



April 2023
Par-Troy Patter

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www.parsippanywomansclub.org



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

A message from our Club Presidents,
Marilyn Zarzycki & Marilyn Marion

Spring is in the air! Longer days, warm weather is on the way. Spring means different things for different people. While we all are looking forward to the beautiful spring flowers and the lazy, hazy days of summer, spring to club women across the state means preparing for Spring Conference/Achievement days and the NJSFWC Convention starting May first in Atlantic City. Then in May some clubs have a turnover of officers and new club planning begins. May means club members across the state are preparing to march in their towns Memorial Day Parade.

We can push forward to the Club's Salad Supper. This year it will be held on June 12 in the R&R building. Jennifer Biondo, our Hostess chairman will be contacting everyone asking what they can bring. In the past we were always amazed on the types of salads everyone makes. Jennifer will be coordinating the meal for this event. We hope to have our scholarship winners and GCI students joining us. We hope you will be able to join us.

May 15th is the Full Executive Board meeting. This includes the Executive board members, Department Chairman, Standing Committing and Special Committee Chairmen. At this meeting the executive board members will hear about the plans for the coming year from each chairman.

We hope everyone has signed up to help sell raffles at local stores. If you haven't yet, please contact Betty Lagitch to find a day that will be best for you. The Tricky Tray Committee has been at work for a few months already. This is the biggest fundraiser for our club and requires everyone's participation. Your calendars should be marked for July 11, 2023. If you have any questions, please contact Tricky Tray Chairmen, Cathy Haney or Marilyn Zarzycki. Happy days! The Marilyn's

Dear club members, there have been some corrections to the May and June calendars that are printed in our club's yearbook. Sorry for any inconvenience this may have caused.

May 2023

1-3 NJSFWC Convention-Hard Rock Hotel in Atlantic City

15 - Full Board Meeting 7:00PM Community room, Parsippany Police Station (this meeting including's Department Chairmen, Standing and Special committee chairmen who will give their club year-end report) to the board.

16 - Literature Field Trip & Lunch

21 - GCI Reception, Roxbury Community Center Succasunna

29 - Memorial Day Parade

June 2023

12- General meeting, Salad Supper (with GCI and Scholarship recipients) 6:30 R&R building

14 - District Council, Madison Community House (information will be announced)

19 - Full Board Meeting 7:00 Community Room Parsippany Police Station (At this meeting the Department Chairmen will give the board a tentative idea on what is in store for the coming year in their department)

If you have any questions/additions/corrections to the above calendars, please contact either Co-President Marilyn Marion or Marilyn Zarzycki.

Per the Bylaws, Article VI - Executive Board Section 1 States:

The elected Officers and Federation Secretary shall constitute the Executive Board. Community Service Program Chairmen, Standing Committee Chairmen and Special Committee Chairmen may attend an Executive Board meeting at the request or the President. These members shall send their monthly report to the President prior to the Board Meeting. A full Board Meeting, with all Community service Program Chairmen and committee Chairmen, will be held in June, September, January, and May.

"The Marilyn's"

Communication: Joan Garbarino

To all Department Chairmen please remember to provide a blurb we can use for our website by April 30th. Your help will aid Esther and Joan working with Frank Cahill to update our website content with relevant information. The content should reflect what an area does overall and should not be about a specific project – although if you have an ongoing collection such as coupons that Civic Engagement and Outreach collects for Support Our Troops, you may want to mention that. Links to specific organizations can also be included if you think that is important for your area. You can look at the websites of various clubs in NJSFWC to get ideas. Just go to the NJSFWC website and click on clubs to see what other clubs have included. We have a lot of pictures taken at various events over the last year or so but if there is one you would like to include it with your write-up send it to us or let us know.

Thank you for your help!

Education & Library: Betty Lagitch

WCPTH is making a monetary donation to the Children, Teen and Lake Hiawatha Libraries on **May 9th @ 3PM** at the Main Library 449 Halsey Rd, Parsippany NJ.

And a donation to the Parsippany Children Day Care, 300 Baldwin Rd. Parsippany on **May 23rd @ 1:30**. We would like our club members to attend for a photo op and learn how the donations will be used. Let me know if you can attend.

jbl2222@verizon.net.

Citizenship & Reading Awards

The WCPTH gives to a boy and a girl in 8th grade from Central, Brooklawn and All Saints Academy a Citizenship Award. Reading awards are given to one student from each of the 10 elementary schools. Members present the awards at the school award ceremony. I'll be passing around a sign-up sheet in May and then emailing the schedule to members to sign up too.

GCI Girls Career Institute

Emma McElroy-PHHS and Samantha Tkach-PHS have been chosen as Delegates to attend a 4-day college experience in June at Douglass College. We sponsor two girls to attend this exciting and beneficial experience.

Raffle Ticket Store Sales

Sales begin **May 3rd** at the Food-Town. All but one time slot has been chosen. In June we will be selling at 7 more stores. Bring your calendars to the April meeting to sign up and assist us selling tickets. It's fun and you get to know and talk with your partner.



Arts and Culture: Ivy Ertle/Lois Preis White

Hope everyone is enjoying the warmer weather, with even warmer temps to come. Yea! A reminder that Wednesday, **April 19th** is an evening of arts & crafts at Color Me Mine in Denville. I am also organizing a May event to the **Barn Theater** to see "A Funny Thing Happened on the Way to the Forum" for **May 21st**, with a dinner outing at the Columbia Inn afterwards. The cost for the tickets is \$28.00 a person, dinner will be separate. Payment is needed at our next General Membership Meeting on **April 24th**. Cash or check made out to WCPTH.

Programs - Lois Preis White

At our General Club Meeting on **April 24, 2023**, our speaker will be Eric Hubner. Eric is the Director of Emergency Management for the Township of Parsippany-Troy Hills. He will be discussing preparedness efforts for challenges facing our township. You don't want to miss a thing, so please arrive in time to get your snack, and let Eric begin at 7 p.m. See you at the meeting.

Historian Scrapbook: Janice Carrubba & Esther Rucci

Our first scrapbook cropping for our 2023 scrapbook will be on Thursday, **April 20th, 1:00pm**. It will be at Janice's house 20 Golf Lane, East Hanover, 973-713-6114.

No need to bring anything (unless of course you have a favorite pair of scissors) we will have all the supplies. If you can make it please either text, call or email me at carjm1017@yahoo.com. If anyone has any items for the book please get in touch with me so I can pick them up.

Membership: Janice Carrubba & Ginny Scala 2nd Vice President

Welcome Shalini! At our March meeting Shalini Mehrotra was installed as a new member. Shalini had participated at the holiday party for the Emmanuel Cancer Foundation and got to act hands on and saw how the Woman's Clubs in our area reach out and help others.

Ladies, let's continue to show others what a caring volunteer group we are as we continue this year.

Tricky Tray: Marilyn Zarzycki and Cathy Haney

For our Club's Tricky Tray on July 11, we need your help to: solicit donations of prizes, donate a prize yourself or with other members, volunteer to sell raffle tickets, and ask your friends and neighbors to make a reservation to attend.



Civic Engagement and Outreach: Susan Byrne

Do you knit or crochet? In September of 2017, S.A.C.K. (Supporting A Community with Kindness), was started as a grassroots effort to connect people from all over the world while crocheting/knitting soap sacks and then donating them (with a bar of soap in each one) to homeless shelters, food pantries, veteran clinics, relief efforts and social service agencies. Please see their website for simple directions and yarn recommendations - www.soapsacks.com. I will collect completed sacks (sack and soap) through the end of June and send to a local food pantry or shelter.

Please help support our community by donating to the Parsippany Emergency Food Pantry. Any non-perishable food items are welcome. For a complete list of items needed, go to <https://www.parsippany.net/166/Food-Pantry>. Remember to let Ann Claassen know about your food donations (pounds) and let me know about any cash donations. Food donations can be brought to our General Meetings or you can bring them directly to the Parsippany Emergency Food Pantry located at the Parsippany Community Center (1130 Knoll Road Lake Hiawatha, NJ). They are open Monday through Friday 9am to 5pm. Please remember no glass containers.

Please continue to clip those coupons! They are used to enhance the well-being of overseas and domestic military families by sending them manufacturer coupons to make their hard-earned dollars go farther. The next mailing of coupons will be in early June. Only manufacturer's coupons dated March 1st or later will be collected. Please remember to sort your clipped coupons into food, non-food, baby and pet.

First VP's – Ways & Means: Lois Preis White & Mary Ann Coyne

Our Dine-to-Donate at Verde Ristorante was fun, festive and delicious. Evidence of your support can be noted in our proceeds of \$125. Thank you.

Boon, our Spring Fundraiser, is over, and it was very successful. So much work, planning and coordinating goes on for all of our fundraisers, and we are grateful for all of your help. Our total proceeds will be known by our April General meeting. Come celebrate Spring at the Bonefish Grill which is our next Dine-to-Donate event that will take place on Wednesday, **April 19th**, and **Thursday, April 20th**. Please make sure that you present the flyer that was emailed to you. Enjoy your meal.

Cash for Causes is an ongoing way for the Club to receive funds. Please consider purchasing gift cards for either Stop & Shop or ShopRite from us. The month of May will be our last collection for this event. We will begin again in September.



Federation Secretary: Joan Garbarino

Marilyn M., Betty and I attended the Highlands District Civic Engagement & Outreach Day on March 28 in Vernon. The speakers included Detective Young and her K9 partner, Nutmeg from the Sussex County Police Department providing information about what this unit does, Julie Rikon, from the Association for Special Children & Families (which is an advocacy group for families with special needs children), and Fire Chief Jeff Anderson from the McAfee Volunteer Fire Department discussing emergency and fire safety procedures. It was a very informative session.

Eleven members attended the Highlands District Spring Conference & Achievement Day on April 12 at Centenary College in Hackettstown. I was so overwhelmed by the generosity of our club members. Our club donated 307 pairs of women's and children's socks and 47 cosmetic bags which were brought to the Conference. These will be donated to "I Support the Girls". Thank you for caring and giving from the heart! It was a nice day – we heard from eight of the Highlands District club presidents about their club's accomplishments over the past year. Of course, the "Marilyns", were happy to brag about our club! The keynote speaker was NJSFWC President, Shirley Holly, who gave a wonderful speech about membership and having your elevator speech ready whenever someone asks about your club. The day was top off by awards, both for the 2022 Annual Reports and we had some gold winners in photography, knitting, dried flowers in a recycled container, and pressed flowers in a frame. These winners will be going to the NJSFWC Convention next month to compete at the State level.

Lois P., Marilyn M., Marilyn Z. and Joan are all registered for the **NJSFWC 129th Convention** at the Hard Rock Café in Atlantic City on **May 1 to May 3**.

The NJSFWC Almanac is published September through April each year and is available for you to read on NJSFWC.org under Materials/Almanacs and Bulletins. A great source of information about happenings around the state and possible ideas for your next project.



Domestic Violence – JBWS: Terry Gerber, Teri Wohld, Ronnie Fagan, Eileen Healion

We were given an adjustment to the Wish List for JBWS. At this time, they DO NOT need diapers, wipes, pancake mix, syrup, oatmeal cereal.

They DO NEED kids snacks, single food packs (like Mac n cheese).

In preparation of the children attending summer camp, they are looking for sunscreen for children, aloe for children, goggles, beach towels, hair ties and hair scrunchies to name a few.

We are preparing for the Mother's Day gift from the Club of potted succulent plants.

After our April meeting, we will decorate pots with ribbons. During the meeting look for 2 clipboards:

- 1) to sign up for a meeting at the Parsippany Police Community Room on **April 27**, Thursday at 7PM for an introduction to Volunteering at JBWS by Jayne Morris-Murphy, Donation and Volunteer Coordinator.
- 2) to sign up to fill the pots with dirt and plants. Date and location to be determined.

Literature: Janet Reilly

Our next meeting will be our May outing. We are going to the **Fireman's Home Museum on May 16th**. We are currently reading *The Immortalists* by, Chloe Benjamin.

Advocate for Children: Marilyn Zarzycki

We are still collecting tabs for the Ronald McDonald house located in Long Branch NJ as well as fronts of cards for St Jude Ranch in Nevada. Remember that we cannot send Hallmark, Disney, or American Greeting cards.

Environment: Janet Reilly

Recognize special events such as; Keep America Beautiful Month (April), Earth Day (April 22), Arbor Day (the last Friday in April) for more information visit www.America-the-Beautiful.org, www.earthday.org and <http://www.arborday.com>. On occasion, the town gives away tree seedlings on Arbor Day. I will try to keep you informed.

Ongoing collection of blue jeans for shipment to Zappo's Go Green. Ready to send two more boxes thanks to your contributions.

Also, I am proud to say I received an award for my Environmental report. This is mainly because of what all of you, as a club, have helped me achieve to add to my report. - Janet

April Birthdays
Marianne Burke-14th
Happy Birthday



March 2023 Dark Horse Winner
Terry Higgins



Another new member installed 3/27

Shalini Mehrota

Membership Chairmen:

Janice Carrubba & Ginny Scala



Woman History Month Display @ the Main Branch Library of Parsippany. Our Co-Membership Chairmen, Janice Carrubba and Ginny Scala has done a wonderful job showcasing our club.



Our WCPH International Luncheon @ The Tropical Hut in Pine Brook NJ



Club members, Betty Lagitch, Marilyn Marion and Joan Garbarino recently attended the NJSFWC Highlands District Civic Engagement Day (CEO) at the McAfee Volunteer Fire Department in Vernon.



Happy Saint Patrick's Day! Our group gathered at Thatcher McGee's in Denville for a fun dinner as part of our International Dining get togethers.



NJ State Federation of Women's Club of GFWC
Highlands District
And Achievement Day April 12th

Karen DeChristopher

was presented with the Socolowski Award and an official proclamation from Mayor James Barberio, congratulating her on several accomplishments throughout the township. DeChristopher, who was honored, has volunteered her time for over 20 years for organizations such as the Parsippany OEM Emergency Response Team, Family Promise, Jersey Battered Women's Shelter and the Parsippany Township Public Library, Barberio said. As a three-time cancer survivor, DeChristopher has also volunteered her time to the American Cancer Society in order to assist others fighting the disease. "Karen's work with the CERT Team, responding during emergencies such as Hurricanes Irene and Sandy, her work with women's and children's causes, as well as the American Cancer Society, is truly inspiring," Barberio said "she exemplifies what service above self means, and I'm proud to present her with these awards and proclamations."



Congratulations to long-time club member, **Betsy Lowry**, who was installed as Chief of the Parsippany Ambulance Squad on January 14, 2023 at the Birchwood Manor. Betsy has held this position several times in the past and is proud to serve again. Thank you, Betsy for your continued service to our club and the community! We are so proud of all you do!

Health and Wellness: Esther Rucci
How to remove and prevent tick bites

TICKS CARRY LYME DISEASE AND OTHER DISABLING DISEASES

HOW TO REMOVE A TICK

NEVER EVER EVER SQUISH, TWIST, OR BREAK OFF A TICK INSIDE OF YOU. DO NOT BURN IT OFF OR TRY TO SMOTHER IT WITH SOAP OR OTHER TOXINS. THIS WILL CAUSE THE TICK TO REGURGITATE IT'S INFECTED GUTS AND SALIVA INTO YOUR BODY INCREASING THE CHANCE OF YOU GETTING DISEASE

ILADS suggests using pointed tweezers. Grasp tick nearest to mouth and gently slowly pull straight out.

CLEAN WOUND WITH ANTICEPTIC OR RUBBING ALCOHOL. SAVE TICK IN SEALED CONTAINER AND TAKE TO YOUR DOCTOR FOR TESTING.



ILADS: INTERNATIONAL LYME AND ASSOCIATED DISEASES SOCIETY

7 Tick Bite Prevention Tips to Protect Yourself

Protect yourself from tick bites with these smart strategies.

1. Stick to the Middle

When you're on a hike or walking through a wooded area, avoid the edges of paths and trails, where ticks are more prevalent.

2. Wear White

Teeny-tiny ticks are easier to spot against light-colored clothing. (If you spot a tick on your clothes, try [this clothes dryer method](#) to quickly get them off.)

[15 Important Facts You Must Know About Ticks](#)

3. Protect Your Noggin

Ticks are not only found in the grass. "Brushing against a tree could easily leave one in your hair," says Amesh Adalja, MD, an infectious disease specialist at the University of Pittsburgh. Try donning a cap or tying your hair back. Use repellent on your face by spraying it into your hands and then applying it with your fingers.

4. Hike up Your Socks

Pull on some white cotton socks, and tuck your pant legs into them. Fashionable, it's not. But every inch of exposed skin matters.

[How Do You Get Lyme Disease?](#)

5. Treat Your Clothes

If you're heading into tick-heavy backcountry for days, consider applying the insecticide permethrin to your clothes (it can last through up to six washes). Then, spray repellent on any skin not covered by clothing. "Ticks are crafty, so you want to use multiple types of protection," says Paul Mead, MD, chief of Epidemiology and Surveillance for the Center for Disease Control and Prevention's (CDC) Lyme Disease program.

6. Double-check Your Damp Bits

Ticks love dark, moist areas, so focus on the groin, backs of the knees, and armpits when you're looking for them. "Women often forget their bra line, but that's a tick's dream spot," says Andrea Gaito, MD, a rheumatologist and Lyme specialist based in Basking Ridge, N.J.

[Amy Schumer Just Revealed She Has Lyme Disease in a New Instagram Post](#)

7. Hit the Shower

A full-body tick check and a pair of tweezers should be your first line of defense. But you might be able to scrub away any ticks you miss—and slash your risk of tick-borne disease—when you lather up. "Water alone won't do the trick because you need a bit of resistance to remove ticks," says Dr. Gaito. So, grab a loofah.

Patter Editor: Esther Rucci