



Q1 2021

Parrot Head Club of Eastern MA | Vol. 29

Q1 2021 ~ The 3/4 Times

For your enjoyment and information

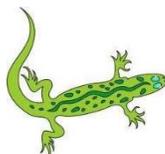
HAPPY SPRING TO ALL OUR PHCOEM MEMBERS, FRIENDS & FAMILIES! We thank you for your support in keeping the EASTERN MASS CLUB strong. We welcome Spring with more HOPE for a better, brighter future in 2021. We continue our monthly TT Zoom Meetings with friends & entertainment. Thank you to the Functional Drunks - Jim & Bill, for playing your tunes!!!

The BOD is working to schedule events that are safe and are keeping things in order as we move past this year and look towards happier times for everyone. We are looking into a Portsmouth Railroad Trip in RI in the month of June and as of now we have Jimmy Buffett coming to Xfinity on August 14, 2021. The March charity event, March for the Dogs - NEADS was a success, and right around the corner are our Fall beach clean-ups and more!

Our BOD will continue to provide updates on our web page and Facebook page, along with emails to keep you all updated on what is happening. If you wish to share a safe event, some history or suggestions, articles, pictures, recipes, or anything for members to enjoy, we welcome them all! Please send them to newsletter@phcoem.com.

As our Club pushes onward into 2021, we continue to celebrate PHCOEM for over 25 years. It has been such great, awesome years with many friends met along the way. We want to wish you all good health. We are all looking forward to seeing everyone either virtual or in person, hopefully soon!

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





From the Office of the Prez



Good Day Phlockers,

We have made it through some tumultuous times, and there is still a tough road ahead; but just know there are many positives on the other side. Spring is here, the weather is turning warmer, the flowers are coming up, and soon we will be getting our summer gardens ready for planting. There is a lot to look forward to! I hope you all had a great St. Patty's Day and had a lot of corn beef and cabbage. Soon we will be able to phlock together and tell stories of the past crazy year. Or maybe we just want to forget it and move on!

I wish you all a happy spring season, happy Easter, happy Patriots Day even though we won't be cheering on marathon contestants, happy Earth Day and hopes for warmer sunnier weather! We will have a few events coming up when things get opened up a bit more. We are hoping to get a Rhode Island Rail Trail trip in possibly June. Stay tuned for details. It is a great trip, riding along the ocean on specially made pedal rail cars! It's great fun and would be an awesome group experience; the scenery is beautiful! Check out our members emails, website or Facebook pages for more details to come.

Our Thirsty Thursdays hopefully will be back in person when it is safe to do so! We will have the Functional Drunks playing at Percival Brewing Company when the weather is better and they get the okay for live entertainment and we can be out at their outdoor beer garden! We have been working with some of our recent charity organizers to make it easy for members to donate. The March for the Dogs event is a great example of a safe, socially distant event that benefits NEADS. All members had to do was order from Amazon Smile and they shipped the goods directly to NEADS! Easy peasy, no direct contact with people or goods, or having to mail anything out saves on postage! We may be doing a few more events like this until the world becomes a safer place to move about freely and without virus concerns.

There are many great things planned ahead so "keep a weathered eye on the horizon" and stay tuned for more details. Thank you all for everything you have done this year to support the charities that have been hit so hard by this pandemic. We have all in some way had misfortunes and days of disappointments and sadness this year. We have made it to spring so let's look at all we have going forward and show our kindness.

Thank you!

Mac
PHCOEM
President (2020-2022)



From the Office of the Vice Prez

We are continuing our mission for be involved with our community charity partners with our March for the Dogs this past month. We are excited to partner with NEADS again to support them as they train service dogs. More info can be found at NEADS.org. If you wish to make late donations please remember to comment they are donations from PHCOEM.

We all hope to meet and do charity events in person soon, and continue to maintain safety precautions with our charity events either virtually or in person during outside activities. In spite of the pandemic, we are still able to have a robust charity calendar. Some activities for the year will be to repeat our Plymouth and Nahant beach cleanups, Soxoberfest and Pennies for Postage for Operation Troop Support, Dana Farber Blood Drive and have our annual Member meeting and Summah Raffle.

Stay tuned and keep checking our website events page for updates

If anyone has an event they would like to sponsor or coordinate that is not listed please let any board member know.

Happy Easter
Marcia



From the Office of the Treasurer



We have the following quarterly figures:

January Start: \$1,484.55

Debits: (425.00)

Credits: \$1,442.02

Q1 2021 Total: \$2,501.57



From the Office of the Membership



Thanks to our membership renewal special in January, we now have 126 new/renewed members. We look forward (hopefully) to being able to meet all the newbies really soon.

We will continue to have our Thirsty Thursday meetings via Zoom to allow everyone to be safe. There will be some opportunities for in person meetings coming up as the weather improves and we can gather safely outdoors. There will be more details to follow on both of these subjects.

For those members who are planning to head to Key West and register for Meeting of the Minds, just remember that you do have to be a member in good standing in order to register. This means that you have to have paid your club dues. We have started to get emails from the MOTM team to confirm that pholks are members in good standing.

Jean Duffill



Happy Birthday to those completing Another Trip Around the Sun in Q1!

<i>April</i>	<i>May</i>	<i>June</i>
Tony Avitible	Vera Beck	Charity Black
Cristina Bettencourt	Joanie Cava	Michelle Curran
David Bouchard	John Connerton	Bruce Hartwell
Rosemary Damigella	Cainen Davis	Pam Mascroft
Suzanne Gibree	Lyndi Hoobinoo	Lisa Mason
Lori Jenkins	Heather Latour	Lynn McKenna
Leo McCarthy	Tara McCarthy	Tricia Murphy
Guy Wallis	Robby McQueen	Jean Odeck
Polly Yandow O'Connor	Jacquelyn Miller	Bob Pouliot
	Michelle Trefrey	Julie Santaniello
		Kim Stevens
		Diane Xenelis

Charity and Environmental Affairs



Hello Phlock,

We would like to take the time to thank you all on behalf of the charities we have helped out this year. THANK YOU! The OTS (Operation Troop Support) has benefited greatly from all your hard work and our very own newsletter that was entered into the PHIP contest with hundreds of other newsletters took third place! That winning money entry went to help mail packages to our well deserving troops overseas!

We have had Special Olympics on the back burner because of all the COVID issues through the winter, but one of our own (used to be Keet now grown up into a lovely squeaky cheeseburger herself) is taking the plunge! We hope some of you sponsored Kat in her attempt at the Special Olympic polar plunge. Some of us had to brave the cold, freezing waters last year at Lake Massapoag in Sharon; but this year's different format was a perfect opportunity to let some other club members take the lead! Thank you, Kat for doing this and on behalf of our club, we thank you! We are also finishing up our March for the Dogs charity event that we did for the NEADS service dogs. Members could order and purchase dog items from the list NEADS set up with Amazon Smile. Then the gifts purchased were sent directly to them, making it an easy socially distant way to help out this charity without leaving your house. They train service and assistance dogs to help meet the needs of people with a variety of disabilities or hearing loss. They also train them for our veterans who may need some canine assistance. Honestly, let's face it, we all love our children with fur and how much love they bring into our families. So, continuing to help NEADS will be on our agenda!

We have donated blood a few different times for Hook for a Cure, which is helping the Joe Andruzzi Foundation and Kraft Family Blood and Cancer Research Center. We are giving our blood to help others in need. Unfortunately, one never knows when it could become a necessity and certain blood types are needed to save a life. It is the kindness and giving of the time and effort that makes this such a proud effort on the Club's behalf! We have done a lot for all these charities and will continue our Club's efforts to make this world a better place, one full of kindness and giving and hope and smiling. We are also looking into a few other charities that we may be able to help out or participate in a socially distant way for now.

Thank you all for everything you have given, done, participated in, and ordered for all our charities. It does NOT go unnoticed!

Thank you,
The Charity Team



SOCIAL!

Good Day Phlock,

We will be having some social gatherings when it is safer to do so. Our TTs will resume when we can allow that to happen at some outdoor venues or restaurants! We will hopefully be having the Functional Drunks play again at Percival Brewing Company when it is safe to do so. We will also continue our Zoom meetings for those that are further away or live in other states and want to continue to chat with us and keep in touch with all our Club members from all over the country! We even have a member from Switzerland! (Hello Irene hope all is well over there). Our TT Zoom mtgs will continue to include ALL our wonderful PHCOEM members to join in the shenanigans. Keep an eye out for emails or Facebook posts on a few social events pending the safe and secure opening of things.

Thank you,
The Social Team

Thirsty Thursdays!

Thirsty Thursdays 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 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!!



MASSACHUSETTS MILITARY SUPPORT FOUNDATION



Volunteers Needed

Last spring and summer, several members volunteered for the Food4Vets program. If you have some time to help pack Food4Vets boxes or sort products, they are once again looking for volunteers, both in Foxboro or on Joint Base Cape Cod.

There are many different shifts available, please visit www.mmsfi.org to sign-up for Foxboro, or go to <https://capecodmilitaryfoundation.org/programs-ways-to-volunteer/> to sign up for opportunities on Joint Base.

If you do sign up, please send a quick email to bored@phcoem.com so we can track attendance.
Thank you!





Recipe from Club member, David Stasio

Authentic Borscht

Recipe given to David Stasio from a Ukrainian - enjoy!

Such products are needed for cooking: pork meat, beetroot, carrots, potatoes, white cabbage, tomato juice, onion.

To start, you need to cook the meat broth.

Boil three liters of water

Therefore juice I throw 500 mg

300g pork

When the meat is ready, you need to chop the beetroot into strips, and send it to cook in the broth.

While the beetroot is cooking, cut the onion as usual, I do it not cut it large.

Fry the onions in a pan, grate the carrots and add to the onions. Mix all this and fry a little.

After adding the tomato juice, all this should be stewed under a lid over low heat.

We return to the broth, the beetroot is cooked, the broth will be a light shade, then you can throw potatoes to boil. When the potatoes are ready, then what to stew in a pan, we send to the broth.

Let it boil a little, chop the cabbage and also send to the broth

Spices can also be added to taste and salt.

I do not cook cabbage for very long, I do not like it when it's like porridge

Greens can be added at the end

Dill or whatever you like

Bon Appetit!



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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

