

# FEMINIST NEWS AND VIEWS

## Morris County NOW

P.O. Box 394, Morristown, New Jersey 07960  
Chapter Phone 973.285.1200



January/April 2011

### Winter Solstice Thank You

By Anna Tivade

On Tuesday, December, 21, 2010, we gathered with friends at the Bethel in Mount Tabor, surrounded by comforting foods, lights, and atmosphere, as we marked the winter solstice. The turnout for this event, along with the great conversations, marked this party a success. For those of you who missed it please know that we missed you, too.

A huge thank you to everyone that helped by retaining the location, bringing wine or a dish of food, lending their crock pot, helping to set up and decorate the room, giving ideas for the ceremony, taking part in the ceremony, and sticking around to dismantle and clean up after our festivities, and also to those who graced us with their presence. Not necessarily in order of appearance: Shauna Cantor (for getting us the use of the Bethel, for free!) Sharon Guarino, Jo Sippie-Gora, Karen Lontka, Rosemary Lontka, Vicky Stapleton, Susan Waldman, Pauline Hahn, Doreen Manno, Brenda Deming, Allyson Gall, Rebecca Lubetkin, Mariann Mann, Annelise Catanzaro, Joe and Martha Wagner, Margaret Silecchia (guest of Anna Tivade), and Maureen Hoilett (guest of Karen and Rosemary Lontka). I had fun planning the gathering and being with so many great people. Shall we do it again next year?



At the Solstice Party: Front (l-r), Doreen Manno, Shauna Canter, Vicky Stapleton, Rosemary Lontka, Martha Wagner, Pauline Hahn. Back (l-r), Jo Sippie-Gora, Marianne Mann, Joe Wagner, Maureen Hoilett, Sharon Guarino, Karen Lontka, Susan Waldman, Anna Tivade.



### St. Patrick's Day Parade

Once again, Morris County NOW marched in this year's Morris County St. Patrick's Day Parade. The weather was partly sunny and temperatures were moderate. Nancy Critchley's friend Gary provided us with a black Porsche, which we decked out in streamers and shamrocks. A good time was had by all.



L-R Susan Waldman, Rosemary Lontka, Nancy Critchley, Martha & Joe Wagner, Karen Lontka, Vicky Stapleton. More pictures inside.

### Congratulations!!

By Susan J. Waldman

The election of Morris County NOW officers for 2011 was held at our December Meeting as planned. Please join me in congratulating our new officers:

President	Karen Lontka
Executive V.P.	Anna Tivade
Treasurer	Shirley Henderson
Secretary	Rosemary Lontka
Membership V.P.	Susan J. Waldman
Fundraising V.P.	Anna Tivade

We look forward to a successful year of working to bring women into equality with men. It's about time!!

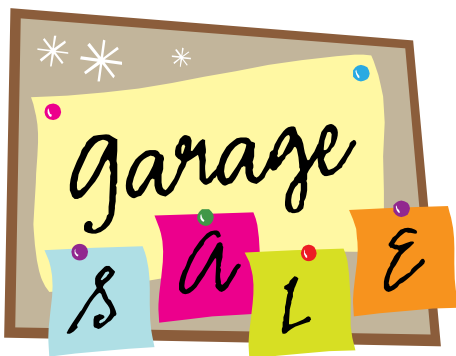
## A Feminist Voice Whittling Away at Women's Rights

By Karen Lontka

We are witnessing an almost daily unprecedented onslaught on many of the rights and freedoms that women have fought for in this country for over one hundred years. Women only received the right to vote in 1920 (a battle that began in 1848), the right to have an abortion in 1973, to have a credit card in her own name, if married, in 1977. Have no illusions, these rights are not guaranteed. The effort in Wisconsin to curtail the collective bargaining rights of teachers, nurses and civil employees is disproportionately targeted at women. That state's Governor and Legislature carefully omitted public safety positions (police and fire) which are typically male dominated professions. This may have not been their plan but it is the effect.

Simple rights to dress appropriately, but as one pleases, in the workplace are under attack. USB bank of Zurich published a 44 page dress code that dictated the type of underwear (who will police this?), makeup, jewelry and clothing (skirts were strongly implied). After a strong and embarrassing lambasting in the media, they have backed down a bit.

To paraphrase a famous quote, "The price of women's rights is eternal vigilance." We must not be complacent; we must revitalize our heritage of activism and get involved. Don't just sit there, do something. Write that letter, make that donation, call that representative. Your only mistake would be to do nothing.



### Think Spring/Think Garage Sale

We have the place, we have the date. Once again Morris County NOW will be holding its annual garage sale at the home of Susan and Ned Waldman in Randolph. This year's date is Saturday, June 18th.

Have you been shopping and now you don't have a place to put your new **STUFF**? Tired of that old **STUFF** and want to get something new? Either way, the chapter garage sale is the perfect place to unload your unwanted **STUFF**.

We will be accepting items starting in mid-April. We love books, just no encyclopedias (does anyone still have these?) or textbooks. Also no large furniture.

Just give Susan a call, 973-895-2218, to arrange to drop off or to have your **STUFF** picked up.



At the NOW-NJ State Conference. L-R Mareta Short, NOW-NJ President, Terry O'Neill, National NOW President. Photo, Susan Waldman



At the NOW-NJ State Conference. L-R Karen Lontka, Rosemary Lontka, Terry O'Neill. Photo, Susan Waldman

## **War and Peace: The Impoverishment of American Families NOW-NJ 2010 State Conference**

By Susan J. Waldman

On Saturday, November 13, 2010, we gathered in the Ruth Dill Johnson Crocket Building on the Douglass Campus in New Brunswick for the bi-annual NOW-NJ State Conference and Election of Officers. The conference was dedicated to the memory of National NOW co-founder and woman of color, Pauli Murray. Ms. Murray was a civil rights worker, feminist activist, lawyer, poet, author, and teacher. She was indeed a woman of vision.

NOW-NJ State President, Maretta J. Short, gave the opening remarks, and we were also welcomed by Deb Huber, Chair of the Health Care Task Force. This was followed by a panel consisting of Madelyn Hoffman, New Jersey Peace Action Executive Director; Michelle Munsat, Military Families Speak Out; Katherine Robinson, Advocate for People with Disabilities; and Darlene McKnight, Coalition for Peace Action. This panel of experts gave us an overview of the effects and costs of the seemingly endless wars this country is fighting.

Before lunch we were entertained by The Safe Zone Women's Drumming Circle and The Wise Women Dancers. This was an affirming performance by women who are part of a support group in Newark, New Jersey, and who joyously celebrate being survivors.

The election of NOW-NJ officers for two year terms was held. Congratulations to:

President	Rita Spaulding, South Jersey NOW, Alice Paul Chapter
V.P. Administration	Linda Fell Peterson, South Jersey NOW, Alice Paul Chapter
V.P. Action	Lara Eggerling, Essex County NOW, WOCA Chapter
V.P. Leadership	Rick Gray, South Jersey NOW, Alice Paul Chapter
V.P. Affirmative Action	Allisun Dixon, Trenton Area NOW
V.P. Membership	Rosemary Hardison, Essex County NOW, WOCA Chapter
Treasurer	Patricia A. Stanley, C.P.A., South Jersey NOW, Alice Paul Chapter
Secretary	Lorraine Petrie, South Jersey NOW, Alice Paul Chapter

And thank you to the outgoing officers:

President	Maretta J. Short
V.P. Administration	Linda Fell Peterson
V.P. Action	Stacey Gregg
V.P. Leadership	Jennifer Armiger
V.P. Affirmative Action	Ivy Brown
V.P. Membership	Rosemary Hardison
Treasurer	Patricia A. Stanley, C.P.A.
Secretary	Lorraine Petrie

The keynote speaker, Terry O'Neill, President of National NOW, gave an inspiring and informative talk, which you can view on You Tube at <http://www.youtube.com/watch?v=D22eTuxey2g>. One of the significant points of her speech was that we should work in coalition with other groups to achieve our goals. Among the groups she mentioned are those working on Single Payer Health Care, Peace, Civil Rights, and the Environment. If we have their back, they will reciprocate by supporting us on our issues such as anti-abortion legislation, women's health care, and the reauthorization of the Violence Against Women Act (VAWA) in 2011.

Barbara Foley wrapped up the event with her always-thought-provoking closing remarks.

All in all it was a very interesting and enlightening conference. I personally want to thank Maretta J. Short, outgoing State President, for making this conference happen. She secured the location, enlisted the keynote speaker and the panelists, brought us the entertainment, and generally organized the whole day. Thank you for a job well done!!

See photos on pages 2 and 4.



### Gift Wrapping Wrap Up

By Susan J. Waldman

We came, we saw, we wrapped. A group of hardy Morris County NOW volunteers spent two days at the Barnes & Noble in Morris Plains wrapping books and gifts of all shapes and sizes in return for donations. The downside: Corporate decreed that all gift wrapping would be in the back of the store, not next to front door as in prior years. They didn't want anything to take the customers' attention from the large Nook display as you walked in. Therefore, we were not as busy as usual. The upside: Being a great group of women (and one man), we had fun interacting with the customers and amongst ourselves.

I want to thank this year's volunteers who worked with me: Rebecca Lubetkin, Shauna Canter, Rosemary Lontka, Vicky Stapleton, Beth Scott-Hughes, Rita Marshall, Madeleine Pasteelnick, Sharon Guarino, Karen Lontka, Anna Tivade, Winifred Bunch, Nancy Wilson, Carol and Moe Bergman Grunes, Darlene Raisch, and Faye Feinstein. You will always be in my heart for being there when I needed you.



L-R Susan Waldman and Shauna Canter at Barnes & Noble on Christmas Eve.



L-R Shauna Canter and Darlene Raisch at Barnes & Noble on Christmas Eve



Leading off the Morris County NOW contingent at the St. Patrick's Day Parade, L-R Susan Waldman, Elle Levenson and Nancy Critchley. Photo by Sharon Guarino.



The Tivade family (minus 1) marching on St. Patrick's Day. Photo by Sharon Guarino.



At the NOW-NJ State Conference. L-R Shirley Henderson, Terry O'Neill and Susan Waldman.

## For Just \$50 You Can Sponsor "New Directions for Women"

Morris County NOW's Public Access, Cable Television Show

Honor a Friend, Colleague, or Community Member

Promote an Organization

Celebrate the Memory of Loved One

Support Morris County NOW



For more information, please contact us

[MorrisCountyNOW@gmail.com](mailto:MorrisCountyNOW@gmail.com) ~ (973) 285-1200



After our November 17, 2010, TV show taping, "Women in Today's Army," the cast and crew gathered for a group photo. L-R, Susan Waldman, Karen Lontka, Rebecca Lubetkin, Command Sergeant Major, U.S., Janis A. Doss, Rosemary Lontka and Shirley Henderson. Photo by Ruth Gimbel.

### Our TV show "New Directions for Women" is now available on [YouTube](#).

All of the shows for 2007-2010 are now available for on demand viewing. Current shows are in one 29 minute presentation. Because of limitations previously imposed by YouTube, older shows are presented as three separate ten minute segments. To help improve continuity, each subsequent segment begins by replaying approximately the last 20 seconds of the previous part.

As time permits, the archives will expand to include all previous shows. Since we have produced more than 207 shows, this is going to take quite a while. A hint: if you subscribe to our channel, you will receive an alert whenever new content is added.

## DARING TO DREAM: BUILDING A FEMINIST FUTURE

2011 National NOW Conference, June 24 - 26, 2011  
Tampa, Florida.



Those present at the inaugural National NOW Conference in 1966 adopted the organization's groundbreaking Statement of Purpose, pledging to work toward "true equality for all women." For the last 45 years we have done just that, with great passion and insight.

However, women continue to be held back by gender, race, sexual orientation and other forms of discrimination. We need to throw out the old driving forces of corporate greed, domination and exploitation, and religious influence over government, and instead embrace the principles that have been steering feminism all along: Equality. Fairness. Opportunity. Non-violence. Empowerment.

So at this year's conference, let us dare to dream BIG. We have to think far outside the cultural box that constrains us all. What will it take to build this feminist future? How will we engage others in this, dare we say it, feminist revolution? **At the 2011 National NOW Conference, we will challenge ourselves to create a feminist blueprint for the world. Come join us.**

To register go to [www.NOW.org](http://www.NOW.org) and click on the National Conference link. Call to reserve your room at the Embassy Suites - USF/Busch Gardens, 3705 Spectrum Blvd, Tampa, FL 33612, 1-813-977-7066.

## Roe v. Wade Anniversary Reception

By Susan J. Waldman

On Saturday, January 22, 2011, our chapter cosponsored “Roe v. Wade: One Piece of the Reproductive Justice Puzzle” presented by the New Jersey Religious Coalition for Reproductive Choice and the New Jersey Abortion Action Fund. Three members of Morris County NOW attended, Sharon Guarino, Lesley Frost and myself.

After the opening remarks we were treated to a partial presentation of Words of Choice, which is described as dynamic, pro-choice theater; powerful stories of women (and men) and the right to choose. A very moving way to begin the evening.

The keynote speaker, Emma S. Ketteringham, Esq., the Director of Legal Advocacy at the National Advocates for Pregnant Women, spoke eloquently about reproductive justice. The Supreme Court decision making abortion legal is only one part of reproductive rights. There are states where finding an abortion provider is next to impossible. States where there are so many restrictions, poor women are effectively barred from getting an abortion. If there is no abortion access, there is no reproductive justice. She told us that the majority of women who have an abortion will have children in the future or already have children.

NOW-NJ understands this concept, and in December, 2010, prior to the Roe v. Wade event, the NOW-NJ Reproductive Rights Task Force was renamed the Reproductive Freedom and Justice Task Force.

After Ms. Ketteringham spoke, the Roe v. Wade Reproductive Justice Award was presented to Robert L. Johnson, MD, FAAP. Dr. Johnson is director of the Division of Adolescent and Young Adult Medicine and chair of the Department of Pediatrics at the University of Medicine and Dentistry of New Jersey. He specializes in adolescent sexuality, mental health, and sexual abuse.

The evening concluded with a reprise of Words of Choice. A truly inspiring way to celebrate the 38<sup>th</sup> anniversary of Roe v. Wade.

### Curried Couscous Salad — An Occasional Recipe

This dish was served at the NOW-NJ December Board Meeting and the Morris County NOW Solstice Party.

Prep Time: 15 minutes

Cook time: 5 minutes

Yield: 4 servings (It served many more than this as part of a buffet. You can double the recipe if you wish.)



#### Ingredients

- 1 (5.8-ounce) box instant couscous [Preferably whole wheat couscous]
- 1 cup boiling water
- 3/4 cup sweetened dried cranberries
- 1 tablespoon curry powder
- 1 teaspoon salt
- Dash of cayenne pepper (Optional)
- 1 teaspoon sugar
- 1/2 orange, juiced
- 2 to 3 tablespoons extra-virgin olive oil
- 3 to 4 scallions, trimmed and thinly sliced on an angle
- 2 tablespoons chopped fresh Italian parsley leaves
- 1/2 lemon, juiced
- 3/4 cup chopped walnuts/pecans, toasted
- Freshly ground pepper

#### Directions

Stir the couscous, cranberries, curry powder, salt, and sugar together in a heatproof bowl. Bring water to boil and pour it over the couscous. Add the orange juice. Give it a big stir, cover the bowl tightly and let it stand, giving it a big stir once or twice until the water is absorbed and the couscous is tender, about 5 minutes.

Fluff up the couscous with a fork. Add the olive oil, scallions, parsley, lemon juice, and nuts. Stir until everything is distributed evenly throughout the dish. Make up to 2 hours ahead of time and keep at room temperature until you're ready to serve. Check the seasonings just before you serve the salad and add salt and pepper to taste.

### Be A Newsletter Contributor

Would you like to see your name in print? How about submitting an article to the Morris County NOW newsletter? Maybe you have an idea or an issue that you would like to publicize? Please send any articles to our email address, [morriscountynow@gmail.com](mailto:morriscountynow@gmail.com). Since our newsletter is published bi-monthly at the beginning of the "odd" months (July, September, November, etc.), the deadline for submitting articles is the third Monday of the "even" months (June, August, October). This would apply for advertisements also.

Please note that all articles and advertisements submitted for printing are subject to the discretion of the editor.

### Email Alerts

Morris County NOW wants your email address so we can keep you aware of important up-to-the-minute chapter news. Perhaps there is an upcoming event or action on an issue important to you that came up after the newsletter was published.

Since our newsletter is bi-monthly, this can easily occur. In this day and age of instant communication we want to keep in touch with our members.

Please write to us at [morriscountynow@gmail.com](mailto:morriscountynow@gmail.com)

### Join Us On Facebook

by Anna Tivade

Morris County NOW can now be found on Facebook, a social utility site that keeps people connected. If you are not already a member of Facebook, it is free and easy to join. You can use the link <http://www.facebook.com/group.php?gid=149284515188> or simply type Morris County NOW in the search box at [www.facebook.com](http://www.facebook.com) to find us. If you have any questions, please call Anna Tivade at 973.635.2218.



<http://twitter.com/mcnownj>

### LIVING FULLY IN TROUBLED TIMES

**A workshop honoring our feelings and re-dedicating our energy.**

**Morristown Unitarian Fellowship**

**21 Normandy Heights Rd, Morristown**

**Saturday, April 2, 2011**

**9:30 AM—3:30 PM**

### Chapter Calendar

**Tuesday, April 5, 2011**

**Morris County NOW Chapter Meeting**

**Tuesday, May 3, 2011**

**Morris County NOW Chapter Meeting  
PRESENTATION OF AWARDS  
2011 ESSAY CONTEST**

**Tuesday, June 7, 2011**

**Morris County NOW Chapter Meeting**

**Saturday, June 18, 2010**

**Annual Garage Sale  
See Article, Page 2**

### Other Events

**Saturday, April 2, 2011**

**Workshop at Morristown Unitarian Fellowship  
Living Fully in Troubled Times (See below)**

**Thursday April 7, 2011**

**Rally for Reproductive Choice  
9:00 AM—5:00 PM  
Washington D.C.**

### Come to Our Morris County NOW Monthly Meetings

Have you been getting our newsletter but have never attended a monthly chapter meeting? Wonder what NOW is all about? Looking for sisterhood and good conversation? Is there a women's rights issue you would like to get active around? Here's your opportunity. All are welcome. Meetings are on the first Tuesday of each month at 7:30 p.m. at the Morris Plains Community Center, 51 Jim Fear Drive, Morris Plains, New Jersey. We hope to meet you there. For more information, call our chapter phone or visit [www.morriscountynow.org](http://www.morriscountynow.org).

### **\*\*Your Ad Could Be Here\*\***

**Advertising Rates:**

**Members: \$15/Issue**

**Non-Members: \$25/Issue**

**(Business Card Size)**

**Let us help you reach  
Like-minded women and men**

## Membership Application

Morris County NOW (NJ0200)

P.O. Box 394

Morristown, New Jersey 07960

I wish to join NOW and commit myself to take action to bring women into full participation in the mainstream of American society now, exercising all privileges and responsibilities thereof in truly equal partnership with men.

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone/Email \_\_\_\_\_

National, State, and Local Dues:

\_\_\_ \$35. Regular Dues

\_\_\_ \$15-\$34. Reduced Dues

\_\_\_ Additional support

\_\_\_ \$5. Newsletter Only

Amount Enclosed \$ \_\_\_\_\_

Please return form with your check to the address above.

## Morris County NOW TV Coverage

### Mondays

Comcast: Channel 21, 6:30 p.m. (Morris/Hunterdon)  
Channel 208, 6:30 p.m. (Somerset)

### Wednesdays

Morris Cablevision, Channel 21, 9:30 p.m.

### Thursdays

Oakland Cablevision System, Channel 76, 9:30 p.m.

### Throughout Philadelphia

DUTV, Channel 54,  
Tuesdays, 6:30 p.m. and Fridays, 10:00 a.m.

## New Directions for Women Program Schedule [feministtv@optonline.net](mailto:feministtv@optonline.net)

**March:** "When Puberty Occurs Early"

**April:** "Empowerment, Education,  
and Economic Access: Third World  
Women"

**May:** "Aging: Getting the Help We Need"

**June:** "Growing Up Female II"

**Morris County NOW  
P.O. Box 394  
Morristown, NJ 07960**

## Feminist News and Views

News 'n Views is published six times a year by Morris County NOW as a means of informing the membership of current activities and issues.

### Chapter Officers

Karen Lontka, President - 973.584.0612  
Anna Tivade, Executive V.P. - 973.635.2218  
Shirley Henderson, Treasurer  
Rosemary Lontka, Secretary - 973.584.0612  
Susan J. Waldman, Membership VP - 973.895.2218  
Anna Tivade, Fundraising VP - 973.635.2218  
Rosemary Lontka, State Board Rep - 973.584.0612  
Winifred Bunch - TV Task Force - 973.895.5595  
Susan J. Waldman, Newsletter Editor - 973.895.2218

*Advertising Rates (business card size)*  
Members: \$15/issue; Non-members: \$25/issue

### For Information

Chapter Phone - 973.285.1200  
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[www.morriscountynow.org](http://www.morriscountynow.org)