on the individual, someone may have a good amount of it (spelling relief for the victim) or, you know, pretty much nada ("why the hell did you even PEE on me for?!"). What we're saying is this: If you're going to a beach where you might have a run-in with a jellyfish, it wouldn't hurt to pack a small bottle of vinegar, thus saving you from an unwanted sting and an even more unwanted golden shower. You're welcome.*

### Swimming on a Full Stomach

*That old "wait one hour before eating" rule can be put to rest, as far as we're concerned. While it's true you may experience some discomfort if, say, you just ate an entire bag of Doritos before your dive (which we wouldn't recommend), there's no proof that swimming after eating has caused injury or death. So chow down and jump in -- we won't tell.*

### Sunscreen

*Here's the gist: First, doubling up on sunscreen doesn't mean the SPF number doubles (that is, SPF 15 applied twice does NOT equal SPF 30). Second, most individuals don't need to go higher than 30, which blocks out 97 percent of UVB rays (the rays that cause sunburn), because there's no evidence that a number past 30 really adds any more protection (so you can forgo the SPF 95). Third, you're probably not applying enough. You need one ounce (the size of a shot glass) to cover your body, and an extra teaspoon of it for your face. And yes, even if your facial moisturizer claims to have SPF, you need to apply sunscreen to your face to protect it in the sun. Reapply at least every two hours, and more often if you're swimming or being active. Got it? Now learn how to "fake" a tan.*

### Mosquitoes

*Mosquito bites are not only annoying, they can be potentially dangerous, as mosquitoes can transmit diseases like West Nile virus (WNV) and malaria. WNV can cause mild to severe symptoms (sometimes resulting in death). In 2008, around 40 fatalities in the US were connected with WNV. Malaria caused more than 850,000 deaths the same year. Think your bug spray is working? It could be, but you may be misunderstanding it. The higher the DEET level in your spray (an active ingredient in insect repellents), the longer it lasts. Translation: The higher DEET number does NOT mean it repels more mosquitoes, but that it lasts longer in repelling. Because DEET is an insecticide, talk to your doctor if you have medical problems or conditions or take any topical medications that could interact with your spray. Side effects of DEET can include dizziness and nausea, among other symptoms.*

### Poison Ivy

*Poison ivy is not contagious. We repeat: Poison ivy is not contagious. The actual rash, caused by a reaction to urushiol oil found in poison ivy, oak, and sumac, can't be spread through contact. The one kernel of truth to this myth? One poison ivy sufferer can spread it only IF there's urushiol oil left from the original contact and the new victim reacts to it as well.*



## Social Navigators

*Yo-Ho Cheryl & Flip Flop Dave*

*Summertime...*

*And the livin' is easy..*

Party with a Purpose



### Mr Meyers:

**June 21st:** Mr. Meyers @ Key West Fest. 2:30-7:00 PM.

Blarney Island 27760 Grass Lake Road, Antioch IL.

Make sure you have a mask and you're good to go- Check with the Blarney Island Facebook page or website if you have questions. It's Key West Fest weekend. We play from 2:30 to 7 and if you don't have a boat no problem, Mon... there's a shuttle from the Port of Blarney as always! Come on out and celebrate summer of 2020!

### Beach Bum Band:

**June 20th:** 8 PM. Eagles Club Streator. 107 W Main St, Streator, IL 61364.

Join the Beach Bum Band in Jeff's hometown for a night Trocking and Social Distancing partying.

**June 26:** Beach Band Duo @ Sideouts. 7 PM.

4018 W Roberts Road Island Lake, IL. Join Johnny & Trucker for a duo on the Deck of Sideouts. Get the party going again!

**July 14:** 7 PM. Willow Stream Park. 651 Old Checker Rd., Buffalo Grove, IL

**July 17:** 6:30 PM. Joliet Gazebo. 710 Taylor Street Joliet, IL

**July 25:** 6 PM. Timber Lake Playhouse 8215 Black Oak Road. Mount Carroll Historic District.

**July 31:** 7 PM. Gaffleman Park 112 North 5th Street West Dundee, IL.

### Flip Flop Dave:

**June 19:** 6:30 PM. Village Square McHenry. 4512 W Elm St, McHenry, IL 60050, USA

**July 12th:** 1 PM. Diamond Jim's Tavern and Gas Grill. 325 Meier St, East Dundee, IL 60118,

STAY TUNED FOR INFORMATION ON DAVE'S GIGS AT THE ISLAND PARTY HUT. CHICAGO MUST MOVE INTO THE NEXT "PHASE" BEFORE ALLOWING LIVE MUSIC.

# Chicago ParrotHead Club Cookbook

*Dear Phriends,*

*We are excited to announce that our club is making a cookbook! This is our chance to share the many delicious food and drink recipes we've enjoyed at club functions, house concerts, and tailgates. This book is by members and for the members, and any profits will go to Lone Palm Foundation. Right now we need your input to compile the book and soon it will be available for purchase. Here's how you can help—*

**COOKBOOK TITLE** *Email your suggestions to [cphcparrotchow@gmail.com](mailto:cphcparrotchow@gmail.com) and we'll have a contest to pick the winner*

**GRAPHICS** *We need some fun club pictures and graphics for the book. Dig through your **hi resolution** picture files or even create an original graphic design. Email those to [cphcparrotchow@gmail.com](mailto:cphcparrotchow@gmail.com)*

**RECIPES RECIPES RECIPES**-drinks, appetizers, mains, desserts...everything! *You can enter and submit your recipe online here at our fundraising page <https://createmycookbook.com/groups/UK8Yetk2a>*

- *Please make sure that your recipes are tried and true*
- *Add a little ditty in the notes section about your recipe....ie, "This is the potato salad that everyone loved at the Donny Brewer House Concert" or, " This is my great Aunt Tilda's famous Long Island Iced Tea"*
- *While signed onto the fundraising page, kindly **pledge** as to how many cookbooks you would like to purchase. That way we'll have an idea of how many to print. The cost will be \$20.00 each and will include both a hard copy and a fluid digital version that is available via web or app. New recipes can be added to the digital version on an ongoing basis.*
- *Please submit recipes by June 1, 2020*

*If you have any questions, please send them to [cheryl.wegner@cbexchange.com](mailto:cheryl.wegner@cbexchange.com) or call Cheryl at 630 346 2977*

*Fins Up,  
Your Cookbook Committee*

*Maribeth Kavanaugh*

*Ann MacArtney*

*Cheryl Wegner*



# Membership news from Pirate Diva Vicki, Arrr...



Let's welcome in June with hoping that all of you and your family are staying safe and most of all healthy. As the saying goes welcome to level 6 of Jumanji. We all keep a watchful eye on the hope of getting together real soon.



We would like to welcome our new members to the fun phamily of the Chicago Parrot Head Club:

- Fred Wunder
- Donna Halfpenny & Kenneth Laney
- Carol Jardine
- Nicole & Jon Borman
- Christine & Mike Vanata
- Patti Jordan

Welcome aboard!!! Hope we can all meet sometime soon.



To everyone celebrating the next trip around the sun have a great day with plenty of laughter and fun.

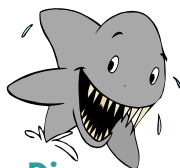
<b>Amanda Fraioli</b>	<b>June 18</b>	<b>Commander and Chief Billy</b>	<b>July 6</b>
<b>Cheryl Wegner</b>	<b>June 22</b>	<b>Melissa Huffman</b>	<b>July 6</b>
<b>Claudia Kell</b>	<b>June 26</b>	<b>Jenny Marren</b>	<b>July 8</b>
<b>Jon Borman</b>	<b>June 30</b>	<b>Ty Needham</b>	<b>July 9</b>

Happy Birthday and CHEERS.

P.S. If I missed anyone it means I don't have your info so please send it to me.

Cheers,

**Vicki Kerr**  
Membership Diva  
Chicago Parrot Head Club



[vicki@chicagoparrotheads.com](mailto:vicki@chicagoparrotheads.com)



**Cheryl Wegner**  
Real Estate Broker




RESIDENTIAL BROKERAGE

630 346 2977 cell  
[www.cherylwegner.com](http://www.cherylwegner.com)  
[cheryl.wegner@cbexchange.com](mailto:cheryl.wegner@cbexchange.com)

## The Pirate Hood - Charity Page

### Mr. Give Until It Hurts — Bob Noonan



Keep Social Distance; Stay Well; Stay Alive!! We will get thru this. Reach out and talk with other Parrot Heads in the Club. Join our Zoom meeting when available.

As a club, we have talked about moving our efforts and our Alzheimer's walk to a suburban location. The members voted online to move it in Elk Grove Village. This will be a new location for our club, but it will be run similarly to the Chicago walk.

Our Club will be supporting the Elk Grove Village Alzheimer's on Sunday October 4, 2020. This date will not conflict with any of our fall events, MOTM, Oktoberfest, or my vacation plans. And so many of these plans have been canceled.

Some of you may be asking, "Will there be a Alzheimer's walk"? The answer is "yes". According to the National Alzheimer's Association, we will be having the walk, but it may look different than in the past. I will keep you posted, but let's get signed up and start making people aware of Alzheimer's.

It is very easy to sign up. Just click, or cut and paste the following address:

[act.alz.org/goto/chicagoparrotheads](http://act.alz.org/goto/chicagoparrotheads)

When you sign up, don't forget to donate to your own page. Why would others donate if you don't believe in the cause?

The Meeting of the Minds 2020, "Party at the End of the World", from October 29 thru November 1, 2020 is canceled!!! (I am so bummed.) PHIP will be returning your registration fee for MOTM. I have already received mine in the mail. At this time, I am still planning on visiting Key West as I still have my airfare and condo booked in the fall. But as we all know, things are changing daily.

I have not heard anything from Misericordia about Family Fest, which is held the first Sunday after Labor Day (September 13). I am still planning on working the Family Fest and will have a sign up sheet (if we have one) at August's meeting.

Bob Noonan (AKA—Mayor of MOTM)  
Charity Director, Chicago Parrott Head Club  
Board Member – Alzheimer's Association – Greater Illinois Chapter



**Renee Fliss-Secretary**



**Mike LaGioia -Treasurer**



**Joe Klen-Communications Director**

The Chicago Parrot Head club is a Not For-Profit organization whose purpose is to assist in community outreach programs and to provide for its members a means of social interaction for people interested in Jimmy Buffett's music and tropical spirit. Any general questions regarding our club, contact

[billy@chicagoparrotheads.com](mailto:billy@chicagoparrotheads.com) -or- write us at  
CPHC, PO Box 624, Franklin Park, IL. 60131

The Chicago Parrot Head Club newsletter is a monthly publication. If you have any information on an upcoming event you would like published, or a review of a current event, please contact Joe Klen - No later than the second Friday of the month.

[joeklen@comcast.net](mailto:joeklen@comcast.net)

---