



Q2 2021

Parrot Head Club of Eastern MA | Vol. 30

Q2 2021 ~ The 3/4 Times

For your enjoyment and information

HELLO TO OUR PHCOEM MEMBERS!

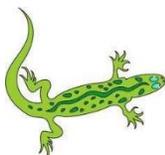
YES, SUMMER is here! It's time for some enjoyment! We had some great spring events, blood drives, support for March for the Dogs/NEADS, a social Rail Way RI Explorers Trip – and what a BLAST we had! We are going there again on October 2 for a sunset trip – see you all there! We will keep our Virtual Monthly TT Zoom Meetings, hosted by Karen-Sunshine, along with in-person TT's with Friends & Entertainment! Thank You All for Your Support.

The BOD continues to work on events, in a safe manner. Here are some coming your way! On July 1st, Mike Nash will be playing at ERNIE'S BACK YARD (aka, The Fratangelo's Home)! We have Jimmy Buffett at Great Woods on August 14th. August 21st is our Club Membership Pool Party with RAY Z Playing. The Fall Beach Clean-Ups follow in September. See more details on our website.

Our BOD will continue to provide updates on our Web and Facebook pages, along with e-mails to keep you all updated. If you wish to share a safe event, history or suggestions, articles, pictures, recipes ... anything for Members to enjoy, we welcome everything! Please send them to newsletter@phcoem.com.

PHCOEM, now for over 25 years, has been the best with our friends near and far, met along this journey! We thank you for the support of this Club, with many more years ahead. We so look forward to seeing you all either in person or virtually in the near future for some summer time fun!

Thank You Everyone!
Lizzy L12- Liz McCarthy
Secretary of PHCOEM





From the Office of the Prez



Good Day Phlockers,

Hopefully this finds you all getting back to good health and more normal activities. We have been slowly moving forward with cautious optimism these past few months. We have had a few social events. The Thirsty Thursdays are all back and in full swing. Some may move for summer entertainment purposes, like the all-together July 1st Thirst Day at The Fratangelo's compound with Mike Nash playing from 4:00 on! We had an awesome Rhode Island Rail Trail Brunch Run! The weather was perfect for us! The Southern circuit is a 3-mile pedal out to the bay station, about an hour for brunch time at their scenic spot, and then a 3-mile pedal back! We had so much fun that we decided to do it as another social event in October for a sunset and firepit tour! They sell out fast, so book your slot now! It is a lot of fun and great group activity! We will have more socials planned as things open up and people are feeling a bit more confident going out and about.

The membership meeting and pool party is also at The Fratangelo's compound this year! A huge thank you goes out to Ernie and Ellie for graciously hosting the meeting, and we have Ray Z playing for all our club members entertainment! Mark your calendars for August 21 at Ernie's Backyard!

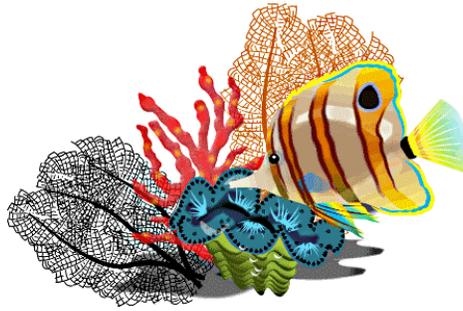
We have continued with our online, as well as in-person charity efforts during this transition period. We raised over \$300 for NEADS service dogs with the Amazon smile program! What an accomplishment and they were certainly appreciative of our efforts! Thank you all for helping his great cause! The Special Olympic dances have been ongoing and people have volunteered to go online and dance and sing with the athletes. It is not like how we did in person; but at this stage we do what we have to and be flexible with their volunteer opportunities. We will also be having our 2 annual coast sweep beach clean ups, along with some other community service events. Stay tuned for more details!

Thank you all for your continued support and volunteer efforts on behalf of your communities. It has been a trying year for everyone, and with kindness in our hearts let's continue to move forward in a positive direction!

Thank you, make someone smile!

Mac
PHCOEM
President (2020-2022)





From the Office of the Vice Prez

Happy Summer Everyone,

I am so happy that we can now start meeting in person for our TT events and social functions. Our Club has been able to maintain our mission to partner with charities and help others during lockdown, and now we can do this in person. We were able to continue some of this work virtually, but it is so much more fun in person. Thanks to all members who contributed to our virtual March for the Dogs in March, as we raised over \$300 in donated items to help NEADS provide care and training to service dogs.

Thanks to the Fratangelo's for hosting our first live TT at their house with Mike Nash, which was a great success by all reports.

The board has been working with our charities and some club members to make plans for charity and social event for the next 6 months.

Our yearly member social will be in August at the Fratangelo's. Some other events include our yearly beach cleanups in Nahant and Plymouth in September, Soxtoberfest and Pumpkin Decorating in October, and Pennies for Postage in November, to name a few. As we confirm activities and dates, the info will be added to the Events page and Calendar on the Club website. We will also be sending e-mails and Facebook updates so you can save the dates.

Please contact us if you have any questions about any upcoming events.

Marcia Bixby



From the Office of the Membership



Hi everyone,

I am pleased to report that we are now 153 members strong!!! We are getting some in-person events going and we look forward to seeing everyone soon. As a reminder, if you are planning on going to Meeting of the Minds, you do have to be a registered club member in good standing. (That means that you have paid your dues). I hope everyone has survived the heat this week and are looking forward to celebrating the 4th.

Jean Duffill

Happy Birthday to those completing Another Trip Around the Sun in Q2!

| <i>July</i> | <i>August</i> | <i>September</i> |
|------------------|----------------|-------------------|
| Bill Miller | Tony Damigella | Rick Swanson |
| Linda Altieri | | Nancy Butkus |
| Ernie Hesling | | Kitty Jones |
| Rhonda Marnell | | Own Milliken |
| Jodi Deldon | | John Gibree |
| Jean Duffill | | Terri Weissenberg |
| Bill Hatch | | Kelly Connerton |
| Tim Everett | | Joe Holewa |
| Yvette Prayor | | Karen Feldeisen |
| Skyla McCarthy | | Kat Kisich |
| Drew Santaniello | | Norma Hartwell |
| David Stasio | | |
| Gary Altieri | | |



Charity and Environmental Affairs



Hello Phlock,

Happy summer! We are slowly moving forward and still treading lightly, but have continued our support of our charities! We spoke last of our work with NEADS and we have now officially donated over \$300 to them through our efforts on Amazon smile. So grateful and thankful for all your efforts! As an animal owner and lover myself, this a charity near and dear to many of our hearts. They work so hard on training these animals for special duties and for us to be able to see our help in progress and see the faces of these people that receive one of their highly trained dogs is very heartwarming.

We also had a blood drive at the 7th Wave Brewery in Medfield for The Hook for a Cure. This was a very successful day at the Brewery. They actually had to turn a few people away they were so busy! What an awesome thing and to hear we are having a blood shortage it is certainly not for our lack of trying! Each and every blood drive we have been to this year at all the breweries have been very well attended and are a huge help to Dana Farmer Cancer Center, The Kraft Family Blood Donation Center, the Joe Andruzzi Foundation, and The Hook for a Cure! So we will be continuing to help these great causes and volunteer our efforts, time and blood as we see fit. The Special Olympic athletes have invited us to volunteer on their site for their virtual dance (which they hold annually in person) but are continuing to hold monthly on zoom. There is no in-person dance again this year. Sad and sorry to say, but they need to keep the health of all the Special Olympic athletes in mind. They also have some other volunteer activities we can go to and just be flexible as to what our jobs would entail.

Stay tuned for more on the charity front as things open up a bit more. We will be continuing on behalf of coast sweep our annual beach clean ups in September and early October.

Thank you all for your participation no matter how great or how small the task, the assistance and helping hands you continue to provide show how much we can accomplish when we work together.

Thank you,
The Charity Team





SOCIAL!

Happy summer!

We are starting to get back out there slowly but surely. It has been a difficult road for many of us that thrive on being social creatures. This has taken a bit of a toll, but we are getting back together! All our Thirsty Thursdays are back on and in person. The July first all-together meeting will be held up at The Fratangelo's compound! Club members are welcome! Mike Nash will be playing from 4:00 on for our listening pleasure! I am sure there will be some other shenanigans planned as well! Thank you to Ernie and Ellie for being so gracious as to host this social event!

We had a very successful run on the southern circuit of the Rhode Island Rail Trail. So much fun was had that we decided to plan another social at the Rails on October 2 for a sunset/firepit tour! Let's hope the weather will be as nice as it was for us a few weeks ago!

We have our annual club meeting and pool party being held in Ernie's Backyard (aka, The Fratangelo's) on August 21st. We have Ray Z playing for all our members to enjoy that afternoon after the membership meeting and member soirée!

There are more social ideas in the works stay tuned for more details! Thank you again for being so patient with each other and respecting the protocols and reopening of things. We completely understand everyone is at different levels of feelings and apprehensions of going out so please continue to be kind and mindful of each other.

Thank you,
The Social Crew

Thirsty Thursdays!

Thirsty Thursdays are now back LIVE at our usually locations. We will continue virtually via Zoom on the first Thursday of each month at 7:00 pm.

An email will be sent to all members with the location information and link to connect.

Info will also be posted to our website and to our Facebook page!

We hope to see you all virtually real soon!!

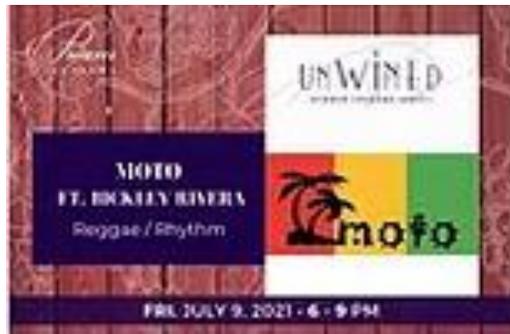


Upcoming Events!

PHCoEM Club Social at Priam Vineyards! Friday, July 9, 2021 from 6:00 - 9:00 pm

Come join us at the Priam Vineyards for their UnWined Concert Series, featuring Moto (our very own Lyn and Guy), along with a special guest steel drummer from Miami! Tickets are \$14 ahead of time and \$16 at the door. Priam-vineyards.com. 860-267-8520. Doors open at 5:00. This will be a great night of live music and wine!

Priam Vineyards is at 11 Shailor Hill Rd, Colchester, CT 06415.



PHCoEM Annual Membership Party! Saturday, August 21, 2021 starting at 1:00 pm

Join your PHCoEM phriends for our annual membership pool party! Our membership meeting will begin at 1:00. Music starts at 2:00 featuring Ray Zerkle (you know him from the Sea Ketch)! BYOB, bring a chair, a dish to share, and something for the grill!

Party ends when the blue lights show up!

Ernie's Backyard, aka The Fratangelos! 124 Lynn Street in Peabody, MA.



SAVE THE DATES!
CoastSweep Beach Cleanups!

Saturday, September 18, 2021 in Plymouth, MA
Saturday, September 25 in Nahant, MA
More info to come soon!



Club Social!
Rail Trail Rhode Island - Sunset Ride
Saturday, October 2, 2021 from 5 :00 - 7:00 pm

We're doing it again! We had so much fun the last time! Come join us on Saturday, October 2 from 5:00 - 7:00 pm for a Sunset Ride! Ride 3 miles, then relax and enjoy sunset overlooking the ocean, by a fire pit! BYOB and snacks. Price is \$45 each. More info at www.railexplorers.net/tours/rhodeisland.

1 Alexander Rd., Portsmouth, RI.



Pics from events, with quotes heard along the way ...



NOW THAT EVERYONE IS HERE, "DOES ANYONE HAVE MY COCONUT BRA?"



"WE WENT STAIR SURFING AT CONVENTION; THEY THOUGHT I BROKE MY WRIST."



THE BRA HAS BEEN GONE FOR AWHILE. I JUST HOPE THE PERSON THAT HAS IT IS ENJOYING IT.



I'M HAVING TROUBLE GETTING THIS UP



THERE'S TWO BUNG HOLES DOWN THE STREET.





Recipe from Jean Duffill

SLUTTY BROWNIES

1 package of Oreos - I use the single filling

1 brownie mix that goes in a 13 x 9" pan

Refrigerator chocolate chip cookie dough - 2 small packages or 1 large one

Soften the cookie dough so it is spreadable.

Line a 13 x 9 x2 pan with foil and spray with cooking spray.

Spread the cookie dough in the bottom of the pan.

Lay the Oreos on top of the dough.

Mix up brownie mix per package directions and spread over everything.

Bake in a 350 degree oven for 40-50ish minutes - I usually start checking it around the 35 minute mark and when the brownie layer is cooked you are done.

Allow to cool and cut to desired size.



Bon Appetit!



Recipe from Marcia Bixby

SUMMER COCKTAIL

Muddle blueberries, raspberries or blackberries (or all 3 if you have them) in a tall glass.

Add ice, then add:

1 oz blueberry vodka

1 oz raspberry vodka

2-4 oz sprite or lemonade

Top with berry flavored champagne or prosecco or berry flavored seltzer.

Garnish with berries.

Can be made in a pitcher or drink dispenser for social gatherings.

Parakeet version:

Muddle berries, add any berry flavored juice, sprite or lemonade, berry flavored seltzer.

Breathe in, breath out, move carefully!

remember don't drink and drive





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PHCoEM is PHINE

P = Pride
H = Honesty
I = Integrity
N = Nice (kindness)
E = Empathy

Please show to others that this club will continue to add to these building blocks and lay the foundation for another 25 years of greatness. We would not be able to have such an impact on our communities without you awesome members. Yes you all can make a difference even if it is just to one person make it a positive experience.

Thank you
Mac
president phcoem (2020-2022)
Make someone smile today

Anyone wishing to share information within this newsletter, please send your articles to newsletter@phcoem.com.

For the printable version of the Club Calendar and other great information, please visit our webpage at www.phcoem.com. You can also get access to our Facebook page through our website.

If you have questions about our website, www.phcoem.com, please send an email to phcoemadmin@phcoem.com.

Reference Links:

National Chapter Parrot Heads in Paradise at www.phip.com

Our website at www.phcoem.com

Northeast Regional Parrot Head Convention Committee at www.nerphc.org

