

QUOTA FLASH

Quota International of Waterloo

Quick Bits

Spring Meeting Schedule

Tuesday, March 24, 2015
Elks Club

Program
Brunch Preparation

Tuesday, April 28, 2015
Elks Club

Program
Year-End Reports
Installation of Officers

Tuesday, May 26, 2015
Elks Club

Program
Meg Heatly
Skin Cancer

Special Thanks

Thank you to **Sally Timmer** for the informative and insightful presentation about Alzheimer’s Disease at our meeting this evening. We appreciate your helping us understand this fearful and puzzling disease.

February Birthdays

- Kim Foth (2/3)
- Mary Twaites (2/6)
- Angela Miller (2/16)
- Dolly Maier (2/20)
- Danyelle Potter (2/22)
- Mary Sandberg (2/24)

Happy Birthday!

President’s Message

February has sure passed quickly. I will be happy when the temperatures get back into the 30s! I know we have had an easy winter, but I am ready for some green instead of white on the lawns! Thanks to everyone’s willingness to share favorite recipes, the Cookbook Committee is currently working to finalize and proof “Volume II” of our new club cookbook. Soon it will be sent to the printer so that it will be back in plenty of time to sell at The Brunch. We are appreciative of the committee putting in several hours to reach their goals. I’ve often heard them exclaim “Oh, I want to try that recipe!” as they read through your submissions. They are excited to report that in just a short while, a really good thing will be coming your way! Yum! Yum!



Be sure to check out our Facebook page to see which Quotarians worked at the Northeast Iowa Food Bank in February. It was a busy night as there were more bags than usual to fill due to the cancellations of some of the work nights during early February. Thank you Danyelle for posting the pictures. Kudos also to the Quotarians who were able to bake a casserole for the Catholic Worker House on Valentine’s Day. Again, you can check out Gail Carter’s picture on Facebook delivering 17 casseroles on that cold and windy day!

A reminder that our **67th Annual Quota Brunch** is approaching and everyone is expected to help with the set-up on Saturday, April 18th and with serving on Sunday, April 19th. Don’t forget to bring your completed pastry sheet to the March meeting for Marcy Hartleip and her committee. We need all Quotarians’ support to make this a successful event each year! April will be a busy month also with the **Inaugural Meeting of Quota Region 3** to be held on April 24-26, 2015 in Clear Lake. Attending this meeting will introduce you to Quota members from several other clubs in Iowa, as well as members from Illinois, Minnesota, Missouri, North Dakota and Wisconsin. You have received some information via email about the activities planned for this meeting. Read more about the Region 3 meeting on page 4. Hope to see many of you in Clear Lake!

— Sandy Lawry

Announcements

Brunch Committee Update

It is time to start thinking about pastries for our annual brunch on April 19th. Be sure to carefully read and complete a **Quota Pastry Sheet** to help the committee determine the amount of donated food items that will be coming in for serving with the meal that day.

All Quotarians are expected to bake or donate \$20. Remember, our reputation is that all pastries are homemade, not store bought.

Please return the Pastry form to me at or before the March meeting. There are hard copies available at the meeting this evening or print off a copy from the email attachment sent last week. Danyelle will be collecting all monetary donations.

Seven members of the Brunch Committee have volunteered to do some additional baking for the bake sale table. Remember, this is separate from the pastries. Questions about this sale will be referred to Danyelle. Thanks!

— Marcy Hartleip

Appreciation

Thank you to the generous members who donated casseroles to the Catholic Worker House project on February 14, 2015!

Vicki Atkins	Barb Burns
Linda Butler	Gail Carter
Vicki Grimes	Eileen Gunderson
Pat Hagerstrom	Jill Harlan
Cheri Harmsen	Sandy Lawry
Chris Lorenz	Linda Nielsen
Teresa Sterrett	Mary Twaites

March Birthdays

Jean Caughron (3/6)
Jo Moon (3/9)
Kathy Buzynski (3/14)
Robin Engelking (3/24)

Quota Cares with Casserole Contributions to Catholic Worker House



With cold hands but warm hearts, Chris Lorenz and Gail Carter load up the donated casseroles at Kimball Ridge preparing for delivery on Valentine's Day.

A casserole collection to benefit the Catholic Worker House was done on February 14th to feed homeless folks. This was another great opportunity to affect the lives of some of the poorest people in our community. Quota is happy to have donated 17 casseroles in this most recent delivery. It is easy to get involved with this service project. Donors put their casseroles in a 9x13 (or bigger) disposable foil pan. Freeze it...cover it. On the top, a label is placed stating what kind of casserole it is and specific baking instructions. A time and place is announced for the drop off of casseroles (usually at the front door of the Kimball Ridge Center) and then delivered by a Quota volunteer.

Gail receives some helping hands with unloading and delivery at the Worker House, located at 321 E. 8th St. in Waterloo.



Quotarians in the News: Committees Continue to Work Their Magic



Quota members who worked at the Northeast Iowa Food Bank on February 11th are pictured above (left to right): Sandy Lawry, Linda Woock, Joyce Kammeyer, Oletha O'Donnell, Pat Hagerstrom, Vicki Grimes, Danyelle Potter, and Eileen Gunderson.



Mary Twaites and Eileen Gunderson receiving a \$5,000 award from the Community Foundation at the Waterloo Center for the Arts on January 28th for support of Cops N Kids.

Mary Twaites gave a brief and pointed explanation of what the *Cops N Kids Literacy Project* will do with the Community Foundation grant money. There were 38 community groups who were awarded grants. This meeting was most informative as Quota supports many of the groups who received grants. Please try and put this event on your calendar for next year. It truly makes you feel proud to be a Quotarian!

2014 Nut Sales Rock Over the Top!!!

Our club made a profit of over \$18,000 this year!
Top seller was Chris Lorenz at \$7,806.
Mary Sandberg sold \$4,854.
Monica Haag sold \$4,422.

Nut sales at Covenant and Sartori were over \$5,600. A big thank you to Eileen Gunderson for all her work keeping track of sales and money as well as bagging those nuts!

OUTSTANDING WORK EVERYONE!!!

Cookbook Committee: Here's What's Cooking

The cookbook committee has moved into the last steps of the submitting process with G & R Publishing. A review and edit of a final "hard copy draft" was completed on February 23rd with notes of needed changes determined by the committee. After resubmission, G & R will make the changes and the cookbook will go to print! The new Quota cookbook will have a total of **342 recipes from 31 of our members**. The committee anticipates receiving our order of 500 cookbooks by March 24th, the date of our next monthly meeting. All members will receive an email when the order arrives and be provided details for purchasing the cookbook. Our customers are asking and it won't be long now!



Linda Woock and Ann Tippett savor the moment as they submit the final draft of our new cookbook... *Spice Up Your Life With A Dash of Quota, Volume II*. Coming soon to your kitchens!

Celebrate New Beginnings at Inaugural Meeting of Quota Region 3

April 24-26, 2015 at Clear Lake, Iowa Best Western

Plan to join Quota International President Karen Murphy and fellow club members from Illinois, Iowa, Minnesota, Missouri, North Dakota, and Wisconsin for a weekend of fun, fellowship, and information geared to help you *personally, professionally, and within your Club!*

Be part of the discussion on Quota’s future for your Club, the new Region 3, and the international organization. We will be deciding 3 important issues at this meeting: 1) The dues for the upcoming year. 2) The location of the 2016 meeting. 3) Naming the Regional Nominating Committee for 2016.

Renew old friendships and make new friends. This casual “retreat” combines interactive sessions (designed to be full of new information!) with relaxing time to shop and explore the picturesque community of Clear Lake, Iowa.

Enjoy the historic Surf Ballroom (location of the final concert for Buddy Holly, Ritchie Valens, and the Big Bopper) with a 1950’s dress-up Saturday evening.

Register NOW! Registration covers all meals (i.e., Friday evening/Saturday breakfast-lunch-dinner/ Sunday brunch) and some fun surprises.

You have received the registration form via email but if you need it again, please let Sandy Lawry know. There will be a 50’s event on Saturday night so if you are like me and you were just a baby during the 50s, now is our chance to wear a poodle skirt! Hope to see many of you in Clear Lake!

FEBRUARY is American Heart Month.

Celebrate by remembering these simple tips for a healthy heart:

1. Check your blood pressure and know your numbers.
2. Have your cholesterol checked.
3. Exercise! The American Heart Association recommends 30-60 minutes of moderate activity 5-7 days per week.
4. Eat right! Whole grains, fruits, and vegetables are essential for a well-balanced diet.
5. If you have a family history of cardiac problems, please consult with your provider for a proper referral to Cardiology.

Wishing you good health! Happy Valentine’s Day!

We Care

Quota Friendship

We Share

Eileen Gunderson’s mother, Carla Brasch, passed away recently. Many of you knew Carla from Eileen’s years in Quota. Please keep Eileen and her family in your thoughts and prayers.

Marsha Stroh’s brother-in-law, Ron Gavle from Waukon, passed away very suddenly on February 12th following a head injury after falling on the ice. Marsha asks for prayers for her sister and family.

The BRUNCH will be held on Sunday, April 19th. The theme is “Bloom and Grow with Quota”. Deanna is again asking members to donate silverware they are not using so we don’t need to use any of the UAW’s. We currently own approximately 300 pieces but could use 100 more.