



Q2 2017

Parrot Head Club of Eastern MA Vol. 14

GREETINGS TO ALL OUR PHCOEM FRIENDS!!! We have a lot of Fun filled Summer Events ahead of us and this past Spring was surely a busy one. The BOD has been doing planning for the upcoming months so don't miss out on the gatherings to come. This is the Quarterly Newsletter which includes some past and some present events both Social and Charitable. Here is the Version Q2 2017 *The 3/4 Times* Newsletter for your enjoyment and information. We will include links to Websites where you can get more information for Events that are outside the club and we will not duplicate it within our newsletter.

We always appreciate your feedback on the club or just sharing an event in different area's with the PHCOEM BOD and members so we may be a part of them. Please send anything you wish to share as we would like to get everyone involved and want to hear your suggestions on recipes, articles, pictures, poems Concerts, or even past Events to Enjoy so send them to newsletter@phcoem.com.

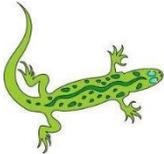
Thank you all for participating by volunteering making others happy, to the fun events that are just social or even if it's Parrot Heads Without Borders or a Phlash Phlocking. Our members work together enjoying what we do for others and ourselves that's what makes a huge difference wherever we go. The Phriends that we have met through working together with other clubs that is what makes the happenings happen in the NorthEast. We always have such great times and very memorable one's no matter what we do. Thank you to everyone for the years of friendship built and having these times together that are shared, helps us to keep it within us for a life time.

I want to say a BIG THANK YOU to Ron Mackenzie a long time member for taking the time each year to raise money for our SOMA Games that we host in Brockton. The members of this club is what makes athletes & their families so happy year after year as they enjoy having us all. The Social is what brings Together the Party times when we just need a little R and R break from working to playing with more things on the horizon!

Thank You again PHCOEM for the Smiles & Happiness that goes around it's always so good to see you. This is what the club has been throughout the years people working and volunteering together having the Best of Times that still continues.

For those of you who could make it to The Southern Drawl Band from Tennessee I'm sure you enjoyed it. Thank Ellie & Ernie for their hospitality. We have our Big Summah Raffle the prizes are awesome and our Membership Pool Party hosted by Jean & John Duffill coming up on the 15th of July.

To top it off at almost the end of Summer we have Jimmy coming in August for that Tailgate Party we all somehow get together for! Please see our Website along with our Facebook page for continual updates on the club happenings.



Thank You, Liz McCarthy-Lizzy L12
Secretary of PHCOEM



From the Office of the Prez



The membership meeting and pool party this year is being hosted by John & Jean Duffill on Saturday, July 15, 2017 starting at 1pm. We will set aside the first ½ hour for the membership meeting and then we will go straight into the pool party. As always please bring a dish to share and BYOB. A super-duper thank you to John and Jean for opening up their home to us. You guys ROCK!!

I wanted to thank all of you who have participated in the several different charitable and social events that have been happening over the past 3 months. From the Charles River Canoe/Kayak race, Austism Walk, MS Walk, several SOMA events, 0.0k Bog Race for Joe Andruzzi foundation, Southern Drawl Band at Ellie & Ernies, Parrot Heads Without Borders contributions to the many social and Phlash Phlocking events that have happened, you all make me proud to say I'm a Parrot Head Club of Eastern Mass member.

It is now time for the summer where a lot of our volunteering and events slow down so that pholks can go on vacations and enjoy time with their family and friends before the fall is upon us and more events start happening. So I would like to take this time to wish you all a safe, healthy and wonderful summer. May you go on some incredible adventures and may you find and spread peace in this crazy world. Let's all try to make it a better place.

Phins Up *Sunshine*
President PHCoEM (2016-2018)



From the Office of the Vice-Prez



Good day Phellow Phlockers. This has been an interesting few months with lots going on everywhere. It is funny though that no matter how much I feel like I am running around like a chicken with my head chopped off, the more grounded I feel especially after volunteering at some of our events, getting out and meeting new people, volunteering at Special Olympics or having some beverages and enjoying conversations with some people having difficult life situations at the Bog Iron cancer charity race. This is what the club is about, having fun for a purpose, our running bibs had "Stand for Charity" on them. We did that at the Bog Iron race at the beautiful Lake Pearl Pavilion. I shouldn't be surprised that no matter where we volunteer, or where we go to socialize after we meet people that fit in with our philosophy and feel welcomed to join us. Each and every member of this club contributes to making us who we are. No matter how many burgers you flip, how many waters you pass out, how many dances you dance, how many laughs you share or even the tears shed, the stories we could tell make you all very special people, and this club is what it is! I mean that, thank you from the bottom of my heart. We have all had some down days, or heard stories of people with cancer, or dealt with deaths and sadness this year but the one constant I know we can rely on is the joy and happiness of the phamily that is this club. We have an event to volunteer at, we work hard, and then go out after, or in some cases we just go out to socialize and get away from the day! So thank you all for always being there when people need an outlet, a way to get away from all the stress of life, a diversion from the mundane tasks and never the same adventure twice! This club is what it is because of each and every one of you contributing and making a positive difference in your communities and making a positive difference in each other's lives. I am much more grounded now, thank you for reading this, I hope you are as well!

Thank you.

Captain Mac Sparrow - Vice-President PHCoEM (2017-2019)



From the Office of the Treasurer- Angela



All bank records have been recorded in a spreadsheet to be tracked moving forward they are available upon request to review by any member in good standing:

- **Starting Balance: \$9,171.03**
 - Debits (checks): \$ **3,410.54**
 - Credits (deposits): \$ **24,647.39**
- **Ending Balance (3/24/2017): \$ 30,409.88**

We have a CloverGo (similar to the square) – which will allow us to be able to take credit/debit cards at functions.

Quotable Quotes:

We have to fill the middle with wieners.
The wieners are up.
Bag and tag those wieners.
She is the ultimate bag lady.
Double wieners uh ohh.
Mac's doing the pumping go get a squirt.
Ok so did someone get stabbed by a javelin or was it the hot dog?
Maybe the hot dog went down the wrong hole?
Now your peckers in my face.
I drink wine every day but I spit a lot.
I was actually looking for a spit bucket!!
What's that it looks like a kidney ohhhh.
After all this drinking today I may need another kidney!!
Today I had the dark and the reds I'll try a blonde next week.
Jimmy is teaching all the old ladies how to work the handle.
If I drink any more I won't make it off the bus!!
Here you are to save the day!!
Baaahhh naaahhh naaa nahhhh.
Both hands are busy, my mouth is full, and I can't reach in my pocket.
Angela is passing out rods to everyone.
I will trade you a chip for a rod.
Is it big and green? Does it have satellites or is it the mothership?
You're still at peeing all over your pants.
Look at how she is mouthing that burrito?
Where has the packet been?
You know how to handle the handle.
Everyone is lucky on this bus!!!
Here eat the rod.
Should have pressed your celestial orbs against the window made that truck drivers day.
Want another rod? You have an awful lot of rods in your hands.
Hey I am double fisted and clutching the seat?
I didn't even use that bathroom! No wonder there's a puddle on the floor!
Oh look he came for the second time.
That's it throw her down, sit on her, and take her prize she's just a spectator.

From The MemberShip...

Here We Are...

ITTT'S BBAAACCCKK... BIG SUMMAH RAFFLE !!!!

STEP RIGHT UP, GET YOUR BIG SUMMAH RAFFLE TICKETS HERE..
THAT'S RIGHT THIS YEAR YOU CAN GET THEM FROM HOME..
You can order them via Pay Pal on our web site PHCOEM.com

Summah Phunnin' Big Summah Raffle

Proceeds to benefit Special Olympics SOMA
\$20 per sheet of 25 tickets can be ordred @ PHCOEM.com via Pay Pal

*** GRILL GAZEBO with LED LIGHTS**

Enjoy grillin' in the shade! Double-tiered, vented canopy Weather, Fade, and Flame resistant fabric Includes:
2 tempered glass shelves & 4 LED lights
Measures: 96.6"L x 59.84"W x 98.49"H



*** PIRATE SHOT PADDLE**
by Captain Mac

*** MA DOU DOU for U in a Club Logo Canvas Bag**

*** Moziac Gazing Ball with Stand**



*** Framed Cross Stitching**
By Sunny

*** Embroided Club Logo on an item of your choice**

More Surprises to come... **First Winner, First Pick of Prize**



Thirsty Thursday Traveling Please Take Your PHCOEM Passport With You!!!

We brought this oldie but goodie back ...Here's the deal...

Please bring your passport to Thirsty Thursdays and have your Ambassador sign and date it. Once you have traveled to 5 different Thirsty Thursday Locations please return it to me, your Travel Member Director or any Travel BoD Agent redeemable for a phabulous PHCOEM member award. Many are just a trip or two away...

Do check for locations prior to departure as dates and locations are subject to change. Please remember, parrot points will be awarded as 1 parrot per member per month regardless the number of TT locations visited.

We wish you lovely weather. **HAVE YOU GOT YOUR TRAVEL REWARD YET?**

*SouthOfBoston	*Boston	*SouthEastOfBoston
*WestOfWest	*Cape	*NorthOfBoston
PHCOEM PASSPORT		
PARROT HEAD CLUB		
BY EASTERN MASS		
Traveler's Name :		

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**Phabulous PHCOEM Beach Towels* Limited Quantity \$15 each or 2 for \$25
GREAT FOR OUR ANNUAL MEMBERSHIP POOL PARTY 7/15 in DANVERS**



While traveling near or far... Take your PHCOEM Club Wear with You...

Lovely Carolina Blue Club Shirts & Zip Up Hooded Sweat Jackets available...

*Limited sizes * Long Sleeved T Shirts \$20 / Blue Visors \$5

Zip Up Hooded Sweat Jackets \$30 / PHCOEM Logo Patches \$5



Please send inquiries and orders with your name, item, size and email address to: Membership@phcoem.com

DON'T FORGET... You can now have our PHCOEM Club Logo embroidered on an item of your own for a \$10 fee!!!

***** Please contact Donna Mac to make arrangements for drop off and pick up Thanks**

If You Would Like to Gift a Membership..

Gift certificates are now available.. Give the gift of phamily!!!

***These can now be ordered & paid for via Pay Pal on our web site Phcoem.com**



Membership dues are still only \$20 for a single and \$25 for a Family/Couple!!!

Please remember your PHCOEM Dues are due now in JANUARY and can be paid using Pay Pal for a \$1 processing fee at PHCOEM.com and the snail mail address is:

PHCoEM P.O. Box 714 Shrewsbury, MA 01545

Please memo check as "2017 Dues" Thank You!

The 26th Annual Meeting of the Minds 2017
"We're Still Here"
November 1 - November 5, 2017 Key West, Florida

STILL TIME TO REGISTER... MAKE SURE YOUR DUES ARE CURRENT FOR MEMBER CONFIRMATION TO ATTEND

Things to know before you go... MOTM Guidelines

1. **Registration** - Registration is only open to members in good standing of a sanctioned PHiP Inc. club. In order for you to receive your convention credentials and attend the convention activities at the convention site premises, your Club Leaders **MUST** confirm your membership in your respective club. For the purposes of the MOTM Convention, "members in good standing" are those club members that have their dues paid in full thru the dates of the convention.
2. **Registration Fee** - The price of registration is \$90.00 (US Dollars ONLY) per attendee.
3. **Registration Period** - Registration is open beginning the first week of January and will close September 15th or at 3,500 registrations, whichever occurs first. Mail-in registrations have to be paid within 30 days from registering online and are not valid until payment is received. Mail-in registrations will be deleted after 30 days for non-payment. Mail-in registrations must be received no later than September 1st of the convention year. Please Do Not send payment via certified mail. Mail in payment by regular mail, DO NOT require a signature as it WILL NOT be accepted. Checks are for US funds only.
4. **Transfers of Registration** - There will be no transfers of registration.
5. **Late Registration** - There are no late registrations. We set a deadline date for many reasons. We need time to handle all the administrative work as well as supplying counts to various organizations including the City of Key West for fire & crowd control.
6. **Refunds** - There will be NO REFUNDS except in the case of death of the registered person or deployment, documentation is required. A refund can be issued (upon request) for a duplicated registration or misordered / "over-ordered" t-shirts. PHiP is charged a \$3.00 transaction fee which will be passed on to the registrant.
7. **Registered Guests** - There will be no unregistered convention guests allowed. Everyone in attendance must be members in good standing of a Parrot Heads in Paradise Inc. sanctioned club prior to registering including during the time period of the convention. For the purposes of the MOTM Convention, "members in good standing" are those club members that have their dues paid in full thru the dates of the convention.
8. **Registration Confirmation** - Your Club Leaders **MUST** confirm your membership in your respective club prior to your attendance of the MOTM convention activities at the convention site premises. The Registration Chair will send you a "Registration Confirmation" that indicates you have registered for the convention. It is in no way a "MEMBERSHIP CONFIRMATION." Only your Club Leaders can confirm your membership.
9. **Club Membership** - Registering for the convention will not enroll you in a Parrot

Head Club. You must be a member in good standing of a Parrot Head Club in order to attend the convention.

10. **MOTM REGISTRATION/CLUB MEMBERSHIP CONFIRMATION EMAIL** - This email is your registration / club confirmation only. This email will be sent as soon as possible AFTER your club leadership confirms your membership. Bring a valid government issued photo ID to the event to register. You will be required to wear your credentials and wrist band at all times while on the convention site premises.
11. **Special VIP Guests** - Sponsors, Musicians, City Officials, Etc. at PHiP Inc. BOD Discretion
12. **Children** - Children under the age 12 free (without a gift/goodie bag and T-Shirt) - all others full rate w/ special non alcoholic gift bags.
13. **Attendance Limit** - The maximum amount of attendees is 3,500 paid, plus special VIP guests as described above.
14. **Gift Bags** - Gift bags are for paid registrants only. Special VIP Guests as described above must register to receive bags and convention T-Shirt.
15. **Vendors** - Vendor Credentials are included in the vendor fee. Vendors must be registered for the convention to receive Gift Bags and convention T-Shirt.
16. **Security** - Security volunteers will be identified with SECURITY shirts.
17. **MOTM/PHiP Code of Conduct** - Through Meeting of the Minds, it is the intent of Parrot Heads in Paradise, Inc. (PHiP) to provide an annual social and charitable event for the enjoyment and benefit of all our members, guests, hosts, sponsors and charities. All attendees shall be required to treat fellow members, guests, sponsors and hosts and their personal property with respect. Members also agree to abide by all local, state and federal laws (including but not limited to) governing misuse of personal privileges, personal property and controlled substances. Members of all PHiP sanctioned chapters, by virtue of their registration and attendance at MOTM, agree to demonstrate personal responsibility for their words, actions and deeds and to refrain from behavior that is illegal and/or is harmful or disrespectful to themselves, other members, guests, sponsors and hosts or their personal property. Our goal is to provide a safe, pleasant atmosphere in which to share and enjoy our common love of the music and writings of Jimmy Buffett, the fellowship of other members and to further the charitable ideals that we seek to uphold. PHiP will not condone behavior contrary to our objectives nor that which we feel is harmful or injurious to others. Further, PHiP reserves the right to suspend or withdraw the privilege of attending MOTM of any club member in contravention of this code of conduct. By virtue of your registration and attendance you have indeed agreed to "Party with a Purpose" in a most responsible fashion!



PHCOEM Pop Top Drive for SHRINER's Continues

So Please Bring them to Our Events and Thirsty Thursdays!!! ❤️

Happy Birthday To You 🎵🎵🎵🎵🎵🎵 Happy Birthday To You 🎵🎵🎵🎵🎵🎵 Happy Birthday
 Dear PHCOEM Phlockers 🎵🎵🎵🎵🎵🎵 Happy Birthday To You ❤️🎵🎵🎵🎵🎵🎵 🎵🎵🎵🎵🎵🎵
 ❤️ ❤️ 🎵🎵🎵🎵🎵🎵 🎵🎵🎵🎵🎵🎵 🎵🎵🎵🎵🎵🎵 🎵🎵🎵🎵🎵🎵 🎵🎵🎵🎵🎵🎵 Wishing you an
 amazing new trip around the sun.. Have a PHCOEM Awesome Birthday!!! ❤️

July

- Gary Alteri 7/2
- Jan Kaseta 7/2
- Charlie Cambria 7/3
- Steph Tocchi 7/3
- Ernie Hessling 7/5
- Mike Schmid 7/7
- Rhonda Marnell 7/9
- Michelle Cormier 7/10
- Jodi Deldon 7/12
- Jean Duffill 7/13
- Bill Hatch 7/13
- Terry Potkay 7/15
- David Stasio 7/23
- Linda Alteri 7/29

August

- Jayne Murphy 8/1
- David Helems 8/4
- Chris Jakubiak 8/6
- TJ Jenkins 8/11
- Kendal Vail 8/16
- Steph McQueen 8/17
- Mike Petkewich 8/18
- Carol Needham 8/19
- Shannon West 8/24
- Dave Cutting 8/26
- Marcia Bixby 8/30
- Scott Kneeland 8/30
- JimDad Kenney 8/31

September

- Rick Swanson 9/1
- Mary Butkus 9/2
- Kitty Jones 9/5
- Owen Milliken 9/5 - "2"
- Linda Plonowski Bollea 9/6
- Trent Munger 9/7
- John Gibree 9/8
- Beth Monroe 9/10
- Kelly Connerton 9/11
- Marty Nahagian 9/12
- Terri Weissenberg 9/12
- Donna Bibaud 9/17
- Todd Helems 9/21
- Sunshine 9/23
- David Hooper 9/24
- Kat Kisich 9/24
- Kathy Werner 9/27
- Vinny Rinaldo 9/29
- Norma Hartwell 9/30

Wishing you an amazing new trip around the sun..
 Have a PHCOEM Awesome Birthday!!! ❤️

If you do not see your birthday listed and you are a member in good standing, please send info to Membership@phcoem.com

Please take a moment to fill out a Membership Information Form that can be found on our web site PHCOEM.com when renewing, joining, or to notify of any changes so we can have the most updated accurate information for you..we really do appreciate!

If there are any current members who have not yet received their club credentials for this year please contact me directly. We would like you to wear them at our events... It makes it easy for all attendees to know who we are especially at SOMA events. Please do take care of them as we will no longer be sending them out with renewals in the future in order to help keep club expenses down and dues low...they will only be replaced if lost. Thank You

We only Sail in Circles,
 Lyndi
 Membership Director

!! Upcoming Events !!

**Pan Mass Challenge Water Stop- August 5th- Location: Wrentham Development Center 303 Shear St
Wrentham MA. 8:00-11:00 AM**

Join us as we cheer for and manage traffic for hundreds of dedicated riders as they take a break at the Wrentham Water Stop en route to the finish line at Cape Cod. Social gathering to follow- Liz McCarthy's - brunch style - bring a chair to seat on and a dish to share.

Ambassador: Diane Xenelis

*******Don't forget to log any charity/volunteer work you may do that is not a Club-sponsored event on our website by clicking the PARROT HEADS WITHOUT BORDERS tab and completing the easy-to-use form.**

This is the chance to toot your own horns while feeling proud of the work you do for the benefit of others*****



From the Office of the Social Director Tiffany Davis



THE QUARTER IN REVIEW

Pholks had phun all over the place there were several Phlash Phlockings for all you can eat ribs at the Greenhouse, enjoying the BaHa Brothers at Plainville Casino, after every Volunteer event there was a quick social at a local establishment to enjoy food and libations. Keep up the great work all you Parrot Heads.

Upcoming PHUN

Sept exact date TBA - Public House Scarecrow contest again this year, let's try to take first place.

Oct 28, Nautical Whalers Halloween Party - we have 3 tables reserved for PHCoEM - 5 seats left - all others already reserved.

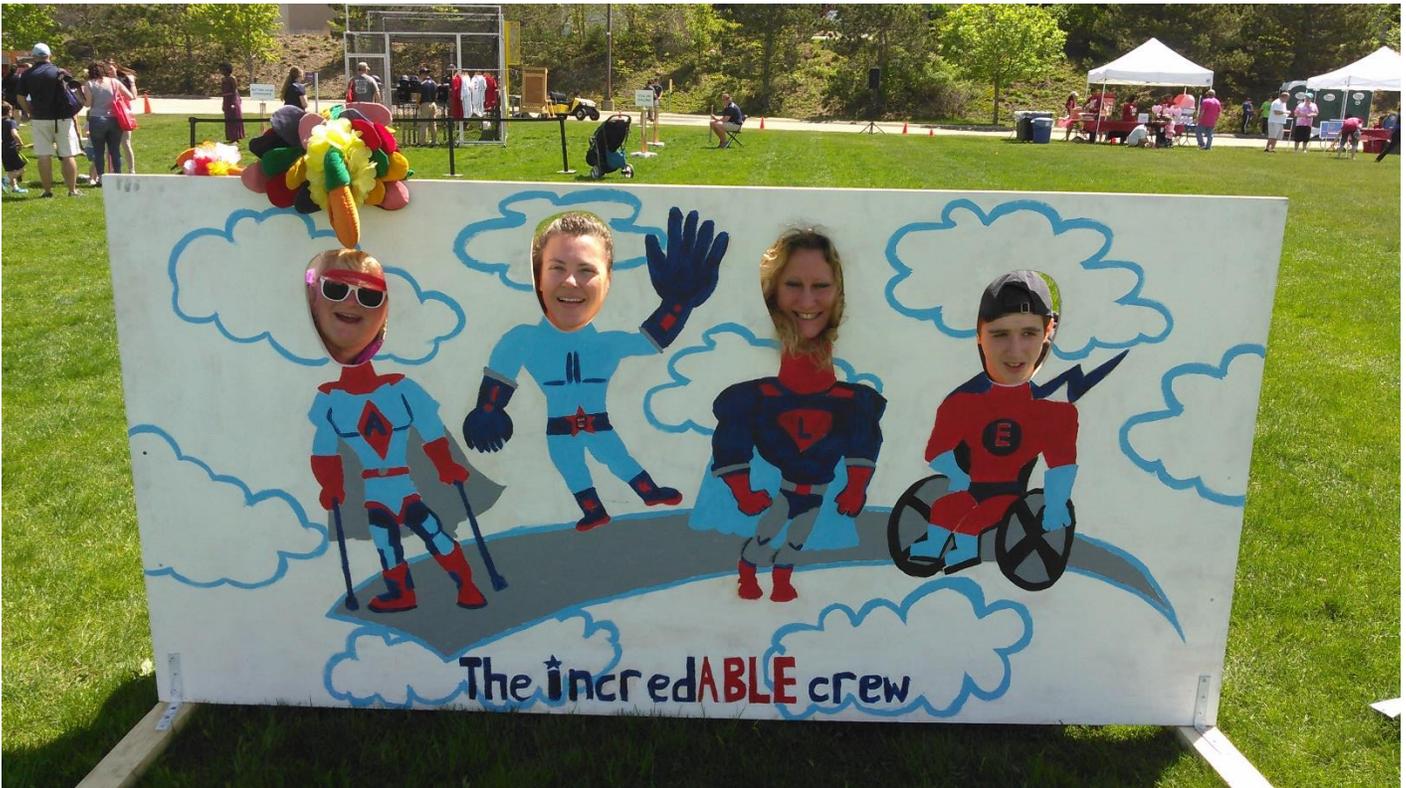
Looking into bus trip in 2018 to go to New York to see Jimmy Buffett play. Let me know if you are interested.

GUESS THAT PARROT HEAD

So our last quarter **Guess That Parrot Head** behind those **Foster Grants** if you guessed Aimlessly Wandering Richard you are correct.

There is no prize or anything, just a fun little thing that everyone can play along with. We will announce in the next quarter's newsletter who the photo was. So if anyone has a photo that doesn't completely define who the parrot head is that they have taken at any event, please forward to newsletter@phcoem.com please include who it is so that the following quarter we can include that information.

This quarter's entry **Who are those Super Heros.**



The Adventures of Finzer, Flyer, Limon and Phriends

By Mac

The wonderful adventures continue and the boys have found more new friends along the way. We start with some of our special Olympic events after the canoe race in Waltham which is always an adventure in itself. The Special O games are always one of the club favorites. The guys and I would like to thank everyone who showed up to cook, serve and clean at all these events. The Barnstable games had an awesome group of volunteers working tirelessly feeding the athletes coaches and some family members. We serve burgers and dogs but after we are done the food of choice for many is pizza! Including the critters.



The boys met some new cape friends in Barnstable the freaky Tikis.



We then found a new watering hole for some beverages snacks and some fun times. The drinks were cold the snacks were yummy the games were priceless!



The very next day was the HMEA walk in Franklin. We manned the water stop, beaded all the walkers, cheered loudly as they passed and had our usual pun times with lots of laughs! Then we went to one of our favorite stops in Mendon, the Greenhouse Pub.



The adventures we find ourselves getting involved in never cease to amaze me. I could go on and on but our next excellent trip was the Mohegan sun bus ride! We always have an outstanding crew that puts together some cool prizes and they did not disappoint again so thank you to Elena and sunshine for once again coming up with some awesome raffle prizes along with the thank you for coming and volunteering prizes. You guys definitely outdid yourselves this time. Here is one of the prizes the guys just loved hanging with and enjoying his company. We had a blast at the casino! Got some pizza for the ride home and had a pool party at the hotel!



The Special Olympic summer games is another of many club members' favorites. The Dr. Seuss theme party at BU track center was a bash! The music was awesome, the athletes were ready to go, and we all danced the night away! Thank you all for making it another dance to remember for all the athletes, coaches and families that attend. They all look so forward to the dance every year and once again we did not disappoint!! We even had Thing 1 and Thing 2 show up!



The next day we had the Bog Iron Brewing Company 0.0k road race! Yup that's right I said 0.0k we ran a lot out in all that heat! We deserved all the beverages we drank to stay hydrated! The Joe Andruzzi foundation along with 3 local breweries got together and put on one heck of a race!

The cup was there, the boys were in rare form as usual when they get together with Timon and the drinks were cold.



We stood firmly for charity yesterday! As it states on all our running bibs. We got a place in front of the stage, the DJ and the band and stood there for the race! We could also sit, lay down, cheer, grab a chair, stretch and catch some of the trinkets they were tossing out into the crowd! That was the race! Phew didn't really involve any running unless you wanted a cold drink from the tent.



We all got medals for running the race and some awesome photo ops and autographs. The best part of the day well there were many. The names of some of the teams were very creative, the Beer therapists, the Chug Norris team, Blood Sweat and Beers team, the Betty Ford Reunion team, we liked our team name and we will definitely be doing the Bog Iron Brew 0.0k race next year so put it on your calendar you will not want to miss it!



Besides look what showed up in my last beer!! Look closely!! Yup a shark fin!!



Great day! Awesome charity! At some point we all know or have met someone battling some type of cancer lets help fight it together! The boys have had some real fun the past few months and look for them out at an event near you soon! Take a selfie with them they won't bite, or at least say hello. Have a great day and remember it takes more muscles to frown than it does to smile!

FOOD GLORIOUS FOOD

Gluten Free Pineapple Upside-Down Cake

Preparation: 20 min Cook Time: 60 min Serves: 10

Ingredients

1/4 C butter, melted
1/2 C light brown sugar, packed
7 slices canned pineapple, drained - SAVE THE JUICE FOR THE CAKE!
18-20 maraschino cherries
1 and 2/3 C [[aflink u="http://www.whattheforkfoodblog.com/2015/01/05/white-rice-purpose-gluten-free-flour-blend/"](http://www.whattheforkfoodblog.com/2015/01/05/white-rice-purpose-gluten-free-flour-blend/)] gluten free all-purpose flour [[aflink](#)]
1 tsp xanthan gum
1/2 tsp baking powder
1/4 tsp baking soda
1/2 tsp fine sea salt
1/2 C butter, melted
3/4 C light brown sugar, packed
1/4 C granulated sugar
1 egg, room temperature
1/4 C vanilla yogurt, room temperature
1/2 C milk, room temperature
1/4 C pineapple juice (reserved from the canned pineapple)
1 Tbsp [[aflink u="http://www.whattheforkfoodblog.com/2014/11/24/homemade-vanilla-extract/"](http://www.whattheforkfoodblog.com/2014/11/24/homemade-vanilla-extract/)] pure vanilla extract [[aflink](#)]

Instructions

1. Preheat oven to 350 degrees.
2. Add 1/4 cup melted butter to a 9 inch pie plate and spread the butter around the bottom of the pie plate. Sprinkle 1/2 cup brown sugar over the melted butter. Arrange the pineapple slices on the bottom of the pie plate and place the cherries in the open spaces between slices and inside the holes.
3. In a medium bowl, sift and whisk together the flour, xanthan gum, baking powder, baking soda and salt.

**ANYONE WISHING TO SHARE INFORMATION WITHIN THIS NEWSLETTER – PLEASE
SEND YOUR ARTICLES TO PHCOEMNEWSLETTER@GMAIL.COM**

**For the printable version of the Club Calendar and other great articles and more information, please visit our
webpage www.phcoem.com. You can also get access to our Facebook page and Yahoo group through our website.**

REFERENCE LINKS to some great locations for more information.

National Chapter Parrot Heads in Paradise: www.phip.com

2016 NEPHC Convention: <http://www.newenglandphc.com/2017/>

Our Website PHCOEM.COM: www.phcoem.com