



Parsippany-Troy Hills September 2024



womansclubofpth@gmail.org
www.parsippanywomansclub.org

"Together in Service; United in Friendship"
Barbara McCloskey, NJSFWC President

A Message from Our Club President Cathy Haney

By the time you read this, the Parsippany Fall Festival will be over, and the Fall season will actually be starting. Even though our Club year has been in progress for a few months, Fall always seems like a new beginning. I'm looking forward to seeing all of you at our first General meeting of this Club year on **Monday, September 23**, at the District 6 Firehouse on Littleton Road.

Of course, we have so many events and activities planned. You'll see a complete calendar below. Please especially note our Food Collection on **September 28** for the Parsippany Food Pantry and the Garage Sale on **October 5** and remember Operation Holiday Stockings. I'm sure we'll go into this new season with energy and enthusiasm.

Cathy H

WCPH FALL CALENDAR

General Meeting	September 23
Autumn Fundraiser begins	September 23
General Meeting	September 23
Food Drive	September 28
Adult Coloring	September 30
JBWS Evening Training	October 1
Garage Sale	October 5
Parsippany shred event	October 5
Color Me Mine event	October 13
Dodge Poetry Festival	October 17-19
NJSFWC Fall Conference	October 21
"CANVA" Workshop	November 9
Pippin and Intn'l Dinner	November 17



Civic Engagement and Outreach: Susan Byrne

Color A Smile is a non-profit organization located in Morristown, NJ that distributes cheerful drawings to senior citizens, our troops overseas, and anyone in need of a smile. Only pages from their website are accepted. I will bring printed pages to the coloring event on **September 30th**. If you cannot attend the coloring event and would like to participate, please print a page from their website, and I will collect them at our October meeting. <https://colorasmile.org/>

Food Drive - Our Food Drive to support the Parsippany Food Pantry is scheduled for Saturday, **September 28th**. It will be held at Foodtown in Lake Hiawatha from 9am to 2pm. Thank you to all who volunteered to help that day. If you did not sign up, feel free to stop by anytime.

Coupons – Please continue to clip coupons to support our troops overseas. Coupons should have an expiration date of July 1, 2024 or later and sorted into food, non-food, pet and baby.

Coffee Cans - We need one pound coffee cans for the Club's annual candy/cookie project. For the newer members, this is a project where we decorate coffee cans with wrapping paper and pack them with homemade cookies and candy for local nursing homes and the Fireman's Home in Boonton. This packing takes place after the General Meeting in November. It is one of our favorite projects. Please give the coffee cans to Marilyn Marion.

Communication: Joan Garbarino

There is going to be a "Getting Started with CANVA" workshop at NJSFWC Headquarters on Saturday, **November 9**. Registration begins at 10:00 am and the workshop runs from 10:30 until 12:00. You must bring your own laptop. Our club already has a free Canva account – so you can be added if you wish to attend this workshop. Canva is an online graphic design tool that can be used to create social media posts, posters, videos, flyers and so much more. There is a flyer on the Federation's website - [NJSFWC.org /materials/ almanacs & bulletins/September 2024/Flyers](https://njsfwc.org/materials/almanacs%20%26%20bulletins/September%202024/Flyers). To register you can email Shelley Rothstein at rothstein@njsfwc.org by November 1. Please let me know if you have questions – would love to have you join me to learn more about this.

Please remember to send pictures from club events for posting on social media, the Patter, and our club scrapbook to Janice Carrubba, Kathy Reilly, and myself. It helps if you send pertinent details including what the event is, when and where it was held, etc. This way we can preserve our club history, keep members up to date on what other members are doing, and spread the word to the community about the great things we do.

Federation: Marilyn Marion

NJSFWC State Fall Conference will be held on Monday, **October 21** at the APA Hotel Woodbridge. This is a new location, much closer than in previous years. Registration is from 9:00– 9:45am, morning session from 10:00 – 11:30am then lunch and afternoon session from 1:00 – 3:00pm. The cost is \$60.00, the menu is salad, with your choice of Chicken Franchise OR Fillet of Salmon w/spinach Pesto Sauce OR Penne Primavera. Dessert, coffee or tea, soda included. There will be a cash bar. Please sign up with your payment at the September 23 meeting. Make your check payable to WCPTH with your food selection written on the check. If you are unable to attend the meeting, please contact Marilyn Marion to make arrangements. This is always a very informative conference and a wonderful day with your Federation sisters. Carpooling will be arranged.

Ways & Means: First Vice Presidents Chris Sinner and Mary Ann Coyne

Our Garage Sale is Saturday, **October 5th** from 9:00 AM to 3:00 PM at 21 Southwood Drive, Morris Plains. There will be signup sheets for setting up on Friday – October 4th starting at 9:30, and another one to sign up to work at the sale on Saturday. Please donate articles that you no longer want, clean them up, price them fairly so they sell easily and bring them to the above address when you are ready to drop them off. This is always a fun day and a great way to get to know Club members.

At the September General Meeting, information on our Autumn Fundraiser and brochures for David's and Meadow Farms products will be shared with the Club. This event will begin **September 23rd and end on October 29th**. If you will not be at the meeting, let us know, and we will get the brochures to you.

Cash for Causes was very successful for September. Thank you for your generous support of all of our projects that help our Club raise money to finance all of our charitable causes.

Membership: 2nd Vice Presidents Janice Carrubba & Ginny Scala

What a beautiful day at the Parsippany Fall Festival. Many ladies showed an interest in our Club. As mentioned before, you will be receiving your new Club yearbook at our next meeting. Please check your information and let Janice or Ginny know of any corrections. We will be installing a new member on Monday and possibly two prospective members will attend the meeting also. Let's welcome them all as we begin a new season.

Arts and Culture: Ivy Ertle

Where did the summer go? We begin Arts and Culture with our first program of the year, for a night of Adult Coloring on **September 30**.

I scheduled a Color Me Mine event on **October 13th** between 1pm and 3pm. Color Me Mine is a pottery studio. You pick out a piece to paint, then they fire it. Please let Ivy know if you will be joining us by Sept 30th. This project and the coloring night project can both be used for Achievement Day submissions. You'll hear more about Achievement Day at the meetings.

Next up is the Barn Theater's production of Pippin and international Dinner on **November 17**. The show starts at 2:00pm. As we had an overwhelming response to this event, reservations are closed.

All suggestions for future events are welcome.

Operation Holiday Stockings: Eileen Healion

We still have plenty of stockings that need to be filled. Members can contact Eileen Healion or Ronnie Fagan and we will be happy to get the stockings to you. We would like to collect them at the September meeting, **September 23rd** and deliver them to Headquarters mid-October to be shipped to our service men and women.

Domestic Violence: Terry Gerber

JBWS - volunteer hours keep us busy! Training was Monday, September 16th, but there will be training starting **October 1** in the evening. It is a 40-hour program, but the first night will qualify as minimal time. Please reach out to Teri, Ronnie or I if interested.

Healthy snacks and drinks are always needed, if you are able to donate! I will have a box at the General Meeting. Thank you!

Historian Scrapbook: Janice Carrubba

Our first scrapbook cropping will be on Wednesday, **September 18**, 1:00pm at my house, 20 Golf Lane, East Hanover, 973-713-6114. I am working on a date to have an evening cropping in early November at the Community Room in the police station so you working ladies have a chance to join us. No experience needed and if you decide that day, please just show up. Hope to see some new faces.

Arts/Performing: Janet Reilly

Welcoming poets and artists from all around the world, the Dodge Poetry Festival returns **October 17-19, 2024**, to the NJ Performing Arts Center in Newark, NJ. This three-day celebration of poets and poetry honors this art form as a catalyst for communities to advance social change.

The Geraldine R. Dodge foundation was established in 1974 as part of the legacy of John D. Rockefeller. For over 50 years, the Dodge Foundation has committed to the well-being of communities across the state. The Dodge Foundation has distributed more than \$500 million in grants and technical support to non-profits in New Jersey and beyond. In January of 2024, the Foundation gave the NJ PAC a \$107 million grant for the 2024 Dodge Poetry Initiative, with the goal to enhance life through world-class performance, education programs, and community engagements. Last December, the Dodge foundation moved its headquarters from Morristown to Newark's historic downtown area, at 550 Broad Street.

Passes for the Dodge Poetry Festival cost \$25 for a single day and \$50 for a three-day pass. Keep checking njpac.org for the daily breakdown of poets. In addition, two special performances are scheduled. On Saturday, **October 19**, at 2:00 p.m., you can hear poetry from Nikki Giovanni, paired with jazz saxophonist Javon Jackson and bassist Christian McBride, bringing a message on social change. Later that evening at 8:00pm social singer, songwriter and activist Joan Baez will present an intimate evening of poetry and conversation. If you choose to attend, please let me know.

Environment: Janet Reilly

There will be a town-wide shredding event on Saturday, **October 5th**, from 9:00 to noon at town hall.

I am starting a new project called GotSneakers. GotSneakers serves more than 100,000 individuals and organizations in the U.S. Our FREE sneaker recycling program extends the life of used sneakers through reuse and recycling and offers financial opportunity to those seeking to raise money for any cause. They do not accept non-athletic footwear. For every pair they grade as excellent we make \$7.00 per pair, good, \$2.00, fair, \$1.00 per pair and recyclable \$0 per pair.

I am asking any club members, friends or family to bring me your old/used or maybe new sneakers. I will then ship them, free of charge to GotSneakers. Any questions I can answer at our next meeting.

Health and Wellness: Shalini Mehrotra

Let's Get Moving Initiative - Ladies please send me your monthly walking /exercise hours for our club hours for NJSFWC "Let's Get Moving" challenge!

Also, don't forget the Breast Cancer Awareness Walk coming up on **October 27th** on Century Drive in Parsippany.

I am also including a recipe for a Potato-Tofu Scramble that's delicious – try it!

Potato-Tofu Scramble

Ingredients:

- 1 large gold potato, peeled and cut into 1/2-inch pieces
- 1 tablespoon extra-virgin olive oil
- 1 bunch scallions, thinly sliced
- 2 cloves garlic, chopped--optional
- 2 teaspoons chili powder
- 2 bell peppers (1 red, 1 green), chopped
- 1 14-oz block firm tofu, drained/crumbled
- 4 8-inch whole-wheat / or your favorite tortillas
- 1/4 cup shredded part-skim mozzarella
- 1 cup cherry tomatoes, halved
- 1 cup shredded lettuce
- Salt to taste

Directions:

1. Put the potato pieces in a large skillet and steam/boil them till tender.
2. Add the olive oil, scallions, garlic and chili powder to the skillet and cook, stirring 2 minutes. Add the bell peppers and potatoes stirring occasionally, until the potatoes and peppers are tender, 5 to 7 more minutes. Add the tofu and 2 tablespoons water and cook until the tofu is heated through, about 3 more minutes. Season with salt.
3. Warm the tortillas in a skillet or in the microwave. Divide among plates and top with the tofu scramble. Pile the cheese, cherry tomatoes and lettuce on top.

Cook time 20 minutes - Serve hot
Easy recipe

Happy Birthday

*Apologies to the July and August birthday gals!
The last issue had September birthdays
Please let me know if I've missed anyone*

JULY

Jennifer Biondo	1
Diana Freidinger	3
Teri Wohld	4
Pam Newman	19

AUGUST

Lois Preis-White	2
Sandra Neglia	6
Janice Carrubba	19
Ronnie Fagan	20
Theresa Troiano	20
Cathy Haney	25
Marilyn Zarzycki	25

SEPTEMBER

Ivy Ertle	2
Janet Reilly	2
Karen Cassidy	3
Lois Brown	14
Adrienne Satch	18
Angie Barone	19
Linda Laidlaw	26
Mary Ann Coyne	28



WCPTH SEPTEMBER GALLERY

HIGHLANDS DISTRICT COUNCIL MEETING



PARSIPPANY FALL FESTIVAL

