



# Message from the Isle

*Midwestern Latitudes • Caribbean Attitudes*

[www.isleofiowa.com](http://www.isleofiowa.com)

November  
2009  
Vol. 12  
Issue 10

## News about the Isle

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.....  
 Quarterly Charity  
 October, November &  
 December

Linn County Veterans  
 Affairs  
 .....

For more pictures  
 and information  
 about the club,  
 visit the club website at:  
[www.isleofiowa.com](http://www.isleofiowa.com)

## Views from the Volcano's Top

Mike "Volcano" Sion – President

As I write this the morning sky is gray, leaves are changing colors, and the ocean waves have white caps on them. The islanders are scurrying about because fall is here and once again they are getting ready for the winter and its activities.

The islanders never lack in creativity and there is never a lack of volunteers. Even when we think no one hears the call for help, islanders always come running, or should I say e-mailing. You pholks – the islanders – always come through!

This time of year we start to get into the holiday spirit. Thanksgiving will soon be here and then Christmas. The holidays seem to get here faster each year! We again will be adopting families and gathering donations of food and presents for the children. I'm sure you all feel as good as I do knowing that our club helps so many people throughout the year, especially during the holidays when so many pholks have little or nothing to share with their families.

I know one year a youngster was so happy just to have milk to drink. It seems so sad that in this great country people go hungry every day. Yet, as I have said before, nothing will stop the Isle of Iowa PHC from helping our community and making this island a little nicer place to live. We all need to pat ourselves on the back and smile knowing that we strive at each event to get more donations, gather more goods, and have such a great deal of fun doing so.

Again I THANK YOU FOR ALL THAT YOU DO!!!

As the sun sets, and although you may not be able to see the colors so well this evening, you can feel good in your hearts and know that tomorrow will bring...

# From the Editor

## Newsletter Committee:

Editor:

Charlotte Bonar

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@classicphotocr.com](mailto:sandy@classicphotocr.com). Parrot Head related pictures are welcomed as well, and should be e-mailed to the Editor, Charlotte Bonar, at [cbonar@russellsprinting.com](mailto:cbonar@russellsprinting.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.

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.

## Inflation

Joey Adams - Comedian

- I went to the store to buy a feather pillow for myself. I've got news for you – even the down is up.
- Food prices are getting ridiculous. I asked the clerk in the supermarket for \$2.00 worth of tomatoes. He said, "We don't sell slices."
- One supermarket had a sign in the window that said, "Compare our lower prices." I said to the manager, "Compare your lower prices to what?" He said, "Next week's."

# Information on the Phlock

## A Perfect Landing!

Sandy Young

### Fast Facts

- **What:** One Particular Harbor Family Picnic
- **Where:** Cedar River Landing, 301 F Ave. NW, CR
- **When:** November 4, 2009
- **Time:** 5:30 p.m. - 10 p.m.

Will this article or won't this article be in time for the November newsletter? If you're reading this before November 4, YAY!! Seriously, the reason we leave articles in the newsletter even though the events have already occurred is because we want the information in our archives. Next year won't you wonder where we had our One Particular Harbor in November of 2009? Probably not, but it will be in the archives if you're the least bit curious.

This month our One Particular Harbor will be at the Cedar River Landing where we've been before, and many people commented on going back again sometime. They have Happy Hour from 3 p.m. to 7 p.m., so come early and have a drink with Randy "Barracuda" Havlik. He seems to always be the first one there at our get-togethers - either him or John "Forever" Young.

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 some Parrot Heads have been known to linger longer.

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.

## Name Badges

Deanna Steggall

It has been brought to the attention of the Board that a few people are having some issues with their new name badges. If your badge tore while trying to put it on the lanyard, if the laminate is peeling off, or if you are having other issues, please let Charlotte Bonar know ASAP and she will take care of the problems. We apologize for the inconveniences and thank you in advance for understanding. You can reach Charlotte at [cbonar@russellsprinting.com](mailto:cbonar@russellsprinting.com).

## Merchandise - Floral Print Shirts

Deanna Steggall

The club has ordered samples in all sizes of floral camp shirts. It is the plan that the Isle of Iowa members will wear these shirts at our events such as the Island Fever Phlocking and the Chili Challenge to identify the members. Show your pride in being a member and contact Doris Olson at [goman20@mchsi.com](mailto:goman20@mchsi.com) to order your floral camp shirt today! The cost is \$20.00 each and sizes range from Women's: Small & Medium, to Men's: Small - 3XL.

# Information on the Phlock

## Christmas Party

Deanna Steggall

### Fast Facts

- **Where:** Izaak Walton League, 5401 42nd St. NE, CR
- **When:** December 19, 2009
- **Time:** 6 p.m.

Mark your calendars before it's too late for the club Christmas Party! Our get-together will be held at the Izaak Walton League club house, 5401 42nd St. NE, CR, on Saturday, December 19th at 6 p.m. This party will take the place of our monthly meeting. We will be having a gift exchange which always proves to be a lot of fun! Bring a dish to share and your drink of choice. Meat and tableware will be provided. More information will be on Listserv and in next month's newsletter.

## Linn County Veterans Affairs

Deanna Steggall

The Isle of Iowa Board has decided to use monies raised through our current quarterly raffle at our monthly meetings to benefit the Linn County Veterans Affairs Program. The Linn County Veterans Affairs has certified staff that helps eligible veterans apply for compensation and pension programs to assist veterans and their dependents. Some of the services that the program assists with are:

- Compensation for Service-Connected Disability/Death
- Non-Service-Connected Disability Pension
- Death Pension for Surviving Spouse and Dependent Children
- Aid and Attendance for Nursing Home and Housebound Veterans
- Appeals of Unfavorable VA Rulings
- Eligibility Verification Reports (EVR)
- Application for Iowa Veterans Home
- Obtaining military records and awards.
- Distributing grave markers and flag holders for Linn County.
- Networking with Veteran's Administration Hospitals.
- Networking with other VA facilities and social service agencies.
- Conducts Mind Body Medicine Support Groups for PTSD.

To be eligible for these services the veteran must have been discharged under honorable conditions and have served 90 days or more of Federal active duty service. Please be generous when purchasing raffle tickets and support those who have given so much to our country. The mission statement for the Linn County Veterans Affairs Program is as follows:

**Serve each veteran. Remember their service.**  
**Understand their needs.**

## Holiday Parade - Dashing through Downtown

Deanna Steggall

### Fast Facts

- **Where:** Downtown Cedar Rapids, 3rd Ave. SW/SE
- **When:** Saturday, December 5, 2009
- **Time:** 6 p.m.

We would like to ask for your help in decorating a float and walking with our club in the Holiday Parade. The theme this year is Dashing through Downtown and should be a great addition to Jimmy Buffett's song "Run Rudolph Run"! A meeting will be scheduled shortly after the Halloween Party to begin preparation for this fun event. Keep an eye on the Listserv and the newsletter for more details.

## HACAP Adopt a Family

Deanna Steggall

Every year in December the Isle of Iowa adopts two families through the HACAP Adopt-A-Family program, and this year is no different. On Nov. 2nd we will be given the information on the two families our club is volunteering to help through the holiday season. We are in need of your help to donate gifts and food and help us distribute these items to the families. If you are interested in helping out in any way, please let me know at [deannaajs@q.com](mailto:deannaajs@q.com) or call me at 319-651-9494. A list of items needed will be posted on the Listserv and in the December Newsletter as soon as the information is available.

The HACAP Adopt-A-Family Program helps more than 350 families become linked with individuals and organizations wishing to donate food and gifts to families in need. Community action changes people's lives, embodies the spirit of hope, improves communities, and makes America a better place to live. We care about the entire community and we are dedicated to helping people help themselves and each other. HACAP's Mission Statement is: Helping people develop skills to become successful and build strong communities.



# Information on the Phlock

## Board Meeting Change

Deanna Steggall

The date of the monthly Board meetings is changing. Instead of having the Board meeting after the monthly meeting and therefore waiting a full month to let the club know what decisions have been made on behalf of the club, the Board has decided to have the monthly board meeting the Tuesday BEFORE the monthly meetings. This way we will have fresh items to report on, and we feel we will keep you better informed as to what is going on! Reminder: There will be NO Board meeting in the month of December.

## Newsletter Committee

Deanna Steggall

The newsletter committee is looking for your input on the newsletter. I have heard some concerns and we as a committee want to make sure we address these concerns. We would also like to hear from you on how to make our newsletter more appealing to the members, to insure that everyone enjoys it so much that they do not forget to read it each month.

We are also looking for those of you who take pictures at our events to add to the newsletter as well. If you have photos of recent events that you wouldn't mind sharing, it would be greatly appreciated! (Memory Walk, Hawkeye Homecoming Parade, New Membership Meeting, One Particular Harbor and the Monthly Meeting...just to name a few!)

Send all your concerns, photos, ideas and thoughts about making the newsletter the best it can be to [deannajs@q.com](mailto:deannajs@q.com).

Thanks a bunch for your help in advance!!

## Alzheimer's Memory Walk

Deanna Steggall

We may have been small in numbers, but the Parrot Head group was huge in our presence! On Sept. 26th we walked for Alzheimer's. We handed out beads, bananas, information on the club, and had a great time doing it! Thanks a bunch to Mike, Paula and Sam Sion; Steve Robe; Randy Havlik; Don, Deanna and Brody Steggall; and Jon and Ro Shramek for their participation.



# Information on the Phlock

## Hawkeye Homecoming Parade

Deanna Steggall

Another event that was a HUGE SUCCESS! Although we lost our grass skirting on I-380 traveling at 70 miles an hour on the way to Iowa City, our group pulled through for us. Keith Wright managed to find the bag we lost and stopped to pick it up - O.K. call him CRAZY!! Our float looked great, pieced together with what we had left! We went through almost 3,000 black and gold beads, 400 Isle of Iowa Frisbees and participated in the biggest parade in our history! The crowd was enormous and kept screaming BEADS, BEADS, BEADS!!!! We could not keep up, but the whole group smiled and danced - O.K., maybe RAN through the streets of Iowa City to the sounds of Jimmy Buffett. A BIG THANKS goes out to Michelle and Bart Mason; Mike, Paula and Sam Sion; Keith Wright; Lou Ann Anderson; Randy Havlik; Steve and Sandy Robe; Don, Deanna, Brandon, Braydon, and Brody Steggall. Next year everyone MUST come and participate in this event as it was truly amazing!!

## Blues 'n' Buffett Chili Challenge

Deanna Steggall

### Fast Facts

- **Where:** Marriott Hotel, 1200 Collins Rd. NE, CR
- **When:** February 28, 2010

I know it seems early, but it's time to start thinking about CHILI!! Sunday, February 28, 2010 is the big day and we will be looking for contestants to make wonderful chili, and volunteers and people to come out and help us enjoy our 10th Annual Blues 'n' Buffett Chili Challenge! The committee is already hard at work putting the event together. One cool change this year is we will be holding the event at a new venue - the Marriott Hotel, 1200 Collins Rd. NE, Cedar Rapids. This change will offer us much more room and give us the chance to add some other cool changes to the event. We will keep you posted, but, for now, mark the date on your calendar and start thinking about your chili recipes!

## Stepping up to the Plate

Sandy Young

With the World Series upon us, it seems appropriate that someone is stepping up to the plate and helping to make this newsletter better. I'm sure you've noticed Deanna Steggall's name on a lot of the articles in this November issue.

Deanna is the Secretary of the IIPHC and one of her duties is overseeing the newsletter. She has gone over and above her duties, infusing much needed help.

Charlotte and I thank Deanna for all her help. If you, too, would like to be a part of our team, let us know!. Even an occasional article, recipe, Parrot Head happening, would make this newsletter more YOUR newsletter.

Thanks!

# Parrot Head Happenings

## Parrot Head Happenings

Sandy Young



### Mike "Volcano" and Paula "Lava" Sion

.....and then there were 11. Mike and Paula's female Chocolate Lab (and/ Weimaraner), Brooke, had a blessed event on October 6, 2009, starting at 5 a.m. Brooke had 11 puppies! There are six girls and five boys. Paula said Brooke is an excellent mother and all the puppies are doing well. In fact, their eyes are open now and they are all round furry balls of fun. The father was also a Chocolate Lab.

Congrats to the new family of Parapets!

## John "Forever" and Sandy "Ever" Young

....moved into a new condo on August 24, off Stoney Point Road SW near Hwy. 151 in CR. But, contrary to popular thinking they have not downsized. The new digs have four bedrooms and a four seasons' room. Can a housewarming be far behind?

## Jon and Ro Shramek

....caught the moving bug from John and Sandy and are having a new condo built in Hiawatha. They are not really downsizing either! But, I guess they got tired of taking care of that in-ground swimming pool at their old place. Ro said the condo should be ready to move into by the end of January, 2010. Congrats Jon and Ro!

We'd really like to know of Parrot Head Happenings in your household. Please contact anyone on the newsletter committee with your news.

# History of our club

## 10 Years Ago

Susan Freundt - Founder

November 1999

Sixty members of the Isle of Iowa attended the Meeting of the Minds in Key West. A club party was held in Key West at Hooters with entertainment by the Calypso Nuts. The party was provided by Kevin and Lori Krezek for Kevin's birthday.

Jimmy's new live album "Tuesdays, Thursdays and Saturdays" was released on November 9.

The Downtown Christmas Parade was held on November 20. Our float entry received 2nd Place overall and 3rd Place in Best Use of Theme. The float consisted of two trailers connected, which made for one of the larger entries. The first trailer was a large pirate ship manned by pirates sailing away from the second trailer which was decked out as a tropical island complete with a Tiki hut and two more pirates stirring up a batch of Christmas Gumbo. A hammock tied between two palm trees and loaded with Christmas presents tied the two trailers together and was titled "150 Years on the Island."

# Information on the Phlock

## It's a Cold Walk!

Deanna Steggall/Sandy Young

### Fast Facts

- **What:** November Monthly Meeting
- **Where:** D.C.'s River Walk, 411 1st St. SE, CR
- **When:** November 19, 2009
- **Time:** 6 p.m. - 10 p.m.

We have heard a lot of positive remarks from our members about our recent meeting place, D.C.'s River Walk. Even though now it may be a cold walk from where you park if you don't get there early enough, it will be worth it as the fish bowls and the good food are awaitin'.

D'C's really enjoys having our group there as well. There is one problem though - we have not been doing a very good job of tipping the staff, and that is not like your typical Parrot Head. With large parties a lot of places will add an 18% gratuity to your bill instead of giving you the option to add the gratuity of your choice. Let's keep this in mind when we are there each month and make sure we are treating our servers well! It not only is a good practice but it makes our club look good in the process.

As far as the business portion of the meeting beginning at 6 p.m., well, sometimes we try new things and learn that they are not working. This is exactly the case with the decision to have the business portion of the meeting start early; it just is not working out! While many of you have commented that for those of us who would like to be present to hear the business portion of the meeting, it is difficult to be there right at 6 p.m., as it is for some of the board members too.

Therefore, we have decided to hold the business portion a little later in the evening and plan to start at 7 p.m. instead. We hope this helps, and it is still our intention to keep the business meeting short and to the point as possible.

Our raffle charity for the quarter of October/November/December is the Linn County Veterans Affairs. Please see the separate article for information on their program.

We are continuing to take donations for Waypoint Services' two shelters - Madge Phillips Center for the Homeless and the Domestic Violence Shelter. They need plastic shopping bags, small food containers, and especially the 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.

Plus, we will have the Mini Mart run by Don and Deanna Steggall who have some new floral camp shirts. There's more information on these in a separate article.

And, too, don't forget the pop tabs for the Ronald McDonald House in Iowa City.

## Phlockin' Calendar

<b>Event</b>	<b>Date</b>	<b>Time</b>	<b>Place</b>
One Particular Harbor Picnic	11/4	5:30 p.m. - 10 p.m.	Cedar River Landing 301 F Ave. NW, CR
Meeting of the Minds	11/5-11/8		Key West, FL
Veteran's Day	11/11		
<b>Newsletter Deadline</b>	<b>11/15</b>		
Monthly Board Meeting	11/17	6:30 p.m.	Longbranch Gold Zone Bar
Monthly Meeting	11/19	6 p.m. - 10 p.m.	D.C.'s River Walk, 411 First St. SE
Thanksgiving	11/26		
One Particular Harbor Picnic	12/2	5:30 p.m. - 10 p.m.	TBD
Holiday Parade	12/5	6 p.m.	Downtown CR



# Dis & Daf

## Contact the Club Board Contacts

**President** – Mike Sion 319-378-3641, [president@isleofiowa.com](mailto:president@isleofiowa.com)  
**Vice President** – Keith Wright, [vicepresident@isleofiowa.com](mailto:vicepresident@isleofiowa.com)  
**Secretary** – Deanna Jackman-Steggall, [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 first **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.  
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!

[IsleofIowaCoconet@YahooGroups.com](mailto:IsleofIowaCoconet@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, people 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 in this newsletter.

## November Birthdays

Randy Bauman - 4  
Diane Jamrock - 5  
Paula Sion - 7  
Lindsey Wessels - 8  
Dan Wall - 10  
Troy Gardner - 17  
John Young - 20  
Doris Olson - 22  
Rich Jamrock - 22  
Diane Ford - 25

## December Birthdays

Lou Ann Anderson - 2  
Deb Ptacek - 8  
Mary Jo Doyle - 10  
Carol Winetroub - 12  
Deb Worden - 17  
Jack Vasquez - 19  
Steve Robe - 20  
Holly Stineman - 24  
Garry Joseph - 25  
Jimmy Buffett - 25  
Steve Flock - 31  
Karen Randklev - 31

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