



# November/December Par-Troy Patter 2022

[Womansclubofpth@gmail.com](mailto:Womansclubofpth@gmail.com)  
[www.parsippanywomansclub.org](http://www.parsippanywomansclub.org)



"Love, Loyalty & Friendship-the bonds of Volunteering" Shirley Holly, NJSFWC, President

## A message from Our Club Presidents

*While everyone is busy with the Holidays upon us, we leave some of our thoughts to our club's report writing. As mentioned before, on December 14<sup>th</sup> at 7:00pm, in the Community Room, at the Police Station, there will be a report writing workshop. What does this mean? Well, we call it a workshop, but it is really the department chairmen working together compiling what we did all year. This is a bit confusing because the club's fiscal year is from July 1<sup>st</sup> to June 30<sup>th</sup> (Bylaw Officers Section 3e) and the state reporting is January 1<sup>st</sup> to December 31<sup>st</sup>.*

*Department chairmen will be asking and/or sharing questions pertaining to what the NJSFWC forms are seeking. Any member can join us to see the proceedings and to participate in the discussions. Come prepared with Federation meetings you attended, or projects worked on. What a great learning experience for all of us. Please let either co-presidents know, only if you will be attending this workshop. So far, we have MaryAnn, Susan, Cathy H, Janice, Ivy, Joan, Betty, Jennifer and Ginny. Bring a copy of your department's report form. This can be found on [NJSFWC.net/materials/forms](http://NJSFWC.net/materials/forms).*

*We hope you signed up for the ZOOM January 14<sup>th</sup> Highlands District Council meeting. If not, there is still time to contact Joan to get your name on the attendee list. This is usually a very informative meeting.*

*We wish everyone a Happy, Healthy Holiday Season*

*Thank you,  
The Marilyn's*



Highland District: NJSFWC of GFWC: [www.gfwc.org-njsfwc.org](http://www.gfwc.org-njsfwc.org)



### **Federation Secretary: Joan Garbarino**

The next big event to kick-off 2023 for the Federation will be the Highlands District Council Meeting on **January 11, 2023**. As stated in the email sent out, this will be a Zoom meeting. This is a great way to see what happens at a District Council Meeting if you've never been before, from the comfort of your home!

You can find out a lot about what's happening in the New Jersey State Federation of Women's Clubs by going to the website at [NJSFWC.org](http://NJSFWC.org). Look under the Materials tab to find a wealth of information. You can also subscribe to the weekly newsletter "E-CONNECTON" which comes every Wednesday to your inbox and receive a summary of upcoming events and other news. If anyone would like more information, please reach out – I would be more than happy to walk you through the site and answer any questions you may have.

I have forms to join the 1894 Society that I can get to you, or I can also email you a copy of the form if you prefer. Remember the money raised here goes to help pay the rent for the Headquarters Building in New Brunswick.

I hope everyone had a Happy Thanksgiving and I wish you all a very Joyous Holiday Season and a very Happy, Healthy New Year!



### **Spelling Bee by: First Co-Vice Presidents Ways & Means Lois Preis Weis & Mary Ann Coyne**

Progress for our Spelling Bee is in full swing. Mark your calendar and join us for a delightful event featuring Fifth Grade Contestants on **Friday, January 13, 2023 at 6:30pm** (Snow date – **Friday, January 20, 2023**) at Parsippany Hills High School Auditorium.



### **Spelling Bee by: Mary Ann Coyne**

Please join Club members and Fifth Grade Contestants for our annual Spelling Bee event. It's refreshing to see that the spelling of words can be done without the use of "Spell Check"! Come and cheer the students on at this fun event. **Friday, January 13, 2023 at 6:30pm** (Snow date – **Friday, January 20, 2023**) at Parsippany Hills High School Auditorium.



### **Environment – Janet Reilly**

I was able to mail to Zappos Go Green, two large boxes of denim/jeans from the collection of our club. This is an ongoing project, so any more contributions are still welcome. Thank you for your support.



### **Literature -Janet Reilly**

Our next meeting is our Holiday Luncheon to be determined. Bring your current book, *The Giver of Stars* by Jojo Moyes to discuss. Happy reading.



### **JBWS: Terry Gerber & Teri Wohld**

JBWS was very appreciative of the recent drop-off of items collected at the meeting in October. The candy molds and Christmas cards were the top stars. But they are always in need day to day.

Our presidents have indicated that there are some funds available from grants received in the prior year. I am waiting to hear from my contact person at JBWS as to what she would like to receive.



### **Holiday Stockings: Terry Gerber, Teri Wohld, Ronnie Fagan**

The final delivery to headquarters of the remaining stockings was October 25, 2022. We collected 152 stockings for our service men and women.

Thank you all for your generous contributions to this worthy cause.



### **Special State Project – Emmanuel Cancer Foundation: Cathy Haney**

To the State Fall Conference in October, I brought our Club's contribution to the Food and Grocery Collection for ECF. We donated 250 items for a total value of \$486.

Our Bunco game night with the Denville/Rockaway Club on November 7th was a great success. A lovely time was had by all, especially by those who won prizes. The two clubs split the proceeds, yielding \$155 for each club to use to support ECF. Later, one of our members donated \$10, so we had \$165. This money is being used to purchase items to fill six Hospital Comfort Bags for teenage girls.



### **Education & Library Chairman: Betty Lagitch**

Library: Donations were made to the Children's & Teens Libraries of Parsippany & Lake Hiawatha. Two Telescopes were purchased and presented to the Children's Library. The children love them! The Teen Libraries will use the monies to purchase books and prizes for the summer reading program. Last year over 1,000 students participated.

### **GCI Girls' Career Institute: Betty Lagitch**

Calling All Junior Girls! June 5th-8th 2023  
Girls' Career Institute is a 4-day mini-college and career experience for Junior girls finishing their Junior year from our high schools. The 4 day program affords a unique experience with a taste of college life. They live in a dorm at Douglass Residential College Campus at Rutgers University. Educational seminars and non-seminar activities included (zumba, & service projects). If you know a girl who may be undecided about going to college or plans on attending college, this program is for them.  
Send me their contact information and I'll contact them about the program and who to contact at their high school.

### **Operation Jersey Cares: Betty Lagitch**

Cards for Soldiers Children at both branches of the Libraries participated in making cards for the soldiers' over-seas, for Veterans Day. So many creative children in their drawings and letters to the soldiers "To Stay Safe". We know the soldiers greatly appreciate them.

### **Candy Cookie Cards Project - Lois Preis White**

Another year is in the books for a Club favorite, Candy Cookie. You baked an amazing number of cookies. All cookies looked delicious (of course we did not do a taste test). You packed them in the coffee cans collected and decorated. You boxed them up for 3 local nursing homes and the Knoll community center. We added packets of holiday cards collected to the boxes of cookie cans. WOW!!!

I would like to say thank you to all members participating last evening, whether for your cookies and/or your work on the packing line. A special thank you goes out to Betty for her amazing organization of the event. We could not have completed this task so quickly and efficiently without you. I am certain that the residents of the homes will enjoy some home baking. Thank you everyone.

### **Health & Wellness: Esther Rucci**

**Vitamin C.** Ascorbic acid (vitamin C) is used to prevent or treat low levels of vitamin C in people who do not get enough of the vitamin from their diets. Most people who eat a normal diet do not need extra ascorbic acid. Low levels of vitamin C can result in a condition called scurvy. Scurvy may cause symptoms such as rash, muscle weakness, joint pain, tiredness, or tooth loss. Vitamin C plays an important role in the body. It is needed to maintain the health of skin, cartilage, teeth, bone, and blood vessels. It is also used to protect your body's cells from damage. It is known as an antioxidant and it also helps your body absorb iron.

#### **What foods provide vitamin C?**

Fruits and vegetables are the best sources of vitamin C. You can get recommended amounts of vitamin C by eating a variety of foods including the following:

Citrus fruits (such as oranges and grapefruit) and their juices, as well as red and green pepper and kiwifruit, which have a lot of vitamin C.

Other fruits and vegetables—such as broccoli, strawberries, cantaloupe, baked potatoes, and tomatoes—which also have vitamin C.

Some foods and beverages that are fortified with vitamin C. To find out if vitamin C has been added to a food product, check the product labels.

The vitamin C content of food may be reduced by prolonged storage and by cooking. Steaming or microwaving may lessen cooking losses. Fortunately, many of the best food sources of vitamin C, such as fruits and vegetables, are usually eaten raw. Remember, for most people, a healthy diet provides enough vitamin C.

Vitamins that are not stored in the body are easily excreted. They must, therefore, be consumed regularly as foods or supplements to maintain health.

But remember too much of a good thing might have side-effects. Too much of vitamin C supplements can cause iron overload by taking more than the maximum limit of 2,000mg/day for vitamin C. It is not life-threatening, but you may experience side effects like:

abdominal pain  
cramps  
diarrhea  
headaches  
nausea (and possible vomiting)  
sleeping problems

\*Recommended dosage for women is 70 mg/day and men 90mg/day.



### Treasurer: Susan Byrne

NJSFWC hosted a Treasurer's Workshop in November that I attended with Marilyn M. and Marilyn Z. The workshop was very informative and another workshop will be scheduled with the state representative from Legalized Games of Change Control Commission to discuss raffle licenses and reporting.

Did You Know – The most important legal protection the club can have is to be incorporated. If anyone attending a meeting or an event sponsored by the club is injured and the club is sued, only the assets of the club are involved if the club is incorporated. If the club is sued and is not incorporated in the state of NJ, the personal assets of each and every member are in danger. While most of our members have no wish to sue the club, their insurance company may compel them to sue if an injury has occurred. WCPH is incorporated.

**AmazonSmile** is a simple way for you to support your favorite charitable organization every time you shop, at no cost to you. AmazonSmile will donate 0.5% of your eligible purchases to the charitable organization of your choice. To shop at AmazonSmile, simply go to <https://smile.amazon.com/> and use your current login. Select Woman's Club of Parsippany-Troy Hills. As of September 2022, WCPH has received \$416.28.

### Civic Engagement and Outreach: Susan Byrne

The Support Our Troops Troopons program enhances the well-being of overseas and domestic military families by sending them food, non-food, baby and pet manufacturer coupons to make their hard-earned dollars go farther. The next mailing of coupons will be in early **March 2023**. Only manufacturer's coupons dated **December 20<sup>th</sup>** or later will be collected. Please sort your clipped coupons into food, non-food, baby and pet for our active military folks both here and abroad.

**Remember the Fallen...**HONOR those who Serve...TEACH our children the value of Freedom.

On **December 17, 2022 at 12:00pm**, Wreaths Across America will be at Denville Cemetery to Remember and Honor our veterans through the laying of Remembrance wreaths on the graves of our country's fallen heroes and the act of saying the name of each and very veteran aloud.

Please consider attending this ceremony with your friends and family. Denville Cemetery is located at 9 Savage Road in Denville.

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### Historian Scrapbook: Janice Carrubba and Esther Rucci

Our 2022 scrapbook is almost completed. We are hoping to put the finishing touches on it in the beginning of January so we can bring it to our January 23rd meeting for all to see.

Thank you to all who have helped putting this book together either by taking photos, coming to croppings, supplying materials, etc, we really appreciate it. A big thank you to the ladies that came out on November 15<sup>th</sup> in the pouring rain and freezing cold. I know we all wanted to be home in our PJ's but you ladies did a great job completing nine pages.

Wishing you all a very Happy and Healthy Holiday season.

### Second VP: Janice Carrubba & Ginny Scala

What a wonderful meeting we had in November. We are growing by leaps and bounds. Four ladies were installed at the meeting. We are happy to announce that Theresa Higgins, Sandra Neglia, Adrienne Satch and Karen Savis are now part of our club. Welcome ladies! Let's all remember to wear our name pins so we all get to know one another by name.

We also had two prospective members join us. We hope they saw how much fun we had filling cans with cookies for local nursing homes, that they will attend our next meeting, **January 23, 2023** to learn more about us and what we do throughout the year.

Wishing everyone a wonderful Holiday Season and a Happy New Year!

### NSFWC Highlands District Day of Service: Joan Garbarino

The NJSFWC Highlands District Day of Service will be held on Martin Luther King Day, **January 16, 2023**, from 10am until noon at the Lake Parsippany Rescue & Recovery Building at 100 Centerton Drive Parsippany, NJ. (Where our monthly General Meetings are held).

We will be looking for the clubs in the Highlands District to sort & pack meal kits in 2.5 gallon, Ziploc bags which will be donated to the Community Food Bank. We will be packing 4 different meal kits (College Meal, Dinner-In-A-Bag, Healthy Lifestyle and Snow Day Meal). An email will be sent with the specific items wanted for each meal kit, in addition to sign-up information.

### Second VP Membership: Janice Carrubba & Ginny Scala co-chair

We had another full meeting again in October. We installed 2 new members into our club. Let us all welcome Diana Craig and Pamela Newman. Some of us are forgetting to wear name pins to meetings. Let us help our new members get to know us by name by wearing our pins. Happy Thanksgiving!



## Ways and Means Mary Ann Coyne & Lois Preis White

### November

The David's Cookie and Cheesecake orders were delivered on Saturday, November 19<sup>th</sup> and now it's time to bake-bake-bake. Meadow Farms orders are being shipped out during November and December. Our Fall Fundraiser was a huge success; our proceeds were \$1061.40! Thank you for helping our Club achieve this goal. November Cash For Causes netted us a profit of \$262.50. Remember, there will not be a Cash For Causes event in December. Lastly, our Fall Kohl's Fundraiser was very successful; our profit was \$115. As you can see this month was very successful for the PTHWC.

### December

**Ho-Ho-Ho!** Pre-purchase Hershey Park Group Fundraiser is an event the will be talked about in January. The members will be asked if they would be interested in participating in this event. More information will be shared in January. May you be blessed with happy times and warm memories during this holiday season.





WCPTH  
Membership Installation  
November 28, 2022



(Janice C.) Sandra Neglia, Terry Higgins, Adrienne Satch, Karen Savis (Ginny S.)



# Our Solar System



Thank you to the Woman's Club of Parsippany Troy-Hills for the donation of the Gskyer Telescopes  
And their generous monetary donation for the Parsippany and Lake Hiawatha Children's and Teen Dept.



Gskyer Telescope





Pictures from State Fall Conference October 24, 2022  
Joan G, Marilyn M. Cathy H, Betty Lagitch and Janet Reily



Club presented flowers to Barbara Krajkowski at the Nov 1<sup>st</sup>  
Town Hall Meeting in honor of her retirement.





**Installation of 2 new members on Oct 24<sup>th</sup>. In the middle (blue) Diana Craig in the Red Pamela Newman. Far left Janice C. & far Right Ginny S. membership chairmen.**



**Marilyn M, Lee M, Marilyn Z delivered handmade shawls for the residents at The Country Home.**



**Our Italian international Dinner on October 27<sup>th</sup> at the Village Inn in Morris Plains**







**Volunteering in the Community since 1954**

**Woman's Club of Parsippany Troy Hills**

**Volunteers in Action!**

The Annual Truck or Treat was held at the Veteran's Park in Parsippany October 31, 2022



Marilyn Marion and Janet Reilly with a stranger in their truck.





**Cookies, Cookies and More Cookies baked, packed and ready to go to  
The Firemen's Home on November 30<sup>th</sup> and several others.**



**Squish-Mallow Pillows for the older girls at the Emanuel Cancer Foundation event on December 11, 2022**



**WCPTH donated 83 new pajamas to be delivered to the Morris County Head Start Program in Parsippany**



**The ladies from the WCPTH Bernadette C, Cathy H, Lois Preis, Betty Lagitch, helped with packaging the comfort bags for the older girls at the Emanuel Cancer Center with Squish-Mallow pillows (girls favorite), coloring book, color pencils, word search book, zippered case, a pair of color socks. The zip-case filled with lip balm, hand cream, pen, pencils, small notebook and a mirror.**



The WCPH attended the holiday tour of  
The Federation Headquarters open house in New Brunswick NJ



Our two Lovely Co-Presidents Marilyn M and Marilyn Z





# Christmas Wreath Making at Cerbo's





## *November Birthdays*

## *December Birthdays*

Marilyn Marion 3

Cathy Cerbo 9th

Beverly Frischer- 8

Adelaide Richardson-16

Karen Phelps- 20

Lee Maddocks-18

Evelyn DeCastro- 29

Bernadette Cicchino-26

### Winner of the Dark Horse



October- Marilyn Zarzycki



November-Terri Wohld

Patter By:  
**Esther Rucci**