



# ETHICAL CULTURE

M O N T H L Y

VOLUME 36 NUMBER 3

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

MARCH 2016

## SUNDAY PROGRAMS

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

### **March 6 Dr. Edward Tick will speak on healing for war veterans. His current book on this subject is “Warrior’s Return: Restoring the Soul After War.”**

Edward Tick, Ph.D., is Founding Director of the non-profit Soldier’s Heart, Inc. Honored for his groundbreaking work in the spiritual, holistic and community-based healing of veterans and Post-traumatic Stress Disorder (PTSD), Dr. Tick has been a psychotherapist for 39 years, specializing in working with veterans since the 1970s.

Dr. Tick is an internationally recognized educator and expert on veterans, PTSD, and the psychology of military-related issues and has conducted trainings, retreats and workshops across the country and overseas. He has lectured and trained staff and worked with wounded warriors at West Point, Walter Reed Army Medical Center, Forts Hood, Knox, Bragg, and other Dept. of Defense facilities. The Department of Defense now uses his pioneering work and he was the U.S. Army’s 2012 trainer for its annual Chaplain Sustainment Training in PTSD.

He is a tireless advocate for war-healing and peace-making, lecturing around the world and leading semi-annual educational, healing and reconciliation journeys to Viet Nam and Greece.

Dr. Tick is a gifted healer, teacher and guide specializing in using psycho-spiritual, cross-cultural, and international reconciliation practices to

bring healing and hope to veterans, communities and nations recovering from the traumas of war and violence.

### **March 13 Inette Miller and ‘Iokepa Hanalei ‘Imaikalani: “The Return Voyage — Rediscovering Ancestral Strengths”**

Inette Miller and ‘Iokepa Hanalei ‘Imaikalani, the couple from Hawaii who spoke at Ethical in January 2014, are making a “return voyage” to Ethical.

They say: “The indigenous people of Hawai’i are awakening to powerfully reclaim their sovereign nation. These *kanaka maoli* — aboriginal people — are, at this moment, summoning the strength of their ancestors; owning the cultural practices that were outlawed for a century; and reclaiming their birthright connection to the land, the ocean, and to every living piece of creation.

“For too long, we have allowed others to define us, to discount us, and to commercialize our culture. For too long, we have allowed others to divide us,” ‘Iokepa Hanalei ‘Imaikalani begins.

‘Iokepa and Inette, enthusiastically describe this awakening — oppressed natives reclaiming a *world* that was stolen sequentially by: missionaries, sugar cane barons, and finally, capitalism and its off-spring, *tourism* — the ubiquitous rape of indigenous peoples across this earth.

In 1997, at the age of 46, ‘Iokepa Hanalei ‘Imaikalani gave up his successful life as a contractor in Washington State, left his family, friends and hobbies and went to live in his native

Hawaii, to study, and to work for the revival of Hawaiian culture, inspired by the words of his deceased grandmothers: “My Grandmothers said: ‘In every culture on Earth, God gave keys to survival. Hawaiians will return to theirs. It is about reminding every soul what they were given at the beginning of time.’” He returned home to Hawaii with one small duffel, \$100 in his pocket, “and the light of my Grandmothers’ love inside me.”

Iokepa met his wife, Inette Miller, ten years later. Inette had been a high-powered international journalist and author and was a single mother of teenage sons living in Portland, when on vacation in Hawaii she met Iokepa — and changed her entire life.

Inette Miller is an American author and award-winning journalist, who covered the wars in Vietnam and Cambodia for *Time*. She moved to Hawaii after meeting Iokepa while on vacation there, joined him in his struggle, and married him. She is the author of *Burning Bridges*, which was produced as an ABC Movie of the Week, and taught writing workshops across the US. She also wrote *Grandmothers Whisper* and *Return Voyage* about their experiences together.

[See website, [http://returnvoyage.com/wordpress/?page\\_id=1812](http://returnvoyage.com/wordpress/?page_id=1812)]

### **March 20 Stephanie Rudolph: “Stop Feeling Guilty! How Gentrifiers are Fighting Gentrification”**

Gentrification has been sweeping major urban centers, particularly New York City. To combat displacement, New York City maintains rent stabilization laws. Often groups

# 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

of "gentrifiers" paying \$8,000 a month for a dorm-like apartment live in the same building as low-income multi-generational families paying only \$1,000. Rent regulation is what makes New York City socioeconomically, racially, linguistically, and culturally diverse. But when corporate landlords buy up property and attempt to displace long-term tenants, how can we use our privilege to fight back? In areas without rent regulation, how can we fight displacement and maintain diverse communities?

Stephanie Rudolph is a staff attorney at the Community Development Project of the Urban Justice Center, a non-profit dedicated to representing under-resourced communities in New York City. Stephanie works with organized tenant associations to preserve affordable housing by launching group actions against negligent and harassing landlords.

Stephanie is the granddaughter of our own E. Betty Levin. Her upbringing at the Long Island Ethical Humanist Society continues to inform her work today. Stephanie graduated from Haverford College and Stanford Law School. When not suing slumlords, Stephanie enjoys long distance running, reading, baking, tennis, and creative writing.

## March 27 Michael Lally, "How Creativity Can Save Lives"

*[Rescheduled from Jan. 24]*

From Mike: "I've been saying since I was young that 'poetry saved my life' and it continues to. Both reading the poetry of others, or hearing them read it, but even more crucially, writing my own. Though, in fact, all kinds of creative activity on my part, and as demonstrated by the work of others, have also saved and continue to save my life. I created a post card poetry reading announcement many decades ago that stated 'Poetry conquers fear' and that too holds true for me and always has. It's fear that is at the root of my problems with life and wanting to give up, many times throughout my seventy-three years. But by creatively expressing my response to whatever challenges I am, or my world or the world is, facing at any given moment, even if it's full of rage or ranting, I can begin to put the chal-

lenge into a perspective that includes some knowledge of not just the history of mine and the world's tragic moments but the history of all kinds of creative responses to those tragedies and I begin to see a way out of my despair and deep disappointment. There was an Argentine working-man philosopher named Antonio Prochia who wrote aphorisms, and one of them, loosely translated, was: 'The person who has made nothing and the person who has made a thousand things both feel the same desire: to make something.'

Michael Lally has had over two dozen books published since 1970, National Endowment for the Arts Poetry Fellowships, awards, various day jobs including book critic, TV and movie actor, screenwriter and script doctor etc. Since 2006, also writing the blog, *Lally's Alley*, lallysalley.blogspot.com

## MARK YOUR CALENDARS

### March 5 Artist's Wine and Cheese Reception, Saturday 6:30 to 8 pm,

**Eva Bouzard-Hui** will be pleased to offer a very special treat: A well known composer has written music based on poems written by Eva. A noted pianist will perform the compositions. All are encouraged to attend. *Eva Bouzard-Hui's art exhibit opened on January 4, 2016 and will run through March.*

**March 11 7:30 pm Folk Friday** Sing-along & 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! lnovemsky@comcast.net, (973) 763-8293

**March 12 Saturday at 12 noon**  
**E. Betty Levin's 90th Birthday Celebration** *[See page 3]* Please RSVP to the office 973-763-1905 or ecsec.nj@gmail.com

**March 13 Sunday 11am-12pm Families for Ethical Education Program**

**March 19 Saturday 4 pm Parenting Circle** facilitated by Martha Gallahue

**Coming in April — Paintings by Barbara Krales Cotler** will be shown at the Society Friday April 15 to Thursday June 30, 2016, announced art coordinator Karen

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>March 2016</b>		1 Chair Yoga 11am-12noon	2	3	4	5  Eva Bouzard-Hui — Artist's Reception 6:30-8 pm
6 9am Tai Chi Chuan 11am Dr. Edward Tick will speak on healing for war veterans.  Social Action Comm. meeting 12 – 1pm	7	8 Chair Yoga 11am-12noon	9 ECSEC Board meeting 7:30-9pm  Transgender Topics: monthly meeting 7-8pm	10	11  Folk Friday 7:30pm	12 12 noon E. Betty Levin's 90th Birthday Celebration
13 Daylight Savings Time 9am Tai Chi Chuan 11am Inette Miller and 'Iokepa Hanalei' Imaikalani: "The Return Voyage — Rediscovering Ancestral Strengths" 11am-12noon Families for Ethical Education Program	14	15 Chair Yoga 11am-12noon	16	17	18	19  Parenting Circle 4pm facilitated by Martha Gallahue
20 9am Tai Chi Chuan  11am Stephanie Rudolph: "Stop Feeling Guilty! How Gentrifiers are Fighting Gentrification"	21	22 Chair Yoga 11am-12noon	23	24	25	26
27 9am Tai Chi Chuan  11am Michael Lally, "How Creativity Can Save Lives"	28	29 Chair Yoga 11am-12noon	30	31		

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.

## E. BETTY LEVIN

### 90th Birthday Celebration

Dear Members & Friends,  
The Board invites you to honor our longtime member E. Betty Levin in the celebration of her 90th birthday at a potluck luncheon at the Society on Saturday, March 12 at 12 noon. Lunch will be followed by an honoring program. Betty requests "no personal gifts." However, she would welcome a voluntary contribution to the Ethical Education Program at the Society. Please RSVP to the office [ecsec.nj@gmail.com](mailto:ecsec.nj@gmail.com) or 973-763-1905.

E. Betty Levin has been a longtime ECS member, peace educator and psychotherapist. As a private practice psychotherapist for over 40 years, Betty has a broad understand-

ing of contemporary society and tradition-anchored humanistic values, vital for a meaningful human journey. She is a trained psychoanalyst and considers herself a "clinical philosopher." She has been founder and past president of the N.J. Association of Women Therapists where she has been honored for her "wisdom and contributions to the creativity and development of the Association." She is past president of ASERVIC, Association for Spirituality, Ethics and Religious Values in Counseling of the New Jersey Counseling Association.

Betty has been a member of the Ethical Culture Movement almost all



her adult life and a member of the Essex Society for over 50 years. During this period, she has served as president, on the Board of Trustees and as a Sunday School teacher. Her passion for the society is contagious, and she has brought many speakers to our doors, and new members to our group. Currently, she remains active in the Peace Movement, and in the new Ethical Education Program here, which launched this past September.

Betty recently spoke to us about her life and experiences as she approached her 90th birthday: "My role models have taught me much. ... We keep growing and learning till the end of our days. Achieving knowledge is a life-long experience, not necessarily confined to institutions of learning. The longer you live, the more opportunity to discover morsels to season, digest and absorb. Thus becoming an elder offers the possibility of triumph."



Betty with the class at Essex County College

# ETHICAL CULTURE SOCIETY OF ESSEX COUNTY

516 Prospect Street  
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For information, call 973-763-1905; visit our web site:  
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**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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## ETHICAL CULTURE SOCIETY OF ESSEX COUNTY NEWSLETTER · MARCH 2016



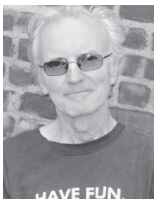
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