

# Message from the Isle

Midwestern Latitudes ~ Caribbean Attitudes  
www.isleofiowa.com



**February 2010**

Vol. 13 Issue 2

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### Quarterly Charity

*January, February & March*

*Ronald McDonald House of  
Iowa City*

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**For more information on the  
club go to:**

**www.isleofiowa.com**

## View From the Volcano's Top

Mike "Volcano" Sion - President

As I write this, the view is a bit smoky. It is coming from the cooking pots of villagers participating in the great Blues 'n' Buffett Chili Challenge taking place on February 28 at the Marriott Hotel. If you have or have not cooked for this event, it is without a doubt a challenge; not only coming up with a different recipe but also a way to present it.

The Chili Challenge was started many years ago by Sue and Jamie Gorecki and has been a pleasure for our club to participate in. I have cooked a number of times and really enjoyed it. It not only tested my cooking skills but also my presentation and creativeness. The first year I cooked Son of a Son of a Fireman Chili, and I had no idea what I was in for. Man what an event it was! There was Fajita Chili, Pumpkin Chili, Mystery Chili, Jamaican Chili, and some of the hottest chilies I've ever seen or tasted.

As for presentation, the sky is always the limit from natives and their cooking pots. We've had firemen and burning houses, the White Trash pholks, Jailbirds, Tiki Huts, Birthday Girls, Cowboys, Volcanoes and, of course, Hillbillies and Hawkeye Fans. So, this year let your imagination run wild; everyone else does!

All through the years I've seen that no one holds back for this event, and the charities really have been thankful for our efforts. I encourage you to not only attend and help out at the Chili Challenge, but also get some ideas so that you will be ready to compete next year!!!! The committee for this event has been known as the "KILLER COMMITTEE" and man do they get it going! This event really starts our year for fundraising, and I can only hope that this year we will step up and gather together for the next big event, which is our Island Fever Phlocking in April.

As the sun sets and the chefs continue to come up with new tastes, tomorrow will bring.....mmmmm

# 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](mailto:sandy@classicphotoocr.com). Parrot Head related pictures are welcomed as well, and should be e-mailed to the Editor, Deanna Steggall, at [deannajs@q.com](mailto:deannajs@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 Needs

### Food items:

Mac 'n Cheese    Soup    Tea/Cocoa    Canned vegetables    Stews    Crackers    Bakery items such as cake mixes/frostings/muffin mixes    Snack foods    Creamer

### Household Items:

Dish soap    Laundry soap    Baggies.....sandwich size/quart sized    Toilet paper

### Children and Baby Items:

Baby Shampoo    Baby Wash    Size 6 diapers    Formula

### Toiletries:

Hand Soap    Adult & kids toothpastes and toothbrushes    Cotton balls    Shampoo/conditioner  
Dental Floss    Mouthwash    Sanitary pads    Cough meds/pain relievers for adults/children  
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](http://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.

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

# Monthly Meetings

## Back to the Beat

Sandy Young

### Fast Facts:

**What:** One Particular Harbor  
**Where:** City Beat, 302 3<sup>rd</sup> Ave. SW, CR  
**When:** February 3, 2010  
**Time:** 5:30 p.m. – 10 p.m.

Now that it's February, can spring be far behind? Well, yeah, probably, but at least January is now history and we can celebrate by going to one of our favorite places.

We're heading back to City Beat for our One Particular Harbor on Wednesday, February 3. This place is always a great "go to" place where they have excellent food (and prices!) and a variety of drinks available – also at good prices. Our club seems to enjoy going there and they seem to enjoy having us there. It's a win/win situation!

For you new members, One Particular Harbors are social get-togethers where Parrot Heads can visit and relax in a casual atmosphere and get to know one another better. They start around 5:30 p.m. and officially go until 10 p.m., but please come when you can and stay as long as you want.

As always, the board welcomes any ideas you may have for a location for the One Particular Harbors, whether indoors or in the summer at our outdoor picnics. You may contact any board member with your ideas. The indoor establishment should be a place large enough to hold between 20-30 people and have food available as well as drinks.

## American Heart Month

All of February is American Heart Month and Friday, February 5 is National Wear Red Day. Go Red for Women is the American Heart Association's nationwide movement that celebrates the energy, passion and power women have to band together and wipe out heart diseases.

Heart disease is the No. 1 killer of women, and Go Red for Women empowers women with knowledge and tools so they can take positive action to reduce their risks of heart diseases and stroke and protect their health.

So, remember – Go Red for Women on February 5 and wear red to put the word out about heart disease. For further information go to the American Heart Association's Web site at [www.goredforwomen.org](http://www.goredforwomen.org).

Excerpted from *The Gazette – Partners for Charity*

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# Monthly Meetings

## Let's Try This Again

Sandy Young

### Fast Facts:

**What:** Monthly Meeting  
**Where:** D.C.'s River Walk, 411 1<sup>st</sup> St. SE, CR  
**When:** February 18, 2010  
**Time:** 5:30 p.m. – 10 p.m.

Despite having our "meeting" in another area of D.C.'s for our January get-together, everyone seemed to have a great time. In fact, we may have recruited some new members from a table not far from our phlocking.

For our February meeting we will definitely (maybe) be in the back room at D.C.'s. Our secretary, Deanna Steggall, has reserved that back room for the next three months on the third Thursday, so you can put that information on your calendar. Thanks, Deanna!

Our raffle charity for the quarter of January/February/March is the Ronald McDonald House Charities (RMHC). The mission of this charity is to create, find and support programs that directly improve the health and well-being of children. For further information please go to [www.rmhc.org](http://www.rmhc.org).

Linda and Terry Barger, the Mini Mart King and Queen report they will have the following available at the meeting:

Baseball Caps, Purple and Navy Tanks, Lt. Blue Long Sleeve T-Shirts, Men's and Ladies Polo Shirts, Bottle Koozies, Black Cups, Flashing Glasses (Yeah, we've still got some), Pirate and Parrot Door Mats, Picture CD's of the Club, Tiki Idols.

Also, Doris Olson will be peddling her wares (those colorful tropical shirts). She is a persistent little gal!

We will continue to take donations for Waypoint Services this year. They need plastic shopping bags, small food containers, and non-perishable canned and boxed food. Please go to their Web site at [www.waypointservices.org](http://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.

## Condolences

Our condolences go out to the family of Linda Barger in the loss of her father, John F. Sievers, 93, on January 8, 2010. Please keep Linda and her husband, Terry, and their family in your thoughts and prayers.

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# *Information on the Phlock*

## **IIPHC Board Elections**

IIPHC Board/Sandy Young

All positions on the IIPHC Board for the new fiscal year of June 1, 2010 to May 31, 2011 are open! If you'd like to make a difference in our club, what better way than to run for the Board?

If you're thinking of getting your feet wet, then Member-at-Large would be where to start. For that position there are three openings. For jumping right into the pool, all the other positions – President, Vice President, Secretary, Treasurer, Membership Director, and Social Director – are available. We would love to have more than one person running for a position. A little healthy competition never hurt anyone.

Requirements for being on the Board is that all applicants must be a member in good standing and have access to the Internet and e-mail in order to address business issues in a timely manner. Board members must also try to be at 75% of the board meetings in the fiscal year.

For information on the various positions log on to our Web site at [www.isleofiowa.com](http://www.isleofiowa.com) and select About the Club, Club Policies, Club By-Laws, for an explanation. Or, come to the next board meeting on February 16. Of course, you may always talk with a current Board member as well.

**All letters of intent need to be completed and submitted by February 28, 2010 to our Elections Chairperson Karen Mahannah by e-mail at [karencharmin@yahoo.com](mailto:karencharmin@yahoo.com).**

Names of members running for each office will be added to the ballot and the General Election vote will be held at the April monthly meeting with results announced at the May monthly meeting (or birthday party). Voting may be done by absentee ballot if you can't make the April meeting and must be received at least two days prior to the election. Please see the By-Laws for details.

# *History of our Club*

## **10 Years Ago**

Susan Freundt - Founder

### **February 2000**

The February Monthly meeting fell in the middle of a major winter storm. Schools and malls closed, sporting events and church services were cancelled, and there was a major run on grocery and video stores. In spite of all the dire warnings we had a FULL HOUSE at 3rd Street Live! for our own tropical getaway.

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# Information on the Phlock

## Holiday Parade 2009 – Dashing through Downtown

Sandy Young

Congratulations to the Isle of Iowa Parrot Head Club for winning 2<sup>nd</sup> Place in the Decorated Vehicle category in the Holiday Parade held December 5, 2009!

The weather was great! It was 36 degrees at parade time and everyone was in a festive mood.

Our thanks (it's never too late to thank someone) go out to Tammy and Freddie for supplying the big red pickup truck all decked out as Rudolph with a grass skirt, to the committee members who worked so hard on the sleighs (grocery carts), to Terry and Linda Barger for offering their heated garage to put everything together, and to all who participated in making the entry a huge success.

After the parade a large phlock of Parrot Heads met at City Beat for refreshments and to tell their individual semi-true stories about the fun experience.

Again, congrats to all!



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# Information on the Phlock

## Blues 'n' Buffett Chili Challenge

### Fast Facts

- **Where:** Marriott Hotel, 1200 Collins Road NE, CR
- **When:** February 28, 2010, 2 p.m. – 5 p.m.

The Isle of Iowa Parrot Head Club (IIPHC) and the Linn County Blues Society (LCBS) will hold their 10<sup>th</sup> annual Blues 'n' Buffett Chili Challenge on February 28, 2-5 p.m. at the Marriott Hotel on Collins Road. The Chili Challenge is a friendly competition between the two clubs to raise money for charity. Proceeds from the event will go to the H.D. Youth Center and the Free Medical Clinic of Cedar Rapids. The IIPHC chose the Free Medical Clinic to help support costs for those who need medical assistance that is not affordable for them. The LCBS chose H.D. Youth Center, which provides a safe place to go as well as food to under-privileged youth. Last year, the event raised over \$5,000 for these two fine organizations.

Over \$16,000 has been raised and donated to local charities in the first ten years of the event's existence.

You, your family and friends are invited to attend and taste the various chilies and vote for your favorite. Admission is \$6 at the door which includes five vote tickets and the tasting of the chilies. Children ages six and under will be admitted free when accompanied by an adult, and senior citizens ages 65 and older receive a \$1 discount on admission. Additional vote tickets for the People's Choice award will be available for 50 cents each throughout the event.

Advance tickets are available for \$5 through February 28 by calling Steve Springer at 395-9516, or Keith Wright at 377-4913, and will also be available at our January monthly meeting.

The club receiving the most votes will receive a plaque and their club's charity will receive 51% of the proceeds from the event; the runner-up club 49% of the proceeds for their charity.

Chili Challenge contestants are members of the two clubs and each contestant brings their own special chili to share. There will be up to 30 chilies for tasting. Celebrity Judges will be on hand to taste and vote on the Best Chili. The club receiving a majority of judges' votes for the Best Chili will receive a traveling trophy and bragging rights for their club.

A Silent Auction will again be featured at this year's event. All monies raised from the auction will be included in the donations to charities.

Thanks in advance for your support. If you have questions, please contact one of the following volunteers:

- Steve Petersen 395-9520
- Kate Sanders 842-2393
- Steve Springer 395-9516

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# *Information on the Phlock*

## **Margaritas** Author Unknown

Important Health Issue:

- Do you have feelings of inadequacy?
- Do you suffer from shyness?
- Do you sometimes wish you were more assertive?

If you answered yes to any of these questions, ask your doctor or pharmacist about Margaritas. Margaritas are the safe, natural way to feel better and more confident about yourself and your actions. Margaritas can help ease you out of your shyness and let you tell the world that you're ready and willing to do just about anything. You will notice the benefits of Margaritas almost immediately, and with a regimen of regular doses you can overcome any obstacles that prevent you from living the life you want to live.

Shyness and awkwardness will be a thing of the past and you will discover many talents you never knew you had. Stop hiding and start living, with Margaritas.

Margaritas may not be right for everyone. Women who are pregnant or nursing should not use Margaritas. However, women who wouldn't mind becoming pregnant are encouraged to try it.

Side effects may include:

- Dizziness
- Nausea
- Vomiting
- Incarceration
- Loss of motor control
- Loss of money
- Table dancing
- Headache
- Dehydration
- Dry mouth
- A desire to sing Karaoke

**WARNINGS:**

- The consumption of Margaritas may make you think you are whispering when you are not.
- The consumption of Margaritas may cause you to tell your friends over and over again that you love them.
- The consumption of Margaritas may cause you to think you can sing. (Doug Rassler excepted.)

Thank you. This has been a public health announcement.

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# *Information on the Phlock*

## **More Ways to Have a Great Day... EVERY Day!**

Reprinted with permission from Dr. Alan Zimmerman's Internet newsletter, the "Tuesday Tip."

Submitted by **Steve Robe** – IIPHC Treasurer

**(Note: The first eight are in the December 2009 newsletter.)**

### **Keep your EMOTIONAL life in check.**

9. Lighten up. Most of the things you worry about aren't going to happen anyway.
10. Don't go through life; GROW through life.
11. Dismiss discouragement. Every great achievement was once impossible.
12. Remember, it's always darkest just before the dawn. So if you're going to steal your neighbor's newspaper, that's the time to do it.
13. Practice patience. Timing has a lot to do with the outcome of a rain dance.
14. It's never too late to have a happy childhood. But the second one is up to you and no one else.
15. Be thankful for your problems. If you threw all your problems in a pile and saw everyone else's, you'd grab yours back.

### **Nurture your SOCIAL connections.**

16. Enthusiasm is contagious. Start an epidemic.
17. Speak kindly. Leave the rest to God.
18. Multiply your happiness by dividing it.
19. Tell the truth; then you won't have to worry about remembering anything.
20. Remember, there's always someone who cares about you. In fact, if you think nobody cares if you're alive or dead, try missing a couple of car payments.

# *Information on the Phlock*

## **More Ways to Have a Great Day... EVERY Day!**

(Cont. from Page 9)

21. Don't miss a good chance to shut up. Generally speaking, you aren't learning much when your lips are moving.

22. Beware of gossip. Letting the cat out of the bag is a whole lot easier than putting it back in again.

23. If you want to G-E-T, you have to A-S-K.

24. Guard your tongue. You cannot unsay a cruel word.

25. Choose your friends carefully. When you wallow with pigs, you're going to get dirty.

26. Strive to make people feel good. After all, people will forget what you said, and people will forget what you did, but people will never forget how you made them feel.

27. Before you criticize someone, you should walk a mile in their shoes. That way, when you criticize them, you're a mile away and you have their shoes.

28. Remember that silence is sometimes the best answer.

29. Even if you have pains, you don't have to be one.

30. Forgive your enemies. It messes up their heads.

31. If a relationship has to be a secret, you shouldn't be in it.

**Stay tuned for more!**

# Photos of the Phlock



More Pictures from the Holiday Parade  
What a great event!



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# *Parrot Head Happenings*

## **Thank You**

John F. Sievers

December 15, 1916 – January 8, 2010

Terry and Linda Barger would like to thank everyone for the personal condolences, e-mails, cards, and the Peace Lily from the club. It means so much to us to know we have friends who care. The Isle of Iowa is the greatest.

Linda's dad lived a long happy life. It would be a blessing if we could all live to the age of 93 and still have all our faculties, then one afternoon decide we are tired and go to sleep, and within a couple hours be gone peacefully.

Unfortunately, none of the family was with him when he passed away. Linda's mom and one of Linda's sisters had been there but they left for 30 minutes. It is like he waited until they were gone.

Linda's dad had a big heart and was very generous to the Catholic Church in Anamosa, to Camp Courageous, to his family and to his friends. He was always there if you needed him.

Thanks again,  
Terry and Linda

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## **Save the Date**

Deanna Steggall

Don and I would like you to save the date of Saturday, August 14th, 2010 as we have decided to renew our wedding vows and would like as many of our friends and family in attendance as possible. Because I have never had a real wedding and all the fun things that go with it, Don and I have decided we would like to make this moment in our lives that much more special by having a wedding and reception in honor of the love and commitment we have for one another.

Sometimes in life the small things become important to us! A formal invitation will follow in the months to come. Again the date to save is Saturday, August 14th, 2010!

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# Club Calendar

<b>Event</b>	<b>Date</b>	<b>Time</b>	<b>Place</b>
One Particular Harbor	2/3	5:30 p.m.	City Beat 302 3 <sup>rd</sup> Ave. SW CR
Go Red for Women- American Heart Assn.	2/5		
Valentine's Day	2/14		
Newsletter Deadline	2/15		
Board Meeting	2/16	6:30 p.m.	Longbranch Hotel Gold Zone Bar 90 Twixt Town Rd. NE, CR
Monthly Meeting	2/18	6 p.m.	D.C.'s River Walk 411 1 <sup>st</sup> St. SE, CR
Pet Spay Day USA	2/23		If you can catch 'em!
Chili Challenge	2/28	2 p.m. – 5 p.m.	Marriott Hotel 1200 Collins Rd. NE, CR
One Particular Harbor	3/3	5:30 p.m.	TBD
Chili Challenge "Rain" Date	3/7		Marriott Hotel
Board Meeting	3/16	6:30 p.m.	Longbranch Hotel Gold Zone Bar

# Dis & Dat

## Contact the Club Board Contacts

**President** – Mike Sion 319-378-3641, [president@isleofiowa.com](mailto:president@isleofiowa.com)  
**Vice President** – Keith Wright, 319-573-5153, [vicepresident@isleofiowa.com](mailto:vicepresident@isleofiowa.com)  
**Secretary** – Deanna Steggall, 319-651-9494, [secretary@isleofiowa.com](mailto:secretary@isleofiowa.com)  
**Treasurer** – Steve Robe 319-351-3474, [treasurer@isleofiowa.com](mailto:treasurer@isleofiowa.com)  
**Social Director** – Laurie Sexton 319-651-4473, [socialdirector@isleofiowa.com](mailto:socialdirector@isleofiowa.com)  
**Membership Director** – Karen Mahannah 319-389-2795,  
[membershipdirector@isleofiowa.com](mailto:membershipdirector@isleofiowa.com)  
**Member at Large** – Kaye Moeller, [memberatlarge1@isleofiowa.com](mailto:memberatlarge1@isleofiowa.com)  
**Member at Large** – Jim Roman 319-213-0585, [memberatlarge2@isleofiowa.com](mailto:memberatlarge2@isleofiowa.com)  
**Member at Large** – Doris Olson, [memberatlarge3@isleofiowa.com](mailto:memberatlarge3@isleofiowa.com)

## Monthly Board Meeting

The monthly Board meetings are scheduled for the **Tuesday before** the monthly membership meeting, and will start at 6:30 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](http://www.isleofiowa.com).

## Join the Listserv

To join the Listserv, visit our Web site at [www.isleofiowa.com](http://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](mailto: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/islefiowacoconet/> 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.

## February Birthdays

Jim Roman – 1  
Paula Vasquez – 5  
Cindy Gardner – 11  
Jim Klinger – 11  
Penny Whiting – 16  
Karen Mahannah – 22  
Julie Macauley – 18  
Gordy Smith - 18

## March Birthdays

Jon Shramek – 3  
Mark Hennessey – 6  
Ro Shramek – 15  
Don Steggall – 15  
Lani Albrecht – 16  
Sandy Robe – 16  
Gary Olson – 19  
Mary Flock - 31

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

## New Members

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