

February 2020



## MESSAGE FROM YOUR EDITOR

Welcome to February, fellow Parrot Heads! This month brings us Valentine's Day, Presidents' Day, Flag Day and Ash Wednesday. Looking forward to seeing all of you and our returning snow bird members at future Phlockings and Migrations. You'll find some recipes for sweethearts and friends this month. We continue another month of "Partying with a Purpose" at our Phlocking on the 23rd. Thank you all for your generosity as we continue to help those in need. See the last page of the newsletter for a 2020 month by month list of the charities we will be helping and the items needed. If you have any questions, please don't hesitate to contact John at [jhoward7411@gmail.com](mailto:jhoward7411@gmail.com)

*Cheers Trisha*

## FEBRUARY PHLOCKING

Join your fellow Parrot Heads as we continue to "Party with a Purpose" on Sunday, February 23rd from 3 to 6 pm at the Caddyshack Bar & Grill, 3122 Golfview Rd, across from Harder Hall in Sebring. Our musical guest will be Rich McGuire who will trop rock us all afternoon. There will be a 50/50 drawing, member's only drawings, a trivia contest, and lots more Phun! We are collecting non perishable food items for the Veterans Food Drive. They are getting low on food and need things like - boxed pancake mix, syrup, oatmeal, grits, instant rice and instant mashed potatoes and canned meat (pork and beef) and of course, canned foods. We look forward to seeing you there for another Phun Phlocking!

## RICH MCGUIRE

Like many beach bums, Rich followed his heart to the beach in 2012, setting a new goal in life — never travel north of I-10 (unless it's for a trop rock performance, of course!) Happily calling Sarasota his new home port, Rich brings his own unique style of trop rock to beach bars, crab shacks and Parrot Head house parties all across Florida and beyond.

Rich has lived and played in some of America's most exotic and notorious ports of call, from Key West to Captiva, Miami to Memphis, New Orleans to Nashville, as well as Cincinnati, Orlando, St. Louis and Beaufort, SC, among many others. He's played backyard barbecues, ball parks, beach parties, country clubs, wineries and corporate events all over the South, Midwest and Florida.

But his first true love remains bringing the beach to Parrot Head Clubs!

Rich entertains with a mix of Jimmy Buffett classics and tropical tunes from Zac Brown, Kenny Chesney, Harry Belafonte, and some lesser-known tropically tinged performers. (Do You Like Piña Coladas, anyone?)

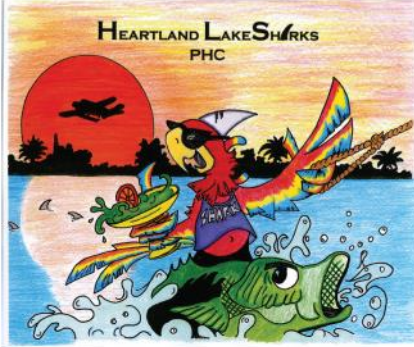


This month's background picture is courtesy of Amy Howard.  
View from the Magnuson Marina Cove Resort - Trop Rockin' New Year's Eve Party



# LakeShark Bytes

A Publication of the Heartland  
LakeSharks Parrot Head Club  
Lake Placid, Florida



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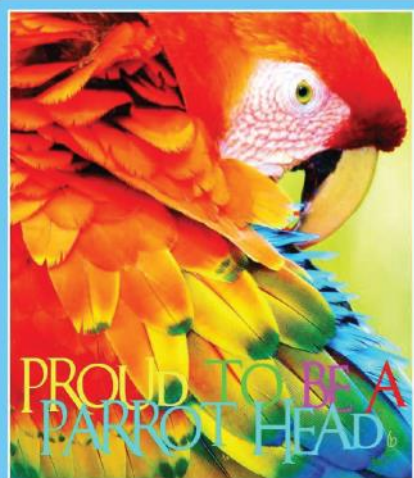
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## ANOTHER PHUN PHLOCKING WAS HAD BY ALL IN JANUARY

It was perfect sunny weather for our Phlocking under the big tent at Dock 633. We overflowed into the yard with additional tables and chairs to accommodate our 71 attendees! Everyone enjoyed the outdoor setting and listening to one of our favorite musical guests, Charlie Imes. Thanks for trop rocking our afternoon, Charlie! A big thank you to Barbara and Floyd for bringing their motor home to generate the electric for Charlie. New member Kathie Payne won "The Ultimate Trop Rock Fan Basket" donated by John McDonald. Thank you, John. We also thank Charlie Imes for adding 3 CDs and a koozie to the basket. Thanks once again to Karen for the lemon and chocolate birthday celebration cupcakes. They are always so good! Mike Reynolds won a \$25 Amazon gift card in the first member's only drawing and Kathy Sockwell won a koozie in the 2nd. Linda Sexsmith won a solar hula dancer in the trivia contest. Clay Wagnaar won an awesome corn trophy in the corn hole tournament. We collected \$2,507 for the St. Jude Children's Research Hospital. We can't thank you enough Linda and Greg for generously donating all the money from the cheeseburger in paradise and hot dog sales to St. Jude. Yes, we Parrot Heads certainly prove just how much we can "Party with a Purpose" month after month. Thanks to one and all.





## THE GREAT CORNHOLE TOURNAMENT - JANUARY TENT EVENT

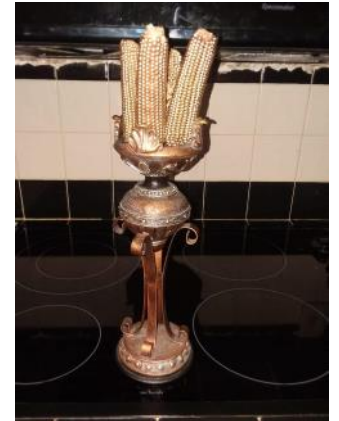
We had ten participants in the Corn Hole tournament with many more practicing beforehand only to get scared by the steep competition and walk away. OK so six or so of them may have been college kids just messing around for a bit, but I think they could pick up on the serious competitive vibes. The tournament was based on eight bag tosses. Clay Wagner pulled the win out at the end leading everyone by just two points. Jim, Steve and Tonyia were all tied with five points. Anna, Tom, Linda, Milt, Kathie and Julie rocked the game too but let Clay have his big day.



The competition was intense!



And the winner was Clay!



The coveted "Corny"

## RCMA THANK YOU TEA



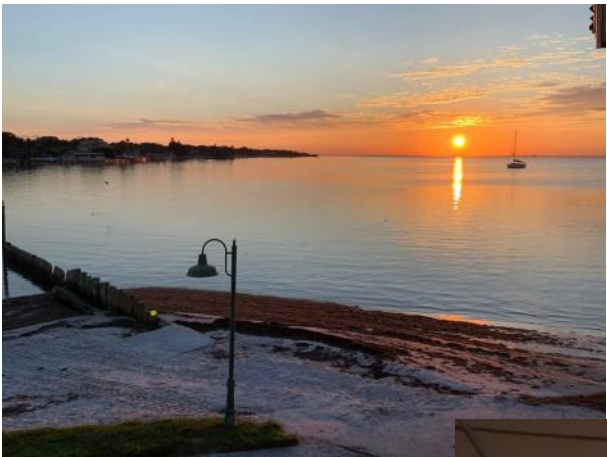
Hi - this is Amy. I attended a "Thank You Tea" on January 28<sup>th</sup> at RCMA (Redlands Christian Migrant Association) at their Avon Park location. RCMA is one of the organizations that we support. It is a child development center for migrant and rural low-income families. They are Florida's largest non-profit provider of early childhood education with 66 centers in 21 counties for 6,500 children. Opening doors to opportunities since 1965. I toured all the different classrooms. Children start as early as five weeks of age and continue until ready to start kindergarten. They even have programs for women to get them medical care during pregnancy and parenting classes which include the fathers. I was very

impressed with their facilities and structure. There was a video of a young man in camo gear who was an alumni of the center and went on to earn an associate's degree in college and pursue his dream of joining the Navy. Very moving. Three year olds came in and sang to us during the presentation and were adorable and made you realize why this is such a big deal. The director noted that the toys we gave to the 88 children in Lake Placid were some of the only gifts some got for Christmas. They loved all the gifts. The doctor kits were extremely popular in helping the children role play going to the doctor and even help relieve anxiety over visits. The diapers, wipes and clothes we send directly impacts these children as well. There are volunteer opportunities at these centers for a variety of roles. Great job LakeSharks!





TROP ROCKIN' NEW YEAR'S EVE AT THE MAGNUSON COVE RESORT



## BIRD BUSINESS

Want to know what's happening in "your club?" Have suggestions to share? Then come and join us at our next business meeting, 5:30 pm on Tuesday, February 11th at the Mid-Florida Community Center, Stuart Ave., Lake Placid. We always welcome any new ideas to help with our future Parrot Head Club planning. Board members who are unable to attend should contact John at [jhoward7411@gmail.com](mailto:jhoward7411@gmail.com).

We will be accepting nominations for the following positions at the February 11th meeting, president, vice president, and two directors. If you would be interested in any of these positions and have been a club member in good standing for six months, please contact John Howard at [jhoward7411@gmail.com](mailto:jhoward7411@gmail.com) or 678-772-8924

## FEBRUARY PARROT HEAD BIRTHDAYS

John	Howard	Feb 2
Michelle	Gillum	Feb 7
Karen	Reynolds	Feb 10
Sandy	Richards	Feb 12
Dennis	Coffin	Feb 14
Marcia	Rein	Feb 14
Gini	Shevick	Feb 15
Martha	Jenkins	Feb 23
Donna	Rasmussen	Feb 24
Jim	Meredith	Feb 24
Ginny	Lund	Feb 28

## BASKETS AND SPECIALTY ITEMS NEEDED FOR FUTURE RAFFLES, DRAWINGS AND PRIZES

HELP - We have openings in 2020 for baskets, raffles and specialty items to be donated for our member's only drawings. Maybe you received items for the holidays that aren't quite your style...donate here! The basket raffle proceeds are how we pay for our entertainment. Have something to donate? Please contact Amy at [ahoward7411@gmail.com](mailto:ahoward7411@gmail.com) to reserve your month or to donate items! Thanks, everyone.

## TRIVIA CONTEST - NEW FORMAT

Starting this month,- dig out your Jimmy Buffett history books. We will ask the questions, but only your host will have the official answers.

Q: What was Jimmy Buffett's first single on Barnaby Records called?

Part 2 Q: What was the only single released on Barnaby Records before Jimmy signed on?



## BUFFETT SCHEDULE

Want to know where to go to see our favorite entertainer in concert? Just visit Jimmy's official website at :

<https://www.margaritaville.com>

## PHUN WEBSITE OF THE MONTH

Rich McGuire's. "I Don't Look Good Naked Anymore." Be sure to see Rich at our February Phlocking and make sure you listen to this song live! [CLICK HERE](#)

## WE NEED YOU

Have a suggestion? It's your club, give us your thoughts in an email or at a Phlocking. Also, we are asking all members to help out by contributing Phlocking or other event pictures; and/or submitting articles for future newsletters and the website. Together, we can only get better! Please email your pictures, articles or any questions and/or suggestions to John at [jhoward7411@gmail.com](mailto:jhoward7411@gmail.com); or at a Phlocking just chase him down.



Find us on:  
**facebook®**



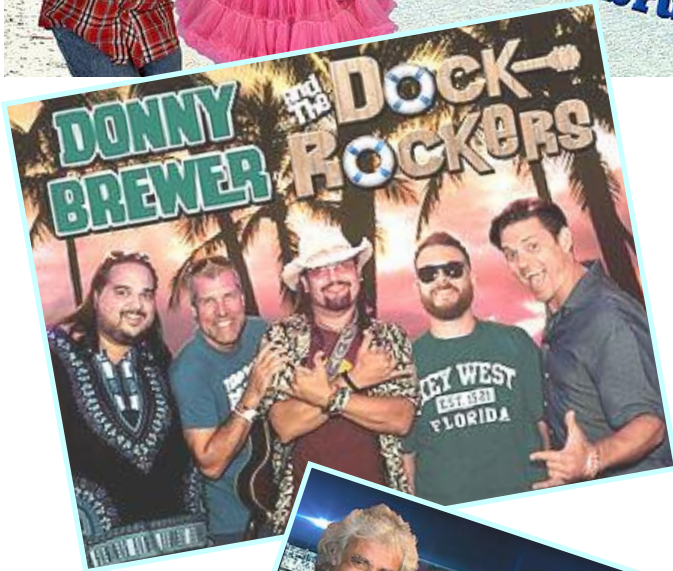
## FIVE O'CLOCK CRUISE III

**FEBRUARY 29, 2020**

Join your friends on the beautiful Norwegian Cruise Lines Breakaway leaving from Port Canaveral. So far we have twenty-four LakeSharks who have signed up for this exciting cruise. On the last cruise in February, there were 250 Parrot Heads from as far away as Australia. This year the goal is 400!

As of February 1st, there were still a few spots open - so if you want to sail, please take a look at the website.

<https://www.myonlinecruiseagent.com/five-oclock-cruise-3>





## PARROT HEAD PALOOZA MEMORIAL DAY WEEKEND

Time to book your room for the Memorial day Parrot Head Palooza and Captain Hiram's in Sebastian, FL.

Cool down in the pool and then enjoy great live music on Saturday and the Caribbean Chillers starting on Sunday afternoon. More live music begins after the Chillers and goes through late in the evening.

This will be our third year for the Palooza. Park your car for the weekend and walk across the street to the Sandbar Bar and Grill or stroll down the beach to Earl's Hideaway for more great music throughout the weekend.

Further south you will find more restaurants and bars offering great food and entertainment. All these are within walking distance from Captain Hiram's.

[Captain Hiram's Website](#)

[The Caribbean Chillers at Captain Hiram's](#)

A promotional poster for the Parrot Head Palooza Memorial Day Weekend 2020. The top half features a yellow pickup truck with a parrot in the bed, set against a blue sky with palm trees. The text 'PARROTHEAD PALOOZA' is in large, bold, red letters. Below this, it says 'LakeSharks "Migration" Memorial Day weekend 2020 Saturday, May 23rd and Sunday May 24th'. The name 'Capt. Hiram's Resort' is prominently displayed. Contact information includes '1580 US Highway 1, Sebastian, FL 32958 772-388-8588', a reference code 'ref: "SUNFUN" for special rates (Pet friendly) Questions?', and an email 'Amy at [bladegoddess2003@yahoo.com](mailto:bladegoddess2003@yahoo.com)'. The bottom half of the poster shows a beach scene with waves and text describing the events: 'Sunday is the Parrot Head Palooza party starting at approximately 2:00 pm. Entertainment will be the "Caribbean Chillers".', 'On Saturday we typically do a walking pub crawl along the waterfront. Saturday night is always a great live band. Sunday before the band gets going we have pool time.', and 'Capt. Hiram's has an adventure center where you can get a bike, go paddle boarding, canoeing, or even a river boat cruise! Plenty of restaurants and bars to stumble into.'

**PARROTHEAD  
PALOOZA**

LakeSharks "Migration" Memorial Day weekend 2020  
Saturday, May 23rd and Sunday May 24<sup>th</sup>

**Capt. Hiram's Resort**  
1580 US Highway 1, Sebastian, FL 32958 772-388-8588  
ref: "SUNFUN" for special rates (Pet friendly) Questions?  
Amy at [bladegoddess2003@yahoo.com](mailto:bladegoddess2003@yahoo.com)

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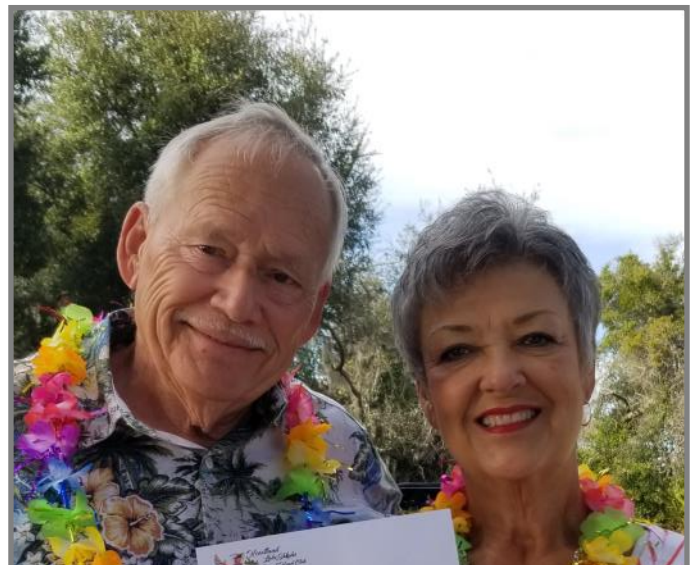
## WELCOME NEW MEMBERS

We are so happy to welcome the following new members to the Heartland LakeSharks Parrot Head Club!



Raven DiSalvo-Hess and Lauren Cek

Our fire dancers from the Christmas Party



Steve and Kathie Payne



## **RED VELVET CAKE MIX COOKIES**

These are easy and delicious.

### **INGREDIENTS:**

- 1 - 16.5 oz. box red velvet cake mix
- 1/3 c. oil
- 2 large eggs
- 1 c. white chocolate chips

### **INSTRUCTIONS:**

Preheat oven to 350°F. Line two large baking sheets with parchment paper or silicone baking mats and set aside.

In a large mixing bowl, add the cake mix, oil, and eggs and mix until fully combined. Add in the white chocolate chips and fold into the dough until well combined. Scoop two tablespoon sized balls of cookie dough onto the prepared baking sheets, making sure to leave a little room between each one.

Bake at 350°F for 10-12 minutes or until the tops of the cookies are set.

Remove from the oven and allow the cookies to cool for 5-10 minutes on the baking sheet and then transfer them to a wire rack to finish cooling. Best when eaten warm.



## **SLOW COOKER TUSCAN SAUSAGE WHITE BEAN SOUP**

Something to warm your innards on cooler nights.

### **INGREDIENTS:**

- 1 lb. ground Italian sausage
- 1 medium yellow onion, diced
- 8 c. chicken broth
- 2 large carrots, peeled and cut into 1/2 inch slices
- 3 cans of great northern beans, rinsed and drained
- 1 t. garlic powder
- 1 T. Italian seasoning
- 1 bay leaf
- 1 - 14.5 oz can petite diced tomatoes
- 4 large kale leaves, washed and chopped (stems removed)
- Parmesan cheese, for topping

### **INSTRUCTIONS:**

Heat a pan on your stove over medium high heat. Once hot add in the Italian sausage and break it up. Add in the onion. Stir every minute or so until sausage is browned. Add to the slow cooker.

Pour in the broth, carrots, beans, garlic powder, Italian seasoning and bay leaf. Cover and cook on low for 4 hours.

Remove the lid. Discard the bay leaf. Stir in the tomatoes and kale.

Ladle into bowls and top each with a heaping tablespoon of grated parmesan cheese. Serve with corn bread.



## **STRAWBERRY LEMONADE JELL-O SHOTS**

Perfect for Valentine's Day cheers!

### **INGREDIENTS:**

- 3 oz. box strawberry Jell-O
- 1 c. boiling water
- 1 c. strawberry lemonade flavored vodka, ice cold
- Fresh strawberry slices

### **INSTRUCTIONS:**

1. Put plastic shot cups on a cookie tray. Place a strawberry slice in each cup and set aside.
2. Pour the Jell-O powder into a medium mixing bowl. Add the boiling water and whisk until the Jell-O is dissolved. Add the ice cold vodka to the hot Jell-O mixture and whisk to combine.
3. Carefully pour the mixture into each cup. Chill for at least 4 hours or until set.

ENJOY!





# 2020 Party with a Purpose First Half Donations

Su	Mo	Tu	We	Th	Fr	Sa	<b>JAN</b> "St. Jude Children's Research Hospital" Need: \$\$ donations/commitments.  Collected \$2,507 in cash and checks for St. Jude Children's Research Hospital
			1	2	3	4	
5	6	7	8	9	10	11	
12	13	14	15	16	17	18	
19	20	21	22	23	24	25	
26	27	28	29	30	31		

Su	Mo	Tu	We	Th	Fr	Sa	<b>FEB</b> "Veterans Food Drive" Need: Non perishable food items.
						1	
2	3	4	5	6	7	8	
9	10	11	12	13	14	15	
16	17	18	19	20	21	22	
23	24	25	26	27	28	29	

Su	Mo	Tu	We	Th	Fr	Sa	<b>MAR</b> "Easter Baskets for kids" Need: Chocolate bunnies or eggs, candy, Peeps, plastic grass, bubbles, small toys, puzzles, coloring books, colors, tooth brushes.
1	2	3	4	5	6	7	
8	9	10	11	12	13	14	
15	16	17	18	19	20	21	
22	23	24	25	26	27	28	
29	30	31					

Su	Mo	Tu	We	Th	Fr	Sa	<b>APR</b> "R.C.M.A." Need: Diapers size 4,5,6,7, Unscented wipes, Pull-up training pants for boys and girls size 4 & 5, Construction paper in assorted colors, balls, Puzzles, dot-a-dot markers, Underwear, socks, shoes for boys and girls size 3,4,5,7
			1	2	3	4	
5	6	7	8	9	10	11	
12	13	14	15	16	17	18	
19	20	21	22	23	24	25	
26	27	28	29	30			

Su	Mo	Tu	We	Th	Fr	Sa	<b>MAY</b> "Toiletries for Vet's Ditty Bags" Need: Tooth paste, tooth brushes, dental floss, body soap, liquid hand soap, nail clippers, shampoo & conditioner, disposable razors, shaving cream, combs, hand sanitizer, lotion, mouthwash, body/baby powder, small packages of treats, Kleenex, pens/notepads.
					1	2	
3	4	5	6	7	8	9	
10	11	12	13	14	15	16	
17	18	19	20	21	22	23	
24	25	26	27	28	29	30	
31							

Su	Mo	Tu	We	Th	Fr	Sa	<b>JUN</b> "Peace River Women's Shelter" Need: Toiletries such as hair products, oral hygiene products, deodorant etc. Clothing, shoes, socks and underwear, diapers, games, books.
	1	2	3	4	5	6	
7	8	9	10	11	12	13	
14	15	16	17	18	19	20	
21	22	23	24	25	26	27	
28	29	30					

Note:   = Phlocking Date