



ETHICAL CULTURE

M O N T H L Y

VOLUME 34 NUMBER 6

Visit our web site: www.essexethical.org

FEBRUARY 2015

SUNDAY PROGRAMS

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

Feb. 1 Polly Kelekis, "Global Microfinance: A Hand Up not a Hand Out"

Microfinance — providing access to financial services for low-income people — enables poor, aspiring microentrepreneurs to start or grow their businesses and generate income to improve the quality of life for themselves and their families. It is an effective and flexible strategy in the fight against poverty.

As Chief Operating Officer of The MicroDreams Foundation, Polly's ultimate goal is empowering poor micro entrepreneurs by providing them with meaningful economic opportunity so they can work their way permanently out of poverty. Her work has taken her to Tanzania, Honduras, Haiti, Armenia and the South Pacific. Prior to MicroDreams, Polly worked at FINCA International and consulted for the Financial Inclusion Practice Area of the United Nations Capital Development Fund.

Polly has an MBA from The Wharton School of Business, an MA in International Economics and International Relations from the School of Advanced International Studies (SAIS) of The Johns Hopkins University, and a BA from Yale University.

Feb. 8 Dave Hogenauer, "Origins of South Mountain Reservation"

Who owned the land prior to it becoming a park? Where did the idea of the park come from? How did plans change regarding the boundaries of the park? What happened to the rock at Washington Rock? Did Asher

Durand paint in the Reservation? Did the Olmsteads plan the park?

Dave Hogenauer has been leading historical tours of the park since 2008, doing research at the park archives, at the Millburn-Short Hills Historical Society and elsewhere and is writing a book about the park. He was a teacher of history and social studies at Columbia High School for 32 years, retiring in 1996.

He currently is very active volunteering for the South Mountain Conservancy, leading hikes, maintaining trails and clearing trees that fall across those routes. He leads hikes in northern N.J. and southern N.Y. and volunteers with the Appalachian Mountain Club as a naturalist and information desk person in the White Mountain National Forest of New Hampshire.

Feb. 15 Martha Gallahue, Colloquy on Love

Martha will hold an open conversation on the face of love... to a baby, a 6 year-old, a teenager, a single adult of any age, to gays, to seniors. What does it mean when we say love makes the world go round?

Is love possible in a war? Does silence help or hurt loving relations? What are three essential questions to ask ourselves when we reflect upon love? Can ethics ever be hurtful in the practice of love?

This will be an intergenerational program with child care available.

Feb. 22 Dr. Adunni Anderson, "Real African-American History of South Orange and Maplewood"

Dr. Adunni Anderson, Director of the Primary School at Kent Place School and local resident, will speak about the long and rich history of Af-

rican-Americans in our Essex County towns. Her own family has lived in South Orange for many generations.

Dr. Anderson was, before joining Kent Place School, assistant principal at the acclaimed Glenfield Gifted and Talented Middle School in Montclair. She is also an active community member serving on numerous boards and committees, including the South Orange/Maplewood Community Coalition on Race, the South Mountain YMCA Board of Managers, the Children's Theatre Workshop/Peppermint Players, Inc., and the Montclair Art Museum, where she is an advisory board member to the education and African American cultural committee. She has been inducted into national and international honor societies and has received numerous honors including the Geraldine R. Dodge Fellowship Award in Leadership and the NAACP Excellence in Education Award.

She received her doctorate in educational leadership, management and policy from Seton Hall University and her BA in sociology/psychology and her MA in teaching/urban education from Simmons College.

MARK YOUR CALENDARS

Rich Mullen's Tai Chi class, 9 a.m. Sundays at the Society building. All are welcome.

Folk Friday Feb. 13 Sing-along and jam with friends, 7:30 p.m. second Friday of each month, October through June, at the Society building. Bring acoustic string and rhythm instruments, join in playing, singing or listening. Bring some refreshments to share. Open to all, all ages, everyone is invited! [novemsky@comcast.net, (973) 763-8293]

Ethical Culture Society of Essex County

516 Prospect St.,
Maplewood, NJ 07040
973-763-1905

ecsec.nj@gmail.com
www.essexethical.org



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EC Monthly Programs Editor

Elaine Durbach

Editor/Graphics: Howard Gilman

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, preferably via email at: gilman.howard@gmail.com. Items can also be dropped off at 15 So. Pierson Rd., Maplewood; or, if you put something for the newsletter in the EC office's mail slot or in the mail, please give me a call at (973) 763-3914 to be sure I know about it, especially if your item is time-sensitive. — *Editor*

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

African American History Month

In February, we join in paying tribute to the generations of African Americans who struggled with adversity to achieve full citizenship in American society.

Historian Carter G. Woodson and the organization he founded, the Association for the Study of Negro Life and History, conceived and announced Negro History Week in 1925 and first celebrated during a week in February 1926 that encompassed the birthdays of Abraham Lincoln and Frederick Douglass.

The celebration was expanded to a month in 1976. President Gerald R. Ford urged Americans to "seize the opportunity to honor the too-often neglected accomplishments of black Americans in every area of endeavor throughout our history." The entire nation had come to recognize the importance of Black history in the drama of the American story.

(Excerpt from an essay by Daryl Michael Scott, Howard University, for the Association for the Study of African American Life and History)

<http://www.africanamericanhistorymonth.gov/about.html>

"Food is Too Good to Waste"

Lorraine Graves (Jan. 4) outlined the big picture regarding food: production, consumption, and the tons that get wasted. She discussed ways that each of us can tackle the issue, cutting down on our own wastage and how to make sure that more food reaches those who need it.

There is probably no better example of the recommendation to "Think Globally Act Locally" than the issue of wasted food in America. As a nation, we waste enough food daily to fill the Rosebowl. A full 20% of our waste stream is food! When we throw food out (sending it to landfill), we are contributing to the production of Methane, a greenhouse gas 20 times more potent than carbon dioxide. Landfills are the third largest producers of Methane. It costs us money to send food to landfill and on top of that a full 15% of the population in this country does not know where their next meal is coming from. This is a triple loss!

The USEPA decided to tackle the problem by first developing a hierarchy of food handling: prevent waste generation, feed hungry people, feed animals, consider industrial applications, compost, landfill if you must. Since the commercial sector is responsible for 60%

of the waste, EPA developed The Food Recovery Challenge, a free, voluntary program to encourage grocers, universities, restaurants, hotels, and entertainment venues to develop goals to prevent waste and otherwise rethink food handling according to the hierarchy. Participation will do much toward transforming the losses described above into positives.

But what of the other 40% waste which is generated by the residential sector? EPA developed a tool called Food Too Good To Waste. It encourages the homeowner to be more mindful about meal planning, purchasing, storage, and handling. Composting is good but prevention of wasted food is even better. Leftovers and food that has been held awhile can be incorporated into stews, soups, filling for crepes/burritos, salads, dips, stir-fries, pasta toppings, scrambled eggs, omelets and frittatas. We are limited only by our imagination! The tool will soon be placed on the EPA website www.epa.gov/foodrecovery-challenge. Do yourself and the planet a favor and check it out.

Caring Committee needs Volunteers

As Chair of the Caring Committee, I would appreciate a few volunteers to help with appropriate responses when I am not available due to traveling or other demands. It is helpful to have other community members help out — and it's fun. It's a most enjoyable function to be involved with our community who can profit from some small service. Please call 973-763-1033 if you can help out. — *E. Betty Levin*

Karen Elliott — My Thoughts

[Written by: Karen Elliott, AEU Board Member; Member of Baltimore Ethical Society]

In the summer of 1996, I attended the first Lay Leadership Summer School organized for lay leaders in Ethical Societies by our national organization, the American Ethical Union. At that time, I had been a member of the Baltimore Ethical Society for about four years (and had served on its Board for that same number of years). I had minimal experience dealing with people on the national level. I had met Joy McConnell once or twice as I'd been active in the ethical education of our

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9am Tai Chi Chuan 11am Social Action Comm.	2	3 Chair Yoga 11am–12 noon	4	5	6	7 February 2015
8 9am Tai Chi Chuan 11am Dave Hogenauer, "The Origins of South Mountain Reservation"	9	10 Chair Yoga 11am–12 noon	11	12	13 Folk Friday Sing-along and jam with friends 7:30 p.m.	14
15 9am Tai Chi Chuan 11am Martha Gallahue "Colloquy on love..."	16	17 Chair Yoga 11am–12 noon	18	19	20	21
22 9am Tai Chi Chuan 11am Dr. Adunni Anderson, "Real African-American History of S. Orange and Maplewood"	23	24 Chair Yoga 11am–12 noon	25	26	27	28

youth, and I may have attended one Ethical Education conference (at that time called "Religious Education") before coming to LLSS. But there was a lot I did not know about the Ethical Union before, and even after, Summer School.

Beginning in 1997, I made a point to attend every AEU Assembly in part so that I could reconnect with people from Summer School (what an incredibly rich and transformative experience that was!) and each time I attended Assembly, I learned a little more about the national organization that supports our Societies as well as being made up of our Societies. I met people who were active with committees such as ethical education, ethical action, and even information technology (my own professional field). I learned about the amazing work that our "sister" organization, now called the National Ethical Service, does at the United Nations as a registered and well respected NGO (non-governmental organization). I heard people talk about how they had infused their lives with ethics — sometimes in simple, every-day things but also responding ethically with such bravery in the face of potential financial loss or even physical danger, that I left each Assembly newly inspired to

do my best to live an ethical (as well as an Ethical) life.

Sometimes I was asked (as an individual or as part of a group) to consider working on the national level. Once or twice I agreed to, for specific short-term tasks, but mostly I said "no". I was busy in Baltimore; raising a child as a single mother, supporting my "home" Society, doing additional work in my community that I felt was important and a meaningful part of my ethical life. I didn't see how I could fit that much more time into an already jam-packed day to do anything in my spare time other than try and catch up on my sleep or my time with family and friends or my writing life. But finally, 14 years after I attended Summer School in the beautiful mountains of North Carolina, I said "yes" to national service with the AEU. I ran for and was elected to our Board of Directors for the first time four years ago and I've never looked back.

I am someone who mostly lives life without regrets or "what ifs" but as I write these words I wonder what wonderful experiences I might have missed out on by saying "no" for all of those years. As I learn more and more about the Ethical Movement — both its history and its people, past and present

— I am continuously re-inspired and invigorated by the thoughts of what our Movement has helped to create in this world, and of what we can offer to it today. Our society is in need of ethical education for all ages — and in need of frequent reminders of the truth in Felix Adler's adage that we "Act so as to bring out the best in each other" because in doing so we become so much more our own best — more compassionate, more focused on living our values, and more one of those people who contributes a positive presence in their daily lives as a benefit to the entire world.

As our world has developed the internet and other technologies to bring people together who physically are miles and cultures apart, the Ethical Movement's emphasis on relationships and attribution of human worth to each individual can help to create a new world-wide community of people who together and individually are working to make our shared world a better place. Our Ethical Societies provide a place in which people can do that work. And our Union — the American Ethical Union — can provide the network and shared resources to support more and more Societies in that important and fulfilling work of building a better, more ethical world.

ETHICAL CULTURE SOCIETY OF ESSEX COUNTY

516 Prospect Street
Maplewood, New Jersey 07040

Phone: 973-763-1905

Email: ecsec.nj@gmail.com

Website: www.essexethical.org

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Ongoing Collections: **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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