



ETHICAL CULTURE

M O N T H L Y

VOLUME 36 NUMBER 4

Visit our website: www.essexethical.org

APRIL 2016

SUNDAY PROGRAMS

Programs are subject to change without notice. All are welcome. Programs begin at 11 a.m. 973-763-1905

April 3 Alice Baldwin-Jones, "Food and Diversity"

Ms. Baldwin-Jones will be speaking on "Food and Diversity" about how what we eat and how we



prepare it expresses our different cultures and ethnic diversity.

Alice Baldwin-Jones, PhD, is an Adjunct Assistant Professor of Anthropology in the Social Science Department at LaGuardia Community College, Long Island, NY. Her research has focused on social justice issues around access and equity to food, education (including nutrition education), land rights, health disparity and social stratification of the African Diaspora in Belize, Cuba, Jamaica, and the United States; on the indigenous population in Chiapas, Mexico. Included in the list of courses she teaches is "Food, Culture and Health", "The Anthropology of Food" and most recently, "Food and Society" in the Health and Nutrition Sciences Department at Montclair University. She is also a member of South Orange Baha'i Community.

April 10 Sally Fullman, "You've heard of weary bones but how about happy bones?"

Some years ago Sally Fullman made the discovery that she had osteoporosis, a condition defined by low bone density. "Osteoporosis is known as the



silent disease," Ms. Fullman explains. "You don't know you have it until you fall and have a fracture. Once it is diagnosed you've already lost 25-30% of your bone mass."

Sally will talk about some of the fascinating things that have come from her involvement with bone health — serving as a charter member of a patient board for Eli Lilly, the pharmaceutical company that developed the only medication to build new bones; reviewing research proposals for special military needs; becoming an advocate for better bones with local and state officials; developing community projects to help increase awareness; serving on the NJ Interagency Council on Osteoporosis which helps coordinate programs throughout the state; expanding *Healthy Bones* which is a free program to help seniors with weak bones offered at community sites throughout the state of New Jersey.

Healthy Bones classes are designed to improve strength, posture, balance, and range of motion, they also make a point of creating warm and welcoming places where people can make friends as well as learn about diet and physical health. "We try hard to keep our discussions on an educational, informative level," she said. "You're with a group of people who have a common problem but aren't sitting home saying, 'Oh, I can't do this and that,'" she said. "People get to know one another spontaneously. A warm social bond is formed."

Essentially the program is volunteer-based and runs on love and commitment. "Many places offer exercises, but very few focus specifically on bones ... and no other 'bones' program has the education component," she said.

In 2011, the National Osteoporosis Foundation recognized Sally's work with The Steps for Strong Bones Award.

[Includes text from an essay by Jacqueline Herships for her blog, "The Little Old Lady Stays Put (or doesn't)"]

April 17 Kent D. Fairfield, "What's the Role of Business in Global Sustainability? Villain or Savior?"

Dr. Fairfield will begin with a description of what we mean by "sustainability," continuing with a brief overview of the state of sustainability today. He will discuss what businesses are doing today regarding sustainability — and unsustainability — and what more could be done.

Kent Fairfield is Associate Professor of Management at the Silberman College of Business, Fairleigh Dickinson University. A long-time resident of Maplewood and married with two grown children, Kent spent his early career at the Chase Manhattan Bank. Most of that time involved lending money and marketing services. Working in training and development led him to be prepared when he left Chase and set up Kent Fairfield Associates, consulting on organizational effectiveness.



Ethical Culture Society of Essex County

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Editor's Note

Newsletter articles, announcements, etc., not to exceed 150 words in length, must be received by the FIRST of the month for inclusion in the following month's edition. Submit items to: Howard Gilman, newsletter editor: gilman.howard@gmail.com.

If you put something for the newsletter in the EC office's mail slot or in the mail, please email or call to be sure I know about it, especially if your item is time-sensitive.

Editor reserves right to edit for length, clarity and content. Opinions offered in this publication are those of the authors.

...act so
as to elicit
the best
in others
and in
ourselves

He later added to his Harvard MBA by earning his Ph.D. in social and organizational psychology at Columbia. After four years at NYU's Wagner Graduate School of Public Service, he joined Fairleigh Dickinson 13 years ago. He soon became a Principal in the Institute for Sustainable Enterprise, which does research, public outreach, and education on sustainability issues.

In addition, Kent has served a key role in experiential and applied learning for Silberman students. This entails arranging mentor experiences and requiring management students to do "learning management by doing management" through community service projects. He has been named New Jersey Teacher of the Year and FDU's Distinguished Professor for Education.

April 24 Cecilia Zalkind, "Children and Poverty"

Cecilia Zalkind, Executive Director of Advocates for Children of New Jersey, will be talking about child poverty in New Jersey. National surveys usually rank New Jersey among the top states in the country for child well-being, particularly for its education and health care systems. But growing child poverty in the state threatens those positive outcomes. New Jersey's statewide child poverty rate has grown to 17 percent – more than 333,000 children statewide – and pockets of poverty are much deeper in our urban centers and rural communities. Black and Hispanic children are over-represented in these numbers. Recently the NJ Assembly decided to confront this issue and held hearings on overall poverty in the state, providing an opportunity for action. She will discuss the impact of poverty on children and potential short and long-term solutions.



Cecilia Zalkind has an extensive background in public policy advocacy for children. Her 25 years in leadership roles at ACNJ have helped produce key policy advances in child welfare, early care and education and health

care in New Jersey. She has led important coalitions such as the Early Care and Education Coalition and the New Jersey Build initiative that have advanced high-quality early care and education in the state. Ceil has argued before the New Jersey Supreme Court on preschool standards in *Abbott v. Burke*, the landmark educational equity case, and on the issue of permanency for foster children in several child welfare cases. She serves on various national leadership committees including the national Children's Leadership Council. Ceil Zalkind joined ACNJ in 1984 as public policy director and became executive director in 2001. While at ACNJ, she served as an adjunct professor of family and adoption law at Seton Hall Law School. She holds a B.A. and M.A. from New York University and a J.D. from Rutgers Law School.

SOCIAL ACTION NOTES

Local Heroes Project: Widney Brown is our Local Hero Honoree for 2016. She will be accepting the honor on **Sunday, May 1, 2016**. Mark your calendars! We need a volunteer to work with Sue on arrangements (flowers, plaque, etc.).

Collections: Sue took the final coats to Valley Settlement house last week. We are now collecting laundry detergent, cleaning supplies, cooking oil and olive oil for Syrian refugee families in Elizabeth.

Immigration Detainee business: We wrote Governor Christie protesting his pocket veto of the NJ Senate bill, S177 (lower phone rates for incarcerated people). The Ethical Culture Board also wrote a letter, and a copy of ours was published in the *SO/MA News Record*.

The next social action committee meeting will be **Sunday, April 3**, after platform.
— Meredith Sue Willis

MARK YOUR CALENDARS

April 3 Sunday 11am–12pm Families for Ethical Education Program

April 8 7:30 pm Folk Friday Sing-along

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
April 2016		Chair Yoga 11am-12noon			1	2
3 9am Tai Chi Chuan 11am Alice Baldwin-Jones, "Food and Diversity." 11am-12noon Families for Ethical Education Program Social Action Comm. meeting 12 - 1pm	4	5 Chair Yoga 11am-12noon	6	7	8 Folk Friday 7:30pm	9
10 9am Tai Chi Chuan 11am Sally Fullman, "You've heard of weary bones but how about happy bones?"	11	12 Chair Yoga 11am-12noon	13 ECSEC Board meeting 7:30-9pm Transgender Topics: monthly meeting 7-8pm	14	15	16 Barbara Krales Cotler Artist's Reception 7-9 pm
17 9am Tai Chi Chuan 11am Kent D. Fairfield, "What's the Role of Business in Global Sustainability? Villain or Savior?"	18	19 Chair Yoga 11am-12noon	20	21	22	23
24 9am Tai Chi Chuan 11am Cecilia Zalkind. "Children and Poverty."	25	26 Chair Yoga 11am-12noon	27	28	29	30 Parenting Circle 4pm facilitated by Martha Gallahue

& jam second Fridays of the month, through June. Bring acoustic string and rhythm instruments. Join in playing, singing or listening with us. Bring some refreshments to share. Everyone is invited! Inovemsky@comcast.net, (973) 763-8293

April 13 Wednesday 7pm Transgender Topics

Paintings by Barbara Krales Cotler will be shown at the Society **Friday April 15 to Thursday June 30, 2016**, announced art coordinator Karen Bokert. The paintings are landscapes, seascapes and abstracts. **An artist's reception will be held Saturday April 16 from 7 to 9 pm** at the Society.

Barbara writes, "I decided that I wanted to be an artist when as a small child I observed a portrait of an old woman being painted out of doors. My mother turned thumbs down on this because during the Depression all thoughts were on earning enough to pay the rent. My father, on the other hand, thought everything I did was

wonderful. My family made, repaired or created everything necessary for survival without money. I grew up believing that anything a human being could do with their hands or their brains, I could do as well, from rewebbing the sagging sofa to carpentry. (This notion ended with the arrival of the electronic age.) The notion of spending money on art supplies never entered anybody's mind. I used paper napkins, wire and milk bottle caps to "make things." At Erasmus Hall High School in Brooklyn I chose art as a 5th major. I came under the tutelage of a blessed teacher, Harry Allen. He basically taught ceramics and sculpture, but what he really taught was how to 'see' things whether material or intellectual. He advised me that going to art school was a lovely idea but you could not beat a teaching license for security. I ended up with a degree in sociology and masters in library science but took art courses whenever I



could including the entire studio art program at Kean college. My working life was spent as Senior Librarian mostly at Maplewood Memorial Library. I spent several years doing stone sculpture under Larry Umbreit at Riker Hill Art Park until my hands began to hurt. I then switched to painting which I enjoy very much."

Barbara and husband Marty, longtime members of the Ethical Culture Society, reside in Maplewood.

April 30 Saturday 4 pm Parenting Circle facilitated by Martha Gallahue.

Eva Bouzard-Hui — Eva's artwork will next be exhibited at the West Caldwell Library from May 4-28. The opening reception is scheduled for Saturday, May 14th from 2-4:00 p.m. Pianist Steven Wu will again perform Randy Edelman's compositions based on Eva's poems.

ETHICAL CULTURE SOCIETY OF ESSEX COUNTY

516 Prospect Street
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For information, call 973-763-1905; visit our web site:
www.essexethical.org; email: ecsec.nj@gmail.com

Food Bank — Please remember to bring canned or boxed food items for the food pantry box in our front hall. Donations go to the New Jersey Food Bank. **Children's Books** — We accept children's books to be donated to the Parenting Center for children of need.

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