

# What's Up Phlock?



## The Arizona Parrot Head Club Newsletter

Hello Phlock!

**Q1 2020**

What strange days, indeed. I hope everyone is staying safe and healthy. I often try to find something positive to focus on when things aren't going swimmingly. Fortunately, the first quarter of this year was very positive!

Thanks to the team that worked the Rock N Roll Marathon under the leadership of Joanne Mangis, we started the year off with a \$300 grant from the racing agency. We split that money evenly between our Q1 Charity, Recreational Horizons, and our Walk To End Alzheimer's team.



**Our New Prez: Kathy Pfister!!!**

Combining that money with our 50/50 activity, we were able to give Recreational Horizons \$512. Thanks to Janet for selling those tickets!

Tammy Bauman was our go-to for collecting for PACC911 in the quarter. Your donations allowed us to give them \$220.25 in pet food and cash. They're certainly going to need that now. Thanks, Tammy, for collecting and delivering!

We found a really cool spot for phlockings in February - Marauders in Tempe. The owner is a big JB fan and was also the entertainment! He played lots of great tunes for us while we took over their patio. They have a good lineup of other musicians, too. I highly encourage you to visit once we can all gather outside again.

Tracy Kenison and Scott Holt hosted a fantastic Mardi Gras party at their home. Lots of great fun and great food!

I'm very happy we had our last hurrah, as it were, with the club picnic on March 14th. It was a beautiful day. Games and socializing and live music from Doug Kelley - what more could we have asked for? (Well, I could have won the 50/50, that would have been cool.)

The Board of Directors is going to meet via Zoom for our May BOD Meeting after canceling the April meeting. Board meetings are open to all club members so if you want to participate, please let me know.

We're all in this together, literally, so please be safe, be kind and be good to yourselves!

*Kathy*

## PACC911 Collection

by Queen

This first quarter, we collected pet food and money for PACC911's Chuck Waggin' Pet Food Pantry. The pantry assists low income families and the elderly with providing food for their pets, thus assuring pets can stay in the home rather than be turned in to a shelter or rescue.

Through this donation program and referral network, Chuck Waggin's Pet Food Pantry assists families in crisis by providing pet food to those who may not be able to afford it.



PACC911's program was founded in 2012. With our current situation with the Coronavirus, the need will undoubtedly increase as more people are out of work and find themselves living from paycheck to paycheck.

To find out more about this program or other programs that PACC911 offers, please check out their website: [pacc911.org](http://pacc911.org). They work with many rescue groups in the valley.

**Thank you to all who contributed!**



**Looking for something to do on a Wednesday or Saturday night?**

Well, Jimmy's got you covered until mid-May! Tune into [Radiomargaritaville.com](http://Radiomargaritaville.com) or [margaritaville.com](http://margaritaville.com) (you can also see it on YouTube...just search Cabin Fever Tour) at 5pm or 8pm to see a replay of one of his concerts! Enjoy!



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## Mardi Gras House Party!!!



Tracy and Scott hosted another phun house party to celebrate Mardi Gras! There was Gumbo, Etoufe and all kinds of deliciousness including beads for all and the crowning of the King and "Queen" of Mardi Gras!!!



King Cake...yum!



Music Man, Mike!



The King and "Queen"!



## Marathon!!!

In the wee hours of the morning on January 19, 2020, twelve members of the Arizona Parrot Head Club braved the cold and dark to gather for the Ironman Rock and Roll marathon water station event, that has become a yearly event. As requested, we were assigned Water Station 24 located at the Tempe Marina boat ramp which is mile 4 of the 10K race.



LET'S ROLL!!!



LET'S ROCK!!!

Everything (assembling boxes, table set-up, mixing the Gatorade, filling the cups, decorating the area, getting the music up and running) was going as planned until the morning wind picked up and some "rearranging" of and cups was needed. The clean up crew got their exercise that day running down and picking up cups that the wind was tossing about. Many of the runners were very appreciative of our music and the high energy level shown by our volunteers who urged on the runners/walkers with Atta Boys, "You're doing a great job", "Almost done" and promises of free tequila at the end of the race. Because of the club's participation in this volunteer event, the Ironman Foundation who sponsors the event, approved our application for a \$300 grant that will be shared with our first quarter 2020 charity, Recreational Horizons, and the Walk to End Alzheimers.



## Our Club Picnic



Getting our lunch fixins ready!!!

Another gorgeous day for a club picnic!  
We had a fabulous lunch with sandwich  
fixin's provided by the club and assorted  
yumminess provided by everyone else!

Kenny got to the park early and saved us an  
awesome spot for a variety of games and  
general good times!

Doug Kelley provided his awesome music as  
a nice backdrop to our phun day!



Our newest "Keet"!!!

Doug doing what he does best!



A good time  
was had by  
ALL!!!



# The Arizona Parrot Head Club Newsletter-Q1 2020

## FINANCIALS (as of March 2020)



Arizona Parrot Head Club Profit & Loss March 2020		
	Mar 20	Jan - Mar 20
<b>Income</b>		
Club Income/Contributions		
50/50 Raffles		
01 January	0.00	146.00
02 February	0.00	98.00
Total 50/50 Raffles	0.00	244.00
Events Income		
Masters Golf		
Golf	577.13	1,567.37
Golf Signs	0.00	71.78
Masters Golf Sponsor ship	0.00	484.96
Total Masters Golf	577.13	2,124.11
Total Events Income	577.13	2,124.11
Private Contributions		
Sam Rainwater/Suntronics	0.00	450.00
Total Private Contributions	0.00	450.00
Total Club Income/Contributions	577.13	2,818.11
Membership Dues	48.60	964.88
Total Income	625.73	3,782.99
<b>Expense</b>		
Club Operating Expenses		
PHiP Dues	0.00	209.00
Postage, Printing & Copying	87.00	87.00
Professional Fees	40.00	50.00
Website	0.00	276.00
Total Club Operating Expenses	127.00	622.00
Events		
March Picnic	36.87	36.87
Mardi Gras Party	0.00	70.00
Parrot Grande		
Advertising	0.00	625.00
Total Parrot Grande	0.00	625.00
Total Events	36.87	731.87
Total Expense	163.87	1,353.87
Net Income	461.86	2,429.12

Arizona Parrot Head Club Balance Sheet As of March 31, 2020	
	Mar 31, 20
<b>ASSETS</b>	
Current Assets	
Checking/Savings	
BMO Harris Checking	4,428.06
PayPal	680.03
Total Checking/Savings	5,108.09
Total Current Assets	5,108.09
<b>TOTAL ASSETS</b>	<b>5,108.09</b>
<b>LIABILITIES &amp; EQUITY</b>	
Equity	
Opening Balance Assets	-4,425.03
Opening Balance Equity	7,104.00
Net Income	2,429.12
Total Equity	5,108.09
<b>TOTAL LIABILITIES &amp; EQUITY</b>	<b>5,108.09</b>

**Welcome to our New Phlock Members!!!**

Debra Fisk  
Ben Fisk  
Byron Gillespie  
Beth Gillespie

Nick Brammer  
Kelly See  
David Barnett  
Dawn Barnett



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## Trips around the sun celebrated in Q1 2020:

### JANUARY

Tina Metzger	Jan-4
Vicki Sykes	Jan-16
Claudia LaClair	Jan-20
Tom Gilluly	Jan-21
Toni Soderman	Jan-26

### FEBRUARY

Deb Zinn	Feb-6
Pete Ferralli	Feb-17
Tom Tanton	Feb-18
Jim Poole	Feb-23
David Briant	Feb-24
Mette Rasmussen	Feb-26
Michael Williams	Feb-26
Karen Lyons	Feb-27

### MARCH

Louie Jandro	Mar-1
Kevin Andrews	Mar-2
Adam Lyons	Mar-7
Dianne Deimeke	Mar-8
Todd Dellatore	Mar-9
Carol Metivier	Mar-9
Denise Karp	Mar-10
Lori Matteson	Mar-10
Matt Zinn	Mar-10
Norene Norris	Mar-12
Stephen Karba	Mar-15
Sam Rainwater	Mar-18
Tommy Moss	Mar-19
Cindy Kelly	Mar-24
Mary O'Malley	Mar-31
Jeff Brown	Mar-31



## Trips around the sun yet to celebrate in Q2 2020:

### APRIL

Suzanne Ortgiesen	Apr-1
Tammy Bauman	Apr-2
Rick Metivier	Apr-20
John Newman	Apr-24
Jon Edwards	Apr-27
Mike McMahon	Apr-29

### MAY

Kathy Pfister	May-3
Chris Roth	May-9
Roger Shive	May-11
Scott Holt	May-14
Rosanne Raichl	May-19

### JUNE

Ted Sadlowski	Jun-2
Larry Karp	Jun-5
Elizabeth Rainwater	Jun-11
Charlie Sykes	Jun-12
Ron Anton	Jun-19
Michael Bauman	Jun-24
Shanna Ramsey	Jun-30



## Things to do while quarantined...

by Kathy

Whether you're working from home or not, being restricted to physical and social distancing can leave you wondering what to do with yourself. One can only re-organize a closet so many times. And, let's face it, sitting in front of the TV for hours on end isn't the healthiest of plans. So, the following is a collection of activities you may consider to not only fill your time, but, possibly save your sanity.

In our current environment, Google is your friend. Amazon, because of their current shipping priorities, not so much. If your default shopping method is Amazon, you may have to get creative. Oh, and not all of these ideas require an outlay of money so there's that.

### Video Conferencing

Video conferencing can connect to your friends across the country, across the city and even next door. It can be one-on-one or a huge group participating. Some services to consider are Zoom, Facebook Messenger, Skype, Houseparty, Microsoft Teams, Facetime and whatever the Android version is of that and Marco Polo. Google is your friend here if you're not into those options - there are more out there!

### Soak Up Some Rays

Natural Vitamin D is super good for you! Enjoy your morning coffee or evening cocktail outside in your yard or patio. Heck, eat your meals outside. Enjoying natural light will help you feel better and sleep better. And, ward off rickets.

### Get Your Culture On

Want to tour some of the world's finest museums? Bonus is there's no chance for pesky tourists to block your view of the exhibits. Check out [Google Arts & Culture](#). Another bonus is if you have a Smart TV - imagine how great the art will look on your big screen! Also, google your favorite local museum. They might have some footage set up for viewing.

### Move It, Move It, Move It!

Waking, hiking, biking and running outside is fine as long as you can maintain physical distance. Unfortunately, that leaves out some parks and trails as they're saturated right now. But, you can get some Yoga routines from [Down Dog](#) for free until May 1. Also, check out [Beach Body and Beyond](#) for their activities.

Need something to track your journey? There are a lot of apps out there including Map My Walk, Map My Run, Map My Ride, Endomondo, RunGo, Runkeeper, Strava. Also, many phones have their own apps. And, there's always the ubiquitous Fitbit. Also, many of these apps let you share data with friends so you can help keep each other accountable.

Bonus - vitamin D opportunity!

## MORE Things to do while quarantined...

### Reading is Fundamental

Many libraries are physically closed but online services are available. If you haven't used it yet, go to your library's website and get the details. Don't have a library account (you may be able to get a temporary one)? This is one area where Amazon is your friend with their Kindle service. You can purchase electronic books or sign up for Kindle Unlimited where you can get a ton of material without paying for each item for one monthly fee. There's also a free service at [Internet Archive](#) that has books, movies and more. Not into the actual reading part of reading - try out a book on tape!

### Continuing Education

Learning is always good! [Udemy](#) has a plethora of courses from professional development to photography. They're almost always running a good sale, too. [MasterClass](#) has a wide range of classes with some very famous instructors.

Want something a bit more passive but still chock full of info? [TED Talks](#) has over 3,000 presentations in its library. Don't forget about [Podcasts](#) as well.

Maybe it's time to learn a new language? [Duolingo](#) has over 30 languages and it only takes a couple minutes a day to develop your skill. And, it's free! [Rosetta Stone](#) will charge you some dough but they're offering a discount.

### Get Crafty

There's something rewarding about making something with your very own hands. Might be time to dust off the old sewing machine or dig out the needles (knitting, embroidery, etc) and make something for your cat or dog to wear.

Some other ideas - rock painting, acrylic or watercolor painting, painting by numbers, mosaic tile creation, miniature room building, Lego kit assembly, sketching, writing, model building, sidewalk chalk creating, terrarium building, etc. Hey, remember macrame? How fun would it be to make a plant hanger?

This is one area where Amazon isn't your go-to for supplies. Check out craft or department stores. Some will let you pick up at the store. Google is again your best friend, though, as it will supply you with lots of purchasing options.

### Gaming

We're talking beyond online RPG games. If you're fortunate to have a companion in lockdown, break out the old board, dice and card games. When's the last time you played Yahtzee or Cribbage? There are also many online/app versions where you can play with others.

Home alone but have a deck of cards? Learn a new way to play [Solitaire](#).

Don't forget about utilizing the great outdoors. Cornhole (bags), croquet, badminton, HORSE, and lawn darts are all options. Just be sure to play with your quarantine mates only.

You can guess what's next - Google is your friend to finding more of these diversions.

### Be Safe And Stay Healthy

Try some of these out or explore your own ideas. Who knows? You might pick up a new lifelong passion.



# The Arizona Parrot Head Club Newsletter-Q1 2020

## Your 2020 Board of Directors

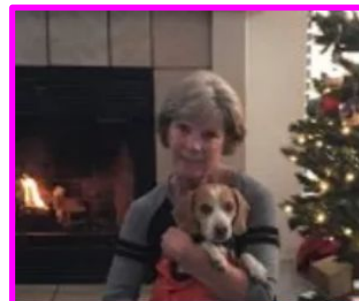
Prez: Kathy Pfister  
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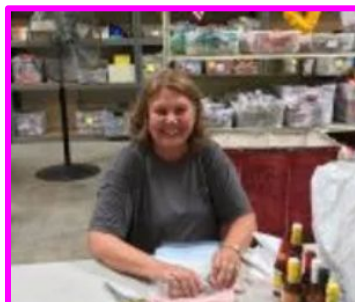
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Member at Large:  
Denise Karp  
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**Make sure to check out the weekly email updates from the Prez for anything PHUN going on with our Phlock! Stay safe all!!!**