



# ETHICAL CULTURE

M O N T H L Y

VOLUME 37 NUMBER 4

Visit our website: [www.essexethical.org](http://www.essexethical.org)

APRIL 2017

## SUNDAY PROGRAMS

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

### **Apr. 2 Ann Hoffner, “Bury Me Naturally Under the High-bush Blueberries”**

Ann Hoffner is a journalist and author, and an expert in green or natural burial. She will outline what that means and describe her own father’s natural burial in South Jersey and then discuss options for local people who want an alternative to the traditional interment or cremation. She will also introduce us to her book *The Natural Burial Cemetery Guide* and how it works with those options. She says that during research on the subject of natural burial, she recognized the need for a guide. It took several years to connect with the cemeteries and funeral homes that do natural burial and the work is ongoing as the business grows.

Ann Hoffner began her career writing articles for sailing magazines and with her husband, photographer Tom Bailey, with whom she spent 10 years living and traveling on a 44-foot sailboat. She currently lives in New Jersey.

### **Apr. 9 Noémi Giszpenc, “The Cooperative Path to a Prosperous, Equitable Economy”**

Human beings evolved over millions of years as a highly cooperative species. We are deeply programmed to desire and thrive in a mutually supportive, interdependent and reciprocal environment. Can we make where we spend the greatest part of our lives — i.e., work — into this kind of social environment? We’ll discuss democratic workplaces, worker

cooperatives and why they are crucial to creating the world we want to live in and pass on to our children and explore how you can get involved.

Noémi Giszpenc is executive director of the Cooperative Development Institute ([www.cdi.coop](http://www.cdi.coop)) a nonprofit whose mission is to work with people in the Northeast to create cooperative businesses and networks that grow a prosperous, equitable economy. She began her career as an economics researcher at the World Bank, worked as an editor at *Nonprofit Quarterly* and became a principal at Ownership Associates, Inc., a consulting firm in Cambridge, MA specializing in developing an ownership culture at employee-owned firms. She resides in New Jersey with her husband and two young children and is vice president at her synagogue of “Tikkun Olam” (“world repair” which connotes social action and the pursuit of social justice).

### **Apr. 16 Craig Podell, “Raising Boys: Helping Boys Grow in Their Emotional Development and Emotional Literacy”**

Boys today are in real trouble. Confused by a host of internal and societal influences, many boys who appear “normal” and appear to be doing fine are struggling with feelings of sadness, fear and confusion they cannot even name.

This presentation and discussion will focus on the interacting influences on a youngster’s development: environment, social culture, technology and biology in shaping a young male’s emotional development. A focus will be directed to the role of parents, teachers and loved ones in serving as a boy’s auxiliary ego to help him learn to identify, verbalize and use emotions

in their various relationships both to self and others.

Craig Podell, LCSW, is in private practice in Brooklyn, NY and Maplewood, NJ. He has been a mental health consultant to numerous public and private schools, hospitals and social service organizations including the clown care unit of The Big Apple Circus. He was formerly a clinical supervisor for many years at the Jewish Board of Family Children’s Services in NY and Adjunct Assistant Professor at Columbia University School of Social Work. Craig has published numerous clinical papers on issues of adolescent treatment and bereavement.

### **Apr. 23 Sheena Collum, “The Ethics of Affordable Housing”**

Sheena Collum, Village President of South Orange, will discuss the challenges — ethically, economically and politically — of providing affordable housing in a community like ours.

Together with redevelopment and sustainability, affordable housing has been one of her primary professional concerns. Sheena is the Executive Director of the American Planning Association New Jersey Chapter, a statewide planning organization whose mission is to help build stronger communities and provide more choices for how people work and live while meeting the challenges of both growth and change. In her role, Sheena works regularly with local and state officials, professional and nonprofit organizations and state and federal agencies on a range of public policy issues affecting New Jersey’s municipalities including smart growth, state and regional planning, transportation and economic development.

Sheena Collum is a 12-year resident

# 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 eighth 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 also email or call me 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**

of South Orange and was elected in May 2013 to serve on the Board of Trustees. She currently chairs the Public Safety Committee and serves as a member on the Legal and Personnel Committee and the Planning and Zoning Committee.

### Apr. 30 Amy Blake and Martha Gallahue, Family Education Program

This month the Educational Initiative will explore the topic "What do/should we pass on to others?" How many of us have sworn never to be like our parents in some way and then out of our mouth comes something and you think "I sound just like my mother". What are the things you are grateful for that come from others and what are the things you wish you never received? What do we pass on, as an individual, as a community, knowingly and unknowingly? This conversation will be led by Martha Gallahue. Students kindergarten age and older will be exploring the topic with Ms. Blake, the director of our Educational Initiative and baby sitting is available for pre-schoolers.



*With Amy Blake, Reggie Harris and Martha Gallahue Feb. 12 as we explored family trees.*

### MARK YOUR CALENDARS

#### Apr. 2 NJ Peace Action Banquet

"Resisting American Fascism," the topic for NJ Peace Action's annual banquet on Sunday, April 2 will be presented by Chris Hedges, award-winning journalist and activist.

Essex Ethical Culture Society member E. Betty Levin will be honored as Peace Person of the Year. Also to be honored is First Friends of NJ, which works on behalf of detained immigrants. First Friends is supported

by our Ethical Culture Social Action Committee, chaired by Meredith Sue Willis.

The event to be held at the Hilton Hotel in Hasbrouck Heights starts at 12:15 p.m. with a cash bar followed by the 1 p.m. banquet and program. The cost is \$75 (\$85 after March 17). Call the Peace Action office, 973-259-1126, for reservations and driving directions.

#### Apr. 14, 7:30 p.m. Folk Friday

Sing together through the hard times. Bring acoustic string and rhythm instruments. Join in playing, singing or listening. Bring refreshments to share. 7:30 p.m. second Fridays of the month through June. Everyone invited!

### MEMBER UPDATE

#### Karen and Ed Bokert's New Home

Before moving in September 2016, EC member/painter/yoga instructor Karen Bokert and husband/clinical psychologist/poet Ed lived for many years in Maplewood. Quoting from her "resident testimonial" for her new community, Crestwood Manor, Karen says: "A lifelong artist, I'm delighted to meet with a small group of serious painters at Crestwood Manor. My husband Ed and I appreciate that there is a dedicated LivWell program here. We've lived well for many years, watching our diet and exercising. We also meditate together. We've recently begun offering a meditation workshop here for residents. I am a certified chair yoga instructor and I'm pleased to have a core group of people attend my weekly chair yoga sessions, something I offer as a gift to the community. We are so delighted with the openness to new ideas we have found and the willingness to have new residents share their talents and interests with everyone."

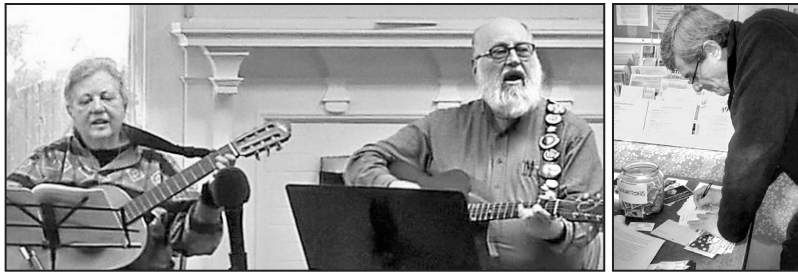


*Painter and yoga instructor Karen Bokert*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26 9 am - Tai Chi Chuan with Rich Mullen	27	28 11 am - Chair Yoga	29	30	31	1 <b>April 2017</b>
2 9 am - Tai Chi Chuan 11 am - Ann Hoffner, "Bury Me Naturally Under the High-bush Blueberries" 12 pm - Social Action Committee Meeting	3	4 11 am - Chair Yoga	5	6	7	8
9 9 am - Tai Chi Chuan 11 am - Noémi Giszpenc, "The Cooperative Path to a Prosperous, Equitable Economy"	10	11 11 am - Chair Yoga	12 3 pm - ECSEC Board Meeting	13	14 Folk Friday 7:30pm	15
16 9 am - Tai Chi Chuan 11 am - Craig Podell, "Raising Boys: Helping Boys Grow in Their Emotional Development and Emotional Literacy"	17	18 11 am - Chair Yoga	19	20	21	22
23 9 am - Tai Chi Chuan 11 am - Sheena Collum, "The Ethics of Affordable Housing"	24	25 11 am - Chair Yoga	26	27	28	29
30 9 am - Tai Chi Chuan 11 am - Amy Blake and Family Education	1	2 11 am - Chair Yoga	3	4	5	6

## Ethical Culture Society Brings Community Together in Musical Unity Event

Lifting their voices in songs of hope and solidarity, residents of Maplewood and South Orange joined together as part of the "United We Sing" event hosted Saturday, Feb. 18 by the Social Action Committee of the Ethical Culture Society of Essex County. The featured event was a community sing-along led by progressive, attorney and Solidarity Singer Bennet Zurofsky and longtime member Lisa Novemsky,



who organized the event. Participants (*at left*, Maplewood Mayor Vic DeLuca) were encouraged to raise their pens as well as their voices by writing postcards to New

Jersey Senators Menendez and Booker to voice questions and concerns about the state of national affairs. Florence Weisz's art work, "Obamart: Flag," was being sold to raise funds to benefit the Ethical Culture Society and there was a participatory performance work by artist and naturalist Anne Dushanko Dobek titled "Soothe Your Soul."



[Photos and full text by Shanee Frazier online at <http://essexnewsdaily.com/author/shanee-frazier>]

# ETHICAL CULTURE SOCIETY OF ESSEX COUNTY

516 Prospect Street  
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site: [www.essexethical.org](http://www.essexethical.org); email: [ecsec.nj@gmail.com](mailto:ecsec.nj@gmail.com)

**Collections:** Please remember to bring canned or boxed food items for the  
**Food Pantry** box in our front hall. Donations go to the NJ Food Bank.

**Children's Books** to be donated to the Parenting Center for children of  
need. Through May, for **Syrian refugee** families in Elizabeth, NJ, we can  
accept cooking oil, olive oil, laundry detergent and cleaning supplies; must  
be unopened. (Collection box in the small sunroom off the parlor).

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