

Message from the Isle

Midwestern Latitudes ~ Caribbean Attitudes
www.isleofiowa.com



July 2010
Vol. 13 Issue 7

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Quarterly Charity

June, July & August

Johnson County Crisis Center

For more information on the club go to:

www.isleofiowa.com

My One Particular Harbor

Deanna "Diego" Steggall - President

Our One Particular Harbor Family Picnic is this week and a great chance to get out and meet some club members. It is also a perfect time to meet the wonderful Parakeets and parapets we have in this club.

This club has become my One Particular Harbor as Jimmy says ...

*"And there's that one particular harbour
Sheltered from the wind
Where the children play on the shore each day
And all are safe within"*

It is a safe place to meet with friends, help our community, and make this world we live in a better place to be. I know I say this all the time, but I honestly believe it; and I truly believe in this club and its members - GET INVOLVED!!!

We had a great interactive conversation at the last meeting and generated many ideas that we will discuss at the next Board meeting. I would like to again personally invite everyone to come and see what the Board does behind the scenes. You will see firsthand that it is work and not all play; although we do find time to have a few laughs!

Coming to the meeting will also give you the opportunity to get more involved in the club. (I think I said it before... GET INVOLVED!) With your help we can make this club better than it is. We need new and fresh ideas, so come help us out!

Join me on that One Particular Harbor this Wednesday. For some of you it's so far but yet so near (to our hearts)! I hope to see you all there, or at the next meeting!

My final thought: as always remember to *SMILE*, It's contagious and makes the world a brighter place!



Isle of Iowa Parrot Head Club
PO Box 11172 ~ Cedar Rapids, Iowa ~52410-1172

From the Editor

Newsletter Committee:

Editor:

Deanna Steggall

Assistant Editor:

Sandy Young

Photographer:

Dave Metz

Contribute to the Message from the Isle

Any appropriate articles such as letters, reviews, recipes, Parrot Head related stories, and/or personal experiences, are welcomed and should be e-mailed to Sandy Young, Assistant Editor, at sandy@classicphotoocr.com. Parrot Head related pictures are welcomed as well, and should be e-mailed to the Editor, Deanna Steggall, at deannaajs@q.com.

Deadline for articles in the monthly newsletter will be the 15th of each month. Any articles received after this date will be used in the following month's newsletter.

Message From the Isle is the official publication of the Isle of Iowa Parrot Head Club. Message From the Isle is published monthly for all members of the club and sent to many other chapters and contacts nationwide. The views expressed in the Message From the Isle are solely those of the authors and do not necessarily reflect the opinions of the Isle of Iowa Parrot Head Club, its members, or Board.

Waypoint List of Most Needed Items

Food items:

Mac 'n Cheese Soup Tea/Cocoa Canned vegetables Stews Crackers Bakery items such as cake mixes/frostings/muffin mixes Fruit Juice Cereal

Household Items:

Dish soap Laundry soap Baggies.....sandwich size/gallon size Toilet paper

Children and Baby Items:

Baby Shampoo Baby Wash Size 5 & 6 diapers Formula

Toiletries:

Hand Soap Adult & kids toothpastes and toothbrushes Cotton balls Shampoo/conditioner
Mouthwash Sanitary pads African American hair products Hair sprays/mousse/gels
Makeup – liquid/mascara/eye shadows, etc

For more information on our international organization of Parrot Head Clubs, please go to the Parrot Heads in Paradise, Inc. (PHIP) web site at www.phip.com. You can read their quarterly newsletter, TradeWind Times, and be kept up-to-date on Parrot Head Clubs across the country and internationally.

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Monthly Meetings

IIPHC - D.C.'S RvWk 4 7/15 MM

Sandy Young

Fast Facts:

- What:** Monthly Meeting
Where: 411 First St. S.E., CR
When: July 15, 2010
Time: 5:30 p.m. – 10 p.m.

Translation: Isle of Iowa Parrot Head Club at D.C.'s River Walk for our July 15 monthly meeting. Hey, work with me here. I'm running out of ideas for headings, especially since we'll be at D.C.'s in July and August.

The business meeting will be an important one as our new president fills you in on happenings and changes in the club, and asks for feedback from you, our members.

For example, the charity for our new quarter raffle, based on our new fiscal year starting with June/July/August, will be the Johnson County Crisis Center. The Crisis Center's vision is that every individual in Johnson County, IA has support in a time of need. For further information on this charity please go to jccrisiscenter.org.

We will continue to take donations for Waypoint Services. The need for plastic shopping bags is a pressing need right now. Please start stockpiling these bags and bring them to the meeting. Waypoint will be most grateful! They also need small food containers and non-perishable canned and boxed food. Please go to their Web site at www.waypointservices.org for an updated list of their needs.

And, as always, we will be collecting the pop tabs for the Ronald McDonald House Charities.

Monthly Meetings

Would You Believe...Cherry Hill Park?

Sandy Young

Fast Facts:

- What:** One Particular Harbor (OPH)
- Where:** Cherry Hill Park Pavilion, Stoney Point Rd. SW
- When:** July 7, 2010
- Time:** 5:30 p.m. – 10 p.m.

Would we ever lie to you? Not intentionally. We promise the July 7 picnic will be at Cherry Hill Park Pavilion, which is near the swimming pool and has a nice playground nearby. These summer picnics are family events where children (Parakeets) and well-behaved pets are invited.

Meat will be provided by the club, grilled by a couple of our Board members. Tableware will also be provided. Please bring a dish to share and your beverage of choice. A donation jar will be there to help defray the cost of the meat.

In case of inclement weather (do we ever have any?) we will meet at City Beat, 304 3rd Ave. SW, CR. Watch the Listserv for updates that day.

August 4th -- Bever Park

September 1st - Steggall's Tiki Bar



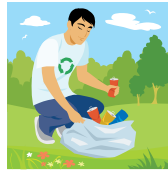
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Information on the Phlock

Highway Clean-Up

Doug Rassler

Now that the interchange is completely open again, we are going to hold the Highway Cleanup on Sunday, July 11th. We will meet at the BP gas station at the Swisher/Shueyville exit at 10 a.m. Safety vests and garbage bags are provided. Please dress appropriately. Long pants, sturdy shoes and gloves are recommended. If you would like to volunteer, you can email me at drassler@netins.net.



Clear it Out!!

Excerpted from *AARP Bulletin* May 2010

It's time to move forward! It's time to blast your way out of the past and clear out what's clogging your heart and the bad memories of your life.

Throw out these things from your mind:

1. The belief that you're alone.
2. Trying to please everyone.
3. The need for everyone to like you.
4. Thinking you're always right.
5. Jumping to negative conclusions before you know the real deal.
6. The belief that your best days are behind you.
7. The fear that you're not rich enough, smart enough, good enough.
8. Energy sucking comparisons with other people.
9. Thinking you have to have all the answers.
10. People who remember the bad times, not the good ones.
11. The times you messed up.
12. Negative typecasting.

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Information on the Phlock

Thought for the Day

Author Unknown

What we do for ourselves will die with us. What we do for others lives on after we're gone.

Newsletter Committee

Sandy Young – Assistant Editor

With a new year starting for the Isle of Iowa Parrot Head Club, it would be a good time for you to think about joining the newsletter committee – yes, YOU!

We know some of you have been thinking about it and even submitting articles (thanks, Claude and Doug!) We could sure use your help. If you have questions or want to “dip your pen” and try it, contact Deanna at president@isleofiowa.com or Sandy at sandy@classicphotocr.com.

You may have fun! Or, at least be challenged!

JIMMY BUFFETT NIGHT @ THE BALLPARK FRIDAY, AUGUST 20, 2010

Gerald Ptacek

Fast Facts:

- * Game starts @ 6:35 p.m.
- * Cedar Island Band plays before the game from approximately 5:30 - 6:30 p.m.
- * Cedar Island Band plays after the game from approximately 9:00 -11:00 p.m.
- * The Kernels will be wearing Hawaiian jerseys during the game.
- * These jerseys will be sold by silent auction during the game.

Randy Kuehl Honfidence Pavillion:

This is located in the left field area with picnic tables. The Jimmy Buffett Night at the Ballpark includes a game ticket worth \$9.00, and all you can eat and drink from 5:30 - 8:30 p.m. for only \$15.00 more. We will stay in this area during the game and everyone will be given wristbands so you can come and go from the area as you choose. Food consists of 1/3 lb. fresh hamburgers, all beef hot dogs, brats, popcorn, and peanuts. Beverages consist of soda pop and beer.



PRICE:

Ages 6 & above: \$24.00 each
Ages 5 & under: Free



You do not have to be a club member to participate, so you may invite your family and friends to attend. If interested contact Gerald Ptacek by e-mail: gcptacek@hotmail.com or by phone 319-551-9006.

Payment due, at the latest, by July 15 to insure your participation in this event.

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Information on the Phlock

News from the Northern Port.

“Northern Port” Claude

So, you think that the Isle of Iowa Parrot Head Club’s Northern Port is dormant? Ha! Nothing could be further from the truth! Here is a multi-act story that runs over a year (starting in 2009) and is ongoing! I meant to have this published last fall, but I found myself wasted away with work. (Sorry to bring up that four-letter word, “work,” here, especially now that the summer is upon us.)

I think I’ll serialize the adventures over some of the next several “Message from the Isle” newsletters, as long as the editor is okay with that. Here goes.

Act I (with many Acts to follow).

The Terry and Linda Barger “ship” rolled into northeast Iowa in June of 2009, and the result was a small parrot head phlocking at a small northeast Iowa port—where trout and bass and other wonderful “seafood” abound—and my family and I were a part of it for two of the days Terry and Linda were here. Terry and Linda really deserve the “perfect parrot head of the year” designation with their beautiful laid back way of life. Their campsite in Highlandville became the place where we all could relax, enjoy the rustic beauty of the slow, rural country, and try to catch some fish. What else would Jimmy Buffett do?

The two-day whirlwind Barger encounter started for my family and me on a Thursday, when we went to visit Terry and Linda at their hideaway campsite. Ever since I had met Terry and Linda in September of 2008, I had hoped that they would meet my family, and this did finally occur one year ago. We had all hoped to do some morel mushroom hunting in northeast Iowa earlier during the spring, but my hectic work schedule during the spring semester prevented this. Finally, though, the semester being done, the Barger’s and my family were able to get together. As it was in the fall of 2008, the encounter this time was fun and full of cheer, with cheeseburgers and trout and wine and homemade beer and potato salad and wonderful conversation and friendship being the result. It’s not often that one meets people as beautiful as Terry and Linda, and our Thursday afternoon/evening encounter in June of 2009 was one of those events; it cannot be repeated. Linda was so beautiful with our kids, helping them to fish in the well stocked South Bear Creek, and Linda’s just such a fun, endearing presence. And Terry was a joy to be around, what with his wealth of life-learned stories and his love of life and so much more.

After a while, my wife and I figured that we should leave this Thursday afternoon haven of wonder but, as time went on and the sun fell from the skies, we knew that a campfire was necessary, as the Bargers had suggested, and our eldest son built a campfire, and it was wonderful to be around that source of Caribbean-like warmth as the northern port of Iowa evening cool set in. The fire and conversation were warm, and enduring friendships were built and enhanced.

Subsequently, those beautiful, wonderful, charming Bargers invited us to get together with them the next day (Friday) to do some sailing and fishing on the Upper Iowa River. Well, Friday was open for us, so what could we say? Let the tour continue for a second day! The next day, Friday, the Bargers, their dog Bailey, and my two oldest boys and I—my wife didn’t go because she wasn’t much for river activities --went sailing down the Upper Iowa River on a perfect Isle of Iowa June day. Hours were spent on the river, some fish were caught, and a lot of relaxing was accomplished. Was it heaven? Was it the Caribbean? No, it was the Isle of Iowa’s northern port! May God bless the Bargers! What wonderful friends! And may God bless the Isle of Iowa!

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Photos of the Phlock



Family Picnic
Jones County Park



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Photos of the Phlock



A night at Papa's Sports Bar



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Parrot Head Happenings

Cedar Rapids Downtown Districts Calendar of Events 2010

Downtown Farmers' Market

Saturday, July 3, July 17, Aug 7, Aug 21, Sept 4 & Sept 18 @ 7:30 AM

Cedar Rapids Bank & Trust-Downtown Drive In Movie

Saturday, July 17, Aug 14 @ 7:00 PM

Taste of Downtown-Week of Specials

Saturday, Aug 7 & Aug 14 @ 7:00 AM

Downtown Fall Pub Crawl

Friday, October 15 @ 6:00 PM

For more information on what is happening in Cedar Rapids, go to: <http://www.downtowncr.org/Events/>

History of our Club

10 Years Ago – June and July 2000

Susan Freundt - Founder

June events that I missed but are still important to the club history.

June 2000

The Isle of Iowa made their first appearance at the Cardboard Boat Regatta. The club entry named "The Land Shark" was the slowest boat in the contest beating only the boats that sunk. (We were still pretty proud!)

Thirty club members and 4,000 other race fans attended Parrot Head Night at the Races. Janice Reid and her daughter, Mattie Reid, served as the trophy girls in the winners circle.

July 2000

Matt and Janice Reid hosted a back yard concert with Gene "Big Coconut" Mitchell.

Six members of the club made the big screen during the Alpine concert. Amanda Gardner, Matt and Mattie Reid, Suzy Kunce, Tina Coppess, and Lori Krezek all made the screen during the song "We Are The People Our Parents Warned Us About."

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Regional Events

19th Annual Meeting of the Minds 2010 Gypsies in the Palace November 4 - November 7, 2010 (Key West, Florida)

To experience a little more Parrot Head mayhem and phun, I would highly recommend attending Meeting of the Minds (MOTM) in Key West. It is a wonderful opportunity to meet other Parrot Heads from all over the United States, Canada and other countries.

To be able to attend all the functions the event has to offer you need to register at www.phip.com. Registration is open to all Parrot Head Club members in good standing. Registration closes on September 30th or when 3500 members have registered, whichever comes first. Do not miss out on a great time and register today. Our club has quite a few members going this year and should prove to be a great time! A bonus this year is that the Cedar Island Band will be playing at the Street Party on Friday!!

Coconet Listserv: to be or not to be Deanna Steggall

After much discussion, the Board has decided that having two Listservs is a little much. As a social club and being adults we should be able to communicate through one Listserv, instead of getting repeated e-mails through both of them. Since we are a social group, the Board believes it is okay to post social events on the one Listserv that you would like to invite members of the club to. With that being said, we would like to remind everyone of a few maintenance issues. First are a few things that are appropriate to post on the Listserv - use your best judgment.

1. Club information
2. Club events
3. Personal parties
4. Jimmy Buffett news
5. Recipes

Okay, I think you get the idea.

Things not allowed on the Listserv:

1. Profanity
2. Anything offensive
3. Anything pornographic

If you have ideas, questions, concerns or suggestions for the Isle of Iowa, you can e-mail any member of the Board individually; or – something new – collectively at board@isleofiowa.com.

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Club Calendar

Event	Date	Time	Place
One Particular Harbor Family Picnic	7/7	5:30 p.m. – 10 p.m.	Cherry Hill Park Pavilion. Stoney Point Rd. SW, CR
Board Meeting	7/13	6 p.m.	Deb Rassler's 1431 Cedar Bend Palo, IA
Newsletter Deadline	7/15		
Monthly Meeting	7/15	6 p.m.	D.C.'s River Walk 411 1 st St. SE CR
CIB at Uptown Friday Night – PH pouring!	7/30	5 p.m. – 8 p.m.	Greene Square Park, 3 rd Ave. & 5 th St., CR
Newsletter Posted	8/2		
One Particular Harbor Family Picnic	8/4	5:30 p.m. – 10 p.m.	Bever Park

Dis & Dat

Caribbean Chicken Grill with Pineapple Salad

This is a complete meal with a tropical twist - chicken with a lime marinade and a spicy pineapple salad.

This recipe was found by CRISCO®.

Ingredients

- 1 (8 ounce) can pineapple tidbits or chunks
- 1/4 cup CRISCO® Oil
- 2 tablespoons lime juice
- 1 clove garlic, minced
- 1/4 teaspoon crushed red pepper flakes
- 1 teaspoon sugar
- 4 boneless, skinless chicken breast halves
- 1/4 cup diced red bell pepper
- 1/4 cup diced red onion
- 1 small jalapeno pepper, minced
- 2 tablespoons chopped cilantro
- Salt and pepper to taste



Directions

1. Drain pineapple juice into a 1 cup measure. Add CRISCO® Oil, lime juice, garlic, red pepper flakes and sugar; mix well.
2. Place chicken in a large zippered plastic bag or glass utility dish. Pour all but 1 tablespoon of marinade over chicken. Cover and refrigerate chicken for 30 minutes to 1 hour.
3. Meanwhile, place pineapple in a medium-sized serving bowl. Add red bell pepper, red onion, jalapeno, cilantro and reserved 1 tablespoon of marinade. Toss well and season with salt and pepper to taste.
4. Heat grill to medium. Remove chicken from marinade; season with salt and pepper. Grill, turning once, for 10 to 15 minutes or until cooked through. Serve with pineapple salad.

Nutritional Information Per Serving Calories: 301 | Total Fat: 17g | Cholesterol: 67mg

If you have a recipe that you would like to share, please send it to Deanna at deannajs@q.com.

Dis & Dat

Bikini Martini

Ingredients

- 1 fluid ounce coconut rum
- 3/4 fluid ounce vodka
- 1 fluid ounce pineapple juice
- 1 dash grenadine syrup
- 1 bikini

Directions

1. Combine rum, vodka and pineapple juice in a drink shaker. Shake firmly until frothy. Pour in a martini glass, add a touch of grenadine in the middle. Garnish with an orange wheel.
2. Put on that bikini and see what develops!



If you have a recipe that you would like to share, please send it to Deanna at deanna@q.com.

Celebrate National Pina Colada Day

July 10th is National Pina Colada Day! Nothing beats drinking a pina colada out of a coconut shell on the beach of a tropical island. But even if you aren't really on a tropical beach, or drinking out of a coconut shell for that matter, pina coladas are the perfect way to sit back, relax, and enjoy summer.

Did you know that pina coladas were first created in San Juan, Puerto Rico and that pina colada translates to strained pineapple? Pineapple juice is one of the main ingredients of this delicious frozen beverage. Easy to make, you just mix the ingredients in a shaker or blender. After that, just close your eyes and imagine you are on a tropical beach. Sounds like paradise!



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Dis & Dat

Contact the Club Board Contacts

President – Deanna Steggall 319-651-9494, president@isleofiowa.com
Vice President – Gerald Ptacek, 319-551-9006, vicepresident@isleofiowa.com
Secretary – Deb Rassler, 319-213-1048, secretary@isleofiowa.com
Treasurer – Steve Robe 319-351-3474, treasurer@isleofiowa.com
Social Director – Randy Havlik 319-396-5217, socialdirector@isleofiowa.com
Membership Director – Bart Mason 319-930-2833,
membershipdirector@isleofiowa.com
Member at Large – Cindy Ek, memberatlarge1@isleofiowa.com
Member at Large – Gordy Smith, memberatlarge2@isleofiowa.com
Member at Large – Doris Olson, memberatlarge3@isleofiowa.com

Monthly Board Meeting

The monthly Board meetings are scheduled for the **Tuesday before** the monthly membership meeting, and will start at 6:00 p.m. unless otherwise noted.

These Board meetings are open to all members, not just Board members. Come and join us as we discuss the business of our club and plan upcoming events, etc. It's a great chance to help the club and to become more involved.

For the location of this month's Board meeting, please see the Phlock calendar. You can also visit us online at: www.isleofiowa.com.

Join the Listserv

To join the Listserv, visit our Web site at www.isleofiowa.com and enter your E-mail address on the Listserv box found on the Homepage. The Listserv is limited to club business and events only and is the fastest way of getting the latest information about the club, and to keep track of events' dates or changes

Join the Coconet

islefiowacoconet@yahoogroups.com. This is the Isle of Iowa Parrot Head Club's open communications group for non-official discussions of club members. The only limitations of this group are no profanity, no defamation of character, no indecent photos or comments, and no illegal activity. Other than that, members are free to advertise, discuss non-club events, or whatever those members wish to communicate. Please keep in mind that common sense, kindness, and courtesy shall rule.

To join the Coconet, go to <http://launch.groups.yahoo.com/group/isleofiowacoconet/> and sign up. The existing Isle of Iowa Listserv mentioned above will still be used, but limited to club business and events only please.

If you have questions about the Listserv or Coconet, contact the board President listed under **Contact the Club** on this page.

July Birthdays

Lori Hennessey — 7
Sandie Smith — 8
Doug Klinger — 9
Jerry Fruendt — 10
Jerry Davenport — 17
Matt Tyc — 17
Freddie Maneely - 21
Julie Nealson — 23
Doug Rassler — 24
Cyndy Hillby -- 26
Lowell Buchholz -- 29

August Birthdays

Mary Klinger -- 2
Bart Mason — 3
Susan Freundt -- 6
Gary Ballew -- 9
Terry Osanski — 10
Chris Levy -- 12
Laurie Sexton -- 14
Robb Wessels — 20
Tammy Maneely — 29

Be sure and attend the monthly meeting in the month of your birthday to get your free Birthday drink!

New/Renewed Members

Tina Coppess