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## TALES FROM MY BANK OF BAD HABITS

Happy August Metros,

Well today is August 6<sup>th</sup> and I guess we don't need to remind people to send in their checks for the August 4<sup>th</sup> Beach Bash. I've been informed that 118 attended and all had a great time. Thanks go out to Fred and Ray for putting this together and all those who helped setup for the event.

What's next? Metro night with Jim Morris at the Stephen Talkhouse on August 15<sup>th</sup>. Tickets are \$15 and available through the Talkhouse website at :

<http://www.stephentalkhouse.com/artistdetail.asp?artistid=809>

And to end the month, and the summer, Jimmy Buffett's Lounging at the Lagoon Tour August 30<sup>th</sup> at Jones Beach. Metro's tailgate will set up in the first couple of rows to the left of the Zack's Bay Bath House, near the entrance of the venue. Metro's own Ed Travers will be singing and playing the tunes and within the immediate area you will find Jimmy and the Parrots, the King Wellington Band, Barometer Soup and the Young Rebel Goombas. And oh yes, we will have port-a-potties their again for Metro. Get there early to get a parking spot with the club, and help us celebrate our 20<sup>th</sup> anniversary and welcome Metro's new president.

Dave Pohorylo

# The Stephen Talkhouse

Long Island's Best Live Music Club



**JIM MORRIS**

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JIM MORRIS



Jim Morris is an articulate singer/songwriter with a devotion to storytelling. Whether it is a thoughtful ballad about doomed love or an anthem to a night of drunken revelry, the listener can always count on well-crafted songs with carefully drawn characters, clever lyrics, and satirical charm. He is Florida's own traveling tropical troubadour whose unique blend of styles - trop rock, jazz, folk and Floribbean - defies classification. A prolific songwriter, he has 23 CDs to his credit and a touring schedule that has taken him across the country, as well as to the Caribbean, Canada, Central America, and the South Pacific.

## SONGS

*no demos currently online..*

## GIGS AT STEPHEN TALKHOUSE

**Wed. Aug 15 Jim Morris**

8:00PM

Gen Adm in: \$15

**TICKETS NOW ON SALE**

The Talkhouse E-Mails upcoming events and LAST MINUTE TICKETS! E-mail us your info at:  
[info@stephentalkhouse.com](mailto:info@stephentalkhouse.com) or [buy tickets here](#)

For tickets call 631-267-3117 or  
send a check with a note to PO BOX 1905, Amagansett, NY 11930,  
or [buy them online](#)

(remember if you can't seem to buy tickets online please call the Talkhouse and ask there)

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# SOLDIER RIDE RECAP

by Joe Lombardi

On July 21, eighteen members of the METRO Parrot Head Club had, what can best be described, as the privilege of serving those who have served, at the eighth annual Soldier Ride - Hamptons.

Joe Lombardi was first to arrive at Ocean View Farm in Amagansett in order to organize the parking for the day, along with several members of the Air National guard who are stationed in Westhampton.

Shortly thereafter, **Lynne Creamer, Doug Smith, John Everett** and **John Brown** showed up and helped with "whatever was necessary"... getting breakfast for riders, icing down water bottles, set up food serving tables and washed water melons (something about potential knife contamination).

After a break for the opening ceremony and the inspiring start of the ride. Over thirty Wounded Warriors from the United States as well as a half dozen from both the United Kingdom and Israel led over 900 riders at the start of ride.

**Marie Lombardi** took off ahead of the riders to rally people in the villages along the route to cheer on the Wounded Warriors. Marie handed out small American flags for people to waive as the riders cycled past.

Once the riders cleared out of the farm, it was time to get the area ready for the post ride BBQ. Once again, METROs did whatever was needed... setting up more tables in the food serving area, loading and unload paper products, hot dog and hamburger rolls, shucking corn. You name it METROs did it.

Several METROs at the farm had the good fortune of meeting John Alexander, who is a artist of some renown and a good friend of Jimmy Buffett. John painting of two parrots in a tropical setting served as the artwork for a poster that was sold at the first appearance by Jimmy Buffett at Southampton College "All for the Sea" concert in 1996.

John is the "token famous person" member of the Amagansett Fire Department, which provided most of the volunteers for the afternoon BBQ. While we were working, John regaled the METROs with tales of Jimmy, including a yearly fishing trip by what he termed the "Five Fisherman of the Apocalypse". Speaking of fishing, John mentioned that a week or two before Soldier Ride, Jimmy took a group of wounded warriors fishing out of Montauk on the boat, the Margaritavich. He also provided some insight as to why Jimmy is touring more that he has in recent years.

While we were getting things ready to receive the riders at the end of the ride, **Rob Chase** was in Sag Harbor helping out with the preparations needed to receive the riders when they arrived at the halfway point of the thirty mile ride.

Before you know it, it was time for the volunteers at the farm to head over to Cyril's Fish House in Napeague, but first a quick stop at a nearby fish store to pick up water and ice. Word of warning for those readers who may not want to view sausage being made, you probably don't want to walk into the back of a fish store.

When we arrived at Cyril's, **Larry, Sally and Sparky Kiewra** were already there. They had set up a small canopy and a table filled with fruit for the riders. This water station was at mile 36 of the 60 mile ride. At that point, the riders really appreciated a little nourishment. Of course, some riders chose to get their nourishment in a liquid form at Cyril's bar.

## SOLDIER RIDE RECAP *continued*

Soon, **John Hartnett** and **Poppi**, (who, like Elvis or Cher, needs only one name to be identified) showed up as did **Marie Lombardi**, fresh from her rally-the-crowds duty.

Club members **Kim and Kathy Berlin** happened to be having lunch at Cyril's and they saw us setting up. They stopped by to see what we were doing, were immediately given "CREW" t-shirts and pressed into service handing out water to the riders.

After the riders passed our location, we headed back to the farm for the BBQ and some R&R. We had all of about 45 minutes. Then it was time to set up a bar for the Rock The Farm concert.

We were in luck. Reinforcements **Carl Batchelder, Lisa Regush, Bobbi Ann and Dom DePierro** had arrived! Not only that, Bobbi Ann brought along her lifelong friend, **Christina Isenberg**. Christina was visiting from Texas and when she heard about Soldier Ride and the Rock The Farm Concert, she wanted to help.

Cases of beer were put on ice, bottles of wine uncorked, liquor bottles were lined up and lemons and limes were sliced, all in preparation for the onslaught.

The gates opened and close to 1,000 concert goers made their way to the bar. Even though there were twelve of us pouring drinks and maintaining supplies, there were still non-stop lines, which could be expected given that there was a five hour open bar.

Everyone was grateful for that angel who worked at the buffet line and kept bringing plates of food to us. No one could get away for a break.

Being so busy made the night go fast the concert was over and it was time to break down the bar, gather up the booze and call it a night. But not before one more truly METRO incident. We were told that we needed to put the booze in a refrigerator truck that happened to be parked on the opposite side of the tent. After making one trip **Carl Batchelder** decided that there had to be a better way.

The truck happened to be idling, the door was unlocked and before you know know it, Carl hopped in the cab, commandeered the vehicle and drove it to close to the bar, embodying the old Navy term, "It's easier to ask forgiveness that it is to get permission".

By the time everything was put in the truck, it was after midnight. Some of us had been there for 18 hours and with travel time factored in, even more. We were exhausted, but happy knowing that we had done a little for those who have done so much.

On Sunday morning this email arrived:

"Joe; I can't begin to tell you what a fantastic job you and your crew did last night, because of their performance and enthusiasm last night was the smoothest Rock the Farm bartending experience I have been involved with in all the years I have been bar captain. Each and every one of you deserve a slap on the back for a job well done. Please let everyone know what a great job they did and how great-full I am, as well as every one else responsible for last nights success." - Frank Visconti

METROs proved that they are equally adept on either side of a bar. A special thanks goes out to all the volunteers who ventured to the "Far Side of Long Island" for Soldier Ride. You did the METRO Parrot Head Club proud.

# How Cycling Helps Heal War Wounds

by First Lt. Jake Everett Murphy

On July 23 of last year, my life changed when I was injured by an improvised explosive device (IED) while serving with the U.S. Army in Afghanistan. The blast gave me a traumatic brain injury (TBI) and resulted in the amputation of both my legs.

For most of the year that has passed between my injuries and now, I have been in constant rehabilitation and recovery at Walter Reed Medical Center in Bethesda, Maryland. A year is an incredibly long time to spend in a hospital.

In April, I had the opportunity to cycle for the first time in Wounded Warrior Project's Soldier Ride, a cycling event that takes place around the U.S. to help veterans like me recover from our physical injuries, as well as the invisible ones. It was one of the very first times I'd left Walter Reed since my admission, and the chance to meet with other veterans, many of whom were dealing with injuries just like mine, was a significant stepping stone in my healing process.

I consider myself physically recovered -- I use a hand cycle to participate in Soldier Ride and I've grown accustomed to prosthetics and the rehabilitation I need to stay physically strong. I still struggle, however, with TBI.

Last week in New York, I got another break from my continued recovery at Walter Reed and am cycling again with Soldier Ride. We were welcomed by the New York Yankees, and rode through the streets of Manhattan and laid a memorial wreath at Ground Zero, a catastrophic moment in our history that inspired many of us to serve and defend our country. Along the way children and students, office and construction workers often line the streets to wave and cheer. For many riders, the public support is one of the most meaningful parts of these events, but for me it's the camaraderie with other wounded warriors that helps the most. On Soldier Ride New York, warriors from Great Britain and Israel joined in the ride and it's been an amazing experience to meet with other veterans from around the world and to recognize that we're all going through the same things.

This experience is at the heart of Soldier Ride, and it's helped veterans like me for nearly eight years. Programs like this help get us out of the hospital and out of the house, regain our physical and mental strength, and most importantly, help show us that recovery is possible. It returns a sense of the teamwork and camaraderie we often lose when injuries separate us from our units. Every mile I complete on my hand cycle is a victory, and Soldier Ride has allowed me to see the world in a different way.

## Annual Fall Road Clean-Up

Yes. It's only August, but stores have been doing their "Back-to-school" advertising for weeks now and Labor Day will be here before you know it, "hearty" mums and pumpkins will be gracing the farmstands. That said, now's as good a time as any to announce the Fall Road Clean-up.

**The Clean-up will take place on Saturday, September 29.** It just so happens that the Sag Harbor Music Festival will be going on that weekend. After we finish litter detail, we'll mosey on over to Sag Harbor to check out the various musical acts. Road clean-up volunteers really enjoyed the musical festival last year.

**Save the date: Saturday, September 29. Look for details in next month's Parrot Press.**

# PARROT HEAD NEWS!!!!

Long Island Happy Hour

Saturday August 18<sup>th</sup>

7:30pm

@

The Rosen's House

737 Highview Ave

Westbury NY 11590

## The Metro North Happy Hour

Takes place on the second Tuesday of each month (with the exception of our summer months). 6:30 pm at the East Side Cafe in Norwalk, CT anyone planning on attending should RSVP to Carol a [carpoh@aol.com](mailto:carpoh@aol.com) so that table space can be reserved.



# Growing Older But Not Up!

## NEW MEMBERS

Robert & Kelly  
Walters

Dayna Bell

Maria Flick,	1	Changes in Latitude
Donna Von Kroge	1	Volcano
Scott Willett	1	Penut Butter Conspiracy
Richard Bautista	2	Cuban Crime of Passion
Wild Bill Marion	4	Sending the Old Man Home
Richard Bautista,	6	Gypsies in the Palace
Robert Chase	7	12 Volt Man
John Maher	8	Pencil Thin Mustache
Bill Rudge,	12	Migration
Marianne Straaik	12	A Pirate Looks at 40
Dayna Bell	14	Boat Drinks
Colleen Ann Force,	14	
Odette Lalik	17	One Particular Harbour
Jim Totino	17	One Particular Harbor
Jennifer Davis	19	Delaney Talks to Statues
Kathleen Gieser	21	
Scott Lubliner	21	Tampico Trauma
Joanie Terciak	21	It's 5 O'clock Somewhere
Sue Terry	26	Desperation Samba
Marty McAteer	28	The Wino I Know

## Rum Punch



1 cup [Bacardi® 151 rum](#)  
 1/2 cup [Myer's® dark rum](#)  
 1/4 cup [Malibu® coconut rum](#)  
 2 1/2 cups [pineapple juice](#)  
 2 1/2 cups [orange juice](#)  
 1/4 cup [lime juice](#)  
 3 tbsp [grenadine syrup](#)  
[ice cubes](#)

We are always looking for Stories, pictures and articles. Please send whatever you would like to share. If we miss your birthday or any of the information is incorrect please drop us an email @ [metroparrot1@aol.com](mailto:metroparrot1@aol.com)

Thank you  
Eric & Lorraine

21st Annual Meeting of the Minds 2012  
**"Another Trip Around The Sun"**

(Key West, Florida)

**November 1-November 4, 2012**

**REGISTRATION FOR 2012 MOTM  
WILL CLOSE ON SEPTEMBER 30  
OR SOONER IF REGISTRATION  
REACHES 3,500**

\* \* \* \* \*

**21st Annual Meeting of the Minds 2012  
Another Trip Around The Sun  
November 1 - November 4, 2012  
(Key West, Florida)**

**THE MEETING OF THE MINDS 2012  
LOGO CONTEST IS NOW OPEN!**

The PHiP Board of Directors would like invite you to enter the  
2012 MOTM Logo Contest.

**The winning entry will not be revealed until Registration at  
the convention in Key West.**