



Parsippany-Troy Hills November 2024



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

A Message from Our Club President Cathy Haney

This is the season of gratitude, and I am grateful for all of you who contribute your time and efforts to make this such an enthusiastic, active and successful club. I wish you and your families a very *Happy Thanksgiving!*

Upcoming events include our annual cookie/candy packing at our general meeting on **November 25**, our Holiday Dinner at Caffe NaVona on **December 2**, and wreath decorating at Cerbo's Greenhouse on **December 5**.

All department chairmen, please save the date for an important meeting about your year-end reports on Monday, **December 9**, at the Police Station Community Room at 7 PM. Our club calendar in the yearbook lists this date as an Executive Board meeting, but we are substituting this report-writing meeting instead. I'll send an email to the chairmen with the details.

Finally, my best wishes to all of you for enjoyment of whatever holidays you celebrate at this time of year and for good health and continued energy in 2025!

Cathy H



Civic Engagement and Outreach: Susan Byrne

Candy/Cookie – We will be filling the holiday wrapped coffee cans with delicious treats after the general meeting on Monday, **November 25th**. Please remember to bring your cookies (no nuts or peanut butter) to the meeting.

Wreaths Across America – This year, National Wreaths Across America Day will be held on Saturday, **December 14, 2024** at noon. The ceremony is to Remember the Fallen, Honor those who Serve, and Teach the next generation the value of freedom. Our club will sponsor 5 wreaths. A local event will be held at the Denville Cemetery located at 9 Savage Road in Denville. A beautiful ceremony is followed by the laying of remembrance wreaths on the graves of fallen heroes. Please consider attending this ceremony with your friends and family. Please let me know if you plan on attending.

Trees For Troops –Free, farm-grown Christmas Trees are provided to US armed forces members in all branches of the military and their families. Cerbo's Greenhouse on Littleton Road will be hosting an event on Saturday, **December 7th** at 11am to load the trees onto trucks. Our club will be donating 5 Christmas trees.

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

Membership: 2nd Vice Presidents Janice Carrubba & Ginny Scala

Our Club welcomed Jeanne Ziobro as a new member in October. Our new meeting place at the library was accepted by all who attended. We are back at our tables again. YAHOO! Can we please remember to wear our name tags so our new and prospective members can begin to place a face with a name. PLEASE try to sit with someone new and help to inform them as different areas are discussed at our meetings. Remember when you were new? Come on, none of us are shy!

Federation: Marilyn Marion

With everyone preparing for the Holidays and busy days approaching, I am asking you to please let me know if you will be attending the **January 8, 2025** Highlands District Council. This will be a totally different location for us, the Brook Hollow Winery in Columbia NJ. Sounds interesting.

There will be a clip board to sign up, circulating at the November 25 General meeting which is our traditional packing of cookies and candy to be distributed to local Nursing facilities and the Fireman's Home in Boonton. Because this is a busy meeting you just might miss the clipboard so, please contact me if you will be attending the District Council. I do not have a copy of the flyer yet, you can just save the date, as soon as I receive it, I will send the information to everyone. There will be the usual \$5.00 donation for this meeting. Please contact me if you have any questions. You can email, call or text at 201-602-7853.

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

Wow! A lot is going on in our Club! We can give thanks that the David's order will be delivered before Thanksgiving. The order will arrive at Mary Ann Coyne's house on Saturday, **November 23**. You will get an email after the order has been checked and sorted. Please pick up your items after you receive the note; orders should be picked up by members before 12:00. Meadow Farms orders are being processed and should be delivered by mid-December.

Cash for Causes is up and running; cards will be distributed at the November meeting. Our proceeds for this month amounted to \$212.50. There will be no December order; this fundraiser will resume in January, 2025.

Literature: Janet Reilly

Our next meeting will be our holiday luncheon on **December 10th** at Casa Bella at 12:30. We will discuss the current book we are reading, *The Story Teller of Casablanca* by Fiona Valpy. Happy reading!

Spelling Bee: Mary Ann Coyne

Progress for our Fifth Grade Spelling Bee is in full swing. The Committee will meet on **December 11** at 2:00pm at my house to finalize plans. Mark your calendar and join us for a delightful event featuring fifth grade contestants on Friday, January 10th at 6:30pm (Snow date – Friday, January 17) at Parsippany Hills High School auditorium. Come and cheer the contestants on and check your own spelling skills – no computers allowed!

Education & Library: Betty Lagitch

In Celebration of Children's Book Week, 6 of our members read to the children at Parsippany Main Library and Parsippany Day Care. The children were very good listeners and all had fun.

Environment: Janet Reilly

I sent the first shipment of sneakers out yesterday. They confirmed receiving our sneaker recycling bag and they have been placed in the queue for processing. Thanks to all but keep them coming. I will send another bag out as soon as I have enough to fill it.

Operation Holiday Stockings: Eileen Healion

178 stockings were delivered to Headquarters. If anyone could purchase Xmas stockings after the Holidays when they are usually 1/2 price and sometimes less, I will collect them at the January meeting and save them for next year.

Domestic Violence: Terry Gerber

JBWS has kept us busy answering donation calls. They are gearing up for the holidays. Generous corporate groups are looking to make donations.

As volunteers, we are separating donations and stamping donation requests, and donations are always welcome. The following are needed at this time:

- Socks (fluffy)
- Underwear (all sizes)
- Sports Bras for moms (all sizes)
- PJ's – leggings (all sizes)
- Over-sized long sleeve shirts

Arts and Culture: Ivy Ertle

The Barn Theater's production of Pippin and International Dinner held on November 17 was a huge success. Twenty-eight members and guests enjoyed the performance and a delicious dinner.

December 5 between 5:30 to 7:30 we are holding our annual wreath making night at Cerbo's Nursery. There are still some openings. If you are interested, please let Ivy know ASAP. The cost is \$49.00 with your check made out to WCPTH due to Susan Byrne at the 11/25 meeting.

I am organizing an international luncheon for Tuesday, January 14, at 12:30pm at La Plancha Latin Food. This is a new restaurant in town, which is located at 44 N. Beverwyck Road in Lake Hiawatha. If you are interested in attending, please let Ivy know by January 2, so the reservation can be made early. This is an event where you pay the day of the luncheon for what you ordered.

If any of our members have a crafting hobby you would like to teach our members at a future program or workshop, please let Ivy know. All suggestions for future events are welcome. Happy Holidays!

Hospitality: Nanda Sanichar

Final Details for our Holiday Dinner have been made for **December 2**, 6:00 pm at Café NaVona, 147 Rt 46 in Rockaway. The cost will be \$55.00 p/p and the deadline to get your check in is November 25th at the general meeting. If you are not going to be at the meeting, feel free to make other arrangements for me to get your check before the deadline.

Historian Scrapbook: Janice Carrubba

Since November and December are pretty busy with Club activities and the holidays, I will not be having a Scrapbook cropping until January. As of right now I do not have a date but as soon as I decide on one, I will send an email to all. It will be an afternoon cropping around 1pm and it will be at my house in East Hanover. This will be the last cropping for our 2024 Scrapbook. Remember no supplies or experience needed.

Programs: Lois Preis White

Just a reminder, representatives from the State Special Project, NJCA, will be at the Main branch of the Parsippany Library (Halsey Road) on Thursday evening, **November 21st** at 7 p.m.

Our November project is packing cookies and candies in holiday decorated coffee cans for distribution to some local senior homes. They just love getting edible gifts from our Club.

Don't forget that we will be having a Chair Yoga session on January 21, 2025. There will be a small charge to pay the instructor.

In the works are CPR Training & nutrition discussions. Let me know if you have any other ideas.

Communication: Joan Garbarino

Due to my unfortunate fall I have not been able to attend any club activities lately. Many thanks to those who have reached out to see how I am doing via email, text, card, or phone.

Thanks to all who have sent me pictures to post. Now that I am feeling better you will begin to see more activity online. I am hoping to start getting to some club activities after the holidays so please continue to send those pictures in the meantime. It would really be great if someone would take pictures at the NJ Children's Alliance talk at the library, the November General meeting, the Wreathmaking, and the Holiday Party.

Thank you all and have a very Happy Thanksgiving!

November/December Birthdays

Susan Byrne	Nov 29
Evelyn deCastro	Nov 29
Cathy Cerbo	Dec 9
Kathy Schroeder	Dec 15
Adelaide Richardson	Dec 16
Lee Maddocks	Dec 18
Shalini Mehrotra	Dec 23
Bernadette Cicchino	Dec 26
Denise Saccomanno	Dec 30

Health and Wellness: Shalini Mehrotra

Maintaining good health doesn't happen by accident. It requires work, smart lifestyle choices, and the occasional checkup and test.

A healthy diet is rich in fiber, whole grains, fresh fruits and vegetables, "good" or unsaturated fats, and omega-3 fatty acids. These dietary components turn down inflammation, which can damage tissue, joints, artery walls, and organs. Going easy on processed foods is another element of healthy eating. Sweets, foods made with highly refined grains, and sugar-sweetened beverages can cause spikes in blood sugar that can lead to early hunger. High blood sugar is linked to the development of diabetes, obesity, heart disease, and even dementia.

The Mediterranean diet meets all of the criteria for good health, and there is convincing evidence that it is effective at warding off heart attack, stroke, and premature death. The diet is rich in olive oil, fruits, vegetables, nuts and fish; low in red meats or processed meats; and includes a moderate amount of cheese and wine.

Physical activity is also necessary for good health. It can greatly reduce your risk of heart disease, diabetes, depression, and falls. Aim for moderate-intensity exercise every week, and strength training 2-3x p/week.

UPCOMING EVENTS

NJ Children's Alliance Presentation at Library	Nov 21, 2024
David's order pick-up	Nov 23
General Mtg at Library (6:30)	Nov 25
Thanksgiving	Nov 28
Holiday dinner at NaVona's	Dec 2
Wreath Making @ Cerbos	Dec 5
Trees for Troops	Dec 7
Year-end Report Writing Mtg	Dec 9
Literature Holiday Luncheon	Dec 10
Wreaths Across America	Dec 14
Highlands District Council Mtg	Jan 8, 2025
Spelling Bee	Jan 10 (or 17 th)
International Luncheon	Jan 14
Chair Yoga	Jan 21

WCPTH NOVEMBER GALLERY

FALL FESTIVAL (OCTOBER 26)



NEW MEMBER JEANNE ZIBRO



READING ACROSS AMERICA



Terry Gerber and Diana Craig reading to the children at the Parsippany Library for Children's Book Week.



LEE'S KNITTING CIRCLE



COFFEE CAN WRAPPING (NOV 7)

Members wrapped coffee cans in Holiday paper for the upcoming candy/cookie packing at the Nov. 25 General Mtg.



Lee Maddocks and her knitting group made 15 lap robes and 5 shawls for the Country Home on Route 53. Lee and Cathy Haney presented them.