

--50th Anniversary Edition of the Signpost --

Newsletter of the

## Women's Club of Glen Ridge

September/October/November 2009 Volume 51 Number 5

Club Motto –  
“We live not to  
ourselves alone;  
our work is  
life.”

--Bailey

Sunday, September 20<sup>th</sup>

The International Affairs Department

In recognition of International Day of Peace 2009



Presents a film screening of

### “Pray the Devil Back to Hell”

Winner Best Documentary Film, 2008 Tribeca Film Festival

Screening promptly at 7:00PM (Registration at 6:30)

The Women's Club of Glen Ridge

Students \$3 Adults \$5 (No charge for Members/Girls Club Members)

RESERVATIONS PREFERRED

For reservations call (973) 748-5459 or email: [womensclubgr@juno.com](mailto:womensclubgr@juno.com)

or visit [www.womensclubglenridge.com](http://www.womensclubglenridge.com)

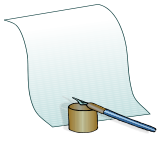
The United Nation's International Day of Peace, marked each year on September 21, is a global holiday when individuals, communities, nations and governments highlight efforts to end conflict and promote peace. We will celebrate this day by showing a film on the eve of the International Day of Peace, to inspire our community to celebrate victories for peace that have been won throughout the year and rededicate our commitment to work for a more peaceful, just and sustainable world.

We will screen the film “**Pray the Devil Back to Hell**” the gripping account of brave and visionary women who demand peace in Liberia, a nation torn apart by a decades old civil war. The film recounts the courageous efforts of Liberian women as they try to overcome and end years of warlord violence. Combining contemporary interviews, archival images and scenes of present day Liberia, the film captures the experiences and memories of the women who stood up to their country's tyrannical leader and brutal warlords in order to bring peace to their tormented country.

The film will be followed by a discussion led by Mr. Peter Jackson, senior staff member of the United Nations and Chief Editor of the UN Yearbook.

*“This is a truly remarkable film. Without question it's accurate...this is a story that needs to be told.”*

--Ellen Johnson Sirleaf, President of Liberia



# President's Post

Welcome back to a new year at the Women's Club! We have a fantastic calendar already in place, including a number of excellent programs and small group opportunities. Thanks to House and the tireless efforts of Linda Potter and Ken Underwood, the handicap accessible restroom on the first floor is finally in place and the rest of the Club looks fresh and inviting. The grounds are lovely, making the Club a true showpiece of the community. It is truly an honor to serve as President of this club.

Now, I do have a confession to make, and as I enter my fourth and final year in office, this seems to be a good time for full disclosure. I don't do anything. I don't offer this as an apology. My job description clearly states that my duties are simply "to preside over the meetings of the Board of Trustees and the meetings of the general membership." That's just about it. And, as both the Board and the General Membership are made up of some pretty nice people, my job is especially enjoyable. So, rather than taking credit for the work done by everyone else, I think a word of explanation is in order.

The Chairmen of House, Grounds and Hospitality oversee the physical property of the Club. These trustees and their respective committee members see that our clubhouse, grounds and furnishings are kept up to date and in good repair. This includes painting and planting, polishing and purchasing- all within their prescribed budgets. Our fabulous custodian, Linda Farrell, assists these committees. The financial issues are tended by the Finance chair and Treasurer, who also oversee the rest of the "business" end of the Club. This includes our substantial rental business, website advertising and investments. Our Office Manager Suzanne Tuck provides this group with support.

Without good programming, there would be no reason for the Club to exist. Our Department Chairs, along with their respective committees, plan and present the lectures, concerts, children's programs and social events for the membership. Special liaisons oversee book groups, yoga and the Lending Library. Our Historian chronicles our activity for future generations. Our Girls' Club advisors assist our High School aged membership in organizing and executing their own calendar of events.

Other groups are responsible for member support and involvement. This includes our Membership Committee, Public Relations and Signpost, which keep communications flowing between the Board, the membership and the community at large. Our Corresponding Secretary handles communications of a more personal nature. Community Service and Ways and Means also fall into this category, giving members an opportunity to become involved in both our fundraising and service activities. Our Secretary takes care of official documentation and the Vice President handles the administrative aspects of the Club, including By-Laws, Standing Rules and the calendar.

So, you see, I do very little other than watch these wonderful women do their respective jobs. By each doing a little a lot gets done. And it gets done very well.

There is one other committee that I need to include - Nominating. This committee, comprised of representatives from each of the other committees and departments, is responsible for identifying members capable of doing all of the other jobs that I've mentioned. The task of Nominating is probably the most important job in the Club. This is where all of the other little pieces come together. They will soon begin the process of filling the slate for next year. If you are asked, I truly hope that you will respond to the request and agree to be part of this well-oiled machine. Because so many have done so much, I've truly enjoyed doing nothing.

I hope to see each of you in the coming year. We have a lot to do!

*Prudence*

Prudence Younger, President

# ∞∞∞ SIGNPOST CELEBRATES 50 YEARS ∞∞∞

By Susan Griffith, Club Historian

Our Women's Club newsletter, the *Signpost*, is celebrating an historic anniversary this month – 50 years of continuous publication.

The first issue of the *Signpost* was published in October 1959 under the direction of its first editor, Mrs. C. Howard Sanborn. She was supported by a large staff including 3 assistants, a business manager, a layout manager, an editorial staff, and an advertising committee of 54 members! Since that time there have been 23 editor/co-editor teams, including our current President, Prudence Younger, who have professionally published the news of the Club, keeping everyone informed for five decades. Congratulations to all.

Over the years the *Signpost* has changed in design, but never in purpose or dedication. From 1959 to 1974 the *Signpost* was published in a true magazine format, with glossy pages and original artwork on the front cover. In 1975 a change was made when it was agreed to use green cover stock paper on the front and back. (The same paper is still used on our annual yearbook.) Finally, in 1982 a less formal, more cost effective version of the *Signpost* was initiated using all white paper...the style we continue with today.

## WHAT'S IN A NAME?

Reprinted from the October 1959 Signpost

Noah Webster says that a signpost is, "A guidepost, as at a crossroad; hence, figuratively, a guide; beacon."

Indeed, we are at a crossroad and SIGNPOST is one answer to the question, "Where do we go from here?" We trust that in the months and years ahead it will prove to be a "guide" and a "beacon" lighting our way toward a better understanding of our club and of our community and the interrelation between the two.

Of course, a signpost not only points to the path ahead but it also tells us where we are at the moment. So, too, will SIGNPOST chronicle the events which take place in the Women's Club of Glen Ridge and will try each month to keep our members well informed.

Shakespeare said, "What's in a name? That which we call a rose by any other name would smell as sweet." Yes, our magazine by any other name might do the job as well but we hope that SIGNPOST is an omen of good fortune which will, at all times, guide us in the right direction.

The name SIGNPOST is unique, it is ours alone...and it is copyrighted. Three pictures of the sign accompanied our registration and are in the files of the Secretary of State in Trenton. For the printing of the word "SIGNPOST" which so carefully reproduces the style of the lettering in the lower part of the sign, we are indebted to Mrs. Kenneth Dadson. For the artwork which made possible this cut, we are grateful to Dr. and Mrs. John D. Sanborn of Madison, NJ.

## Greetings from Our Mayor

Reprinted from October 1959 Signpost

BOROUGH OF GLEN RIDGE  
NEW JERSEY  
OFFICE OF THE MAYOR

May 15, 1959

The Women's Club of Glen Ridge  
Ridgewood Avenue  
Glen Ridge, New Jersey

Dear Club Members;

Although most of the actions performed by a Mayor are repetitions of those performed by his predecessors, this is one privilege that is uniquely mine – the opportunity to greet the first issue of SIGNPOST!

The Women's Club plays such an important part in the lives of so many Glen Ridge women and Glen Ridge men, too – who use its auditorium for their Forum meetings and other purposes – that I am sure this new venture will have strong support and cooperation.

With the reservoir of talent available in our Glen Ridge Women's Club, I am certain SIGNPOST will be a very interesting and readable magazine. The high caliber of your membership should provide a rewarding field for the businesses which advertise their products and services in SIGNPOST.

My very best wishes for success in this new venture.

Cordially yours,  
Paul Klemtner, Mayor

## ***Getting Connected: Networking Night 2009***

September 30<sup>th</sup>, 6:30-9:00pm

The Club is a great place to get to know people whom you might never come across otherwise in your day to day life in Glen Ridge. Our classes, groups, committees and programs attract a different cross section of the community, which is so often limited to neighborhood or school affiliations. However, even in our meetings and social gatherings the conversations are confined to the topic at hand and we don't always know very much about each other.

For example, did you know that the woman on the mat next to you at yoga is an art dealer or that lovely person in charge of ticket sales has a landscape gardening business? Need a caterer for your next party, a financial advisor or tech support for your small business? Need a piano teacher, a speech therapist or an interior decorator? Look at the Club. Are you looking to build your client base? Do you need a graphic designer for your next PR project? Let the other members know what you do and what you need. The connections run both ways.

In an effort to help us connect with one another, the Club is launching a new service for our members. ***Getting Connected: Networking Night 2009*** will give all of us an opportunity to learn what our members do in 'real life.' There are bound to be a lot of surprises. **Members are invited to stop by the Club between 6:30 and 9pm on Wednesday, September 30.** Bring a business card or any other promotional material that you'd like to share. We'll compile all of the information into a special directory for use as a member resource. If your business isn't service related, stop by and register anyway. It's useful for everyone to know where our members are and what we do. The list won't be shared with any outside sources or vendors. It's just a way for us to connect with each other.

### **Literature Department Monthly Meeting and Open House**

Tuesday, October 6<sup>th</sup> at noon



Please join us at the Women's Club on Tuesday, October 6<sup>th</sup> at 12:00pm for lunch, a reading and discussion with author Pamela Redmond Satran.

Pamela Redmond Satran, Montclair resident and writer, will be the guest speaker for the October 6<sup>th</sup> monthly meeting. Pamela has written many fiction and non-fiction books. She is famous for her baby-naming books. She will join us for a reading and discussion of her new non-fiction book, "How Not to Act Old." The *Wall Street Journal* called the book "an insightful and entertaining read."

*How Not to Act Old* is a life coach and instruction manual in book form for baby boomers trying desperately to stay cool and their Evil Young progeny who make fun of them. Join us for the hilarious reading and discussion.

Lunch is at noon immediately followed by the reading. Watchung Booksellers will be offering Pamela's books at the reading.

Lunch is \$26.00 for members and \$30.00 for non-members.

## Community Service Department Goals

**Let's All Join In** The Community Service Department has set an ambitious goal for the 2009-2010 year. We are looking for 100% of the Women's Club membership to join us in making a difference in our community. Here are a few of the events we have planned so far:

**Winter Coat Drive:** October 5<sup>th</sup> - October 30<sup>th</sup> - The Committee will be collecting clean and gently worn winter coats for women, men and children. This is an excellent way to clean out your closets and to help those in need as the colder months approach. Coats may be dropped off at the Club during office hours.

**Habitat For Humanity Women's Build Day:** October 23<sup>rd</sup> - We need ten women to come with us to Newark and help build a home for a wonderful family. You don't need any experience – just a willing heart! Contact chairpersons to volunteer.

**Red Cross Blood Drive:** March 3<sup>rd</sup> - Last year's drive was a huge success and we hope to continue that momentum. We hope you will come out again this year and support this life saving effort.

**Benefit Party – Save The Date:** March 26<sup>th</sup> - Plans are underway for the social event of the Spring! Our goal is to have fun while supporting a charity that touches all of our hearts.

Community Service Chairpersons: Charlotte Forest [clf05@comcast.net](mailto:clf05@comcast.net)

Karen Winslow [karenwinslow1@yahoo.com](mailto:karenwinslow1@yahoo.com)



### We are pleased to welcome the following new members:

Coleen Burke (Jerry)	60 Highland Avenue	Glen Ridge
Sharon Casey (Thomas)	40 Chapman Place	Glen Ridge
Regina Cora (Jeffrey)	17 Hawthorne Avenue	Glen Ridge
Lisa Fuydal (Roger)	318 Forest Avenue	Glen Ridge
Dina Golas	493 Ridgewood Avenue	Glen Ridge
Kyle Howland (Sean)	21 High Street	Glen Ridge
Susan Hughes (Peter)	172 Hawthorne Avenue	Glen Ridge
Clare Falbe Masucci (Robert)	79 Oxford Avenue	Glen Ridge
Lindsey Pace (Anthony)	69 Douglas Road	Glen Ridge
Lynne Palmer (Archie)	18 Ridgewood Avenue	Glen Ridge
Nicole Quinn (Michael)	266 Forest Avenue	Glen Ridge

#### Change of Address:

Nayat Doherty	21 Lincoln Street	Glen Ridge
---------------	-------------------	------------

## MUSIC AND MORE



**“Music for Solo Viola and Cello Ensemble” Friday, Oct. 9, 8PM**

**“We All Got Rhythm” with the Kean University Percussion Ensemble,  
Sunday, Nov. 15, 3PM.**

This year the Women’s Club will serve as host to an exciting new music series in Glen Ridge. Music and More, under the artistic direction of concert violist Brett Deubner, will present a series of five concerts throughout the 2009-10 season. Two of the programs, “We All Got Rhythm” on Sunday November 15 and “No Strings Attached” on a date to be determined, will feature performers from Kean University’s Music Department and be geared toward educating and instilling an appreciation for music in a younger audience. The other three offerings, “Music for Solo Viola and Cello Ensemble” on Oct. 9 at 8pm, “An All French Concert” for Valentine’s Day at 5pm on February 14 and “Voice in Chamber Music” on May 7 at 8pm will present more traditional works.

The Club will be providing our elegant Georgian Room as recital space and our guest artists will contribute beautiful sounds to fill the air. The series will be funded through both ticket sales and private donations. Women’s Club members will enjoy a reduced rate for all performances. Anyone who attended our two recitals last spring can attest to the quality of program that we achieved when presenting world class musicians in our acoustically fine setting.

Please mark your calendars and plan to join us as we kick off this series with the wonderful sounds of strings on Friday, October 9 at 8pm. We promise that you won’t be disappointed! For more information on the series and on how you can support the program, please visit the website at [www.womensclubglenridge.com](http://www.womensclubglenridge.com) or contact the office at (973)748-5459.

The much anticipated **Fall Harvest Festival** returns to the Women’s Club!

**Columbus Day Monday, October 12, 2009**

11:00 AM – 2:00 PM

Get ready for live animals at the petting zoo, pony rides, haunted “houses”, pumpkin decorating, and loads of other seasonal games and activities. There will also be live entertainment and food available for purchase.

Members: \$10 per individual, \$25 max per family

Non-members: \$12 per individual, \$30 max per family

Children 2 and under attend free. We hope to see you!



Time for Tots is also taking place at the Club every Thursday (follows the GR school calendar) throughout the year from 9:30–11:00 AM. Feel free to stop in for a quick cup of coffee and snack or stay the whole time! Parents and care-givers are welcome and we meet in the spacious and bright lower level of the clubhouse. It’s a great way to meet up with new and old friends...for both the adults and kids! There is no charge for members and we ask non-members to make a \$5 donation per family per visit.

If you have any questions about upcoming activities or are interested in being a part of the Children’s Department, please feel free to contact Anne Brown at [ahbrown277@comcast.net](mailto:ahbrown277@comcast.net)

September 2009						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

Date	Time	Event
1		Signpost Deadline
7		Club closed – Labor Day
9	8:00PM	Classics Book Club: <u>Anna Karenina</u> , Leo Tolstoy
14	7:30PM	Girls' Club – Officers and Advisors Meeting
16	9:00AM	Finance Committee Meeting
19	9:00AM	Girls' Club – Freshman Reception and Bagel Breakfast
20	6:30PM	Film – "Pray the Devil Back to Hell" – International Dept.
21	7:30PM	Girls' Club – General Meeting
22	9:00AM	Board of Trustees Meeting
23	8:00PM	Novelties: A Book Group for Busy Moms – <u>A Reliable Wife</u> , Robert Goolrick
29	10:00AM	Literary Ladies I: <u>Out Stealing Horses</u> , Per Petterson & <u>The White Tiger</u> , Aravind Adiga
30	6:30PM	Getting Connected: Networking Night 2009
<b>Special Classes</b>		
Wed	9:30-10:45AM	Yoga – First Class Sept. 16
Thu	9:30-11:00AM	Time for Tots – Begins Sept. 10



**Anderson's  
Flowers Inc**  
Eugene & Paul Theobald  
**1-800-746-6411**  
Fax 973-746-9787  
www.ftd.com/andersonsflowersinc  
602 BLOOMFIELD AVE. • MONTCLAIR, NJ 07042



Serving New Jersey  
since 1945  
**MONTCLAIR  
CUSTOM WINDOW  
TREATMENTS**  
318 Bloomfield Avenue  
Montclair, NJ 07042  
973 746-0230 (tel)  
973 746-4091 (fax)  
www.montclairblinds.com

October 2009						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Date	Time	Event
5	7:30 PM	Girls' Club – Officers and Advisors Meeting
6	12:00 PM	Monthly Meeting and Literature Open House – Book Reading/Discussion , Pamela Redmond Satran
7	8:00 PM	Classics Book Club: <u>The Baccae</u> , Euripides
9	8:00 PM	Music and More - Music for Solo Viola & Cello Ensemble
12	11-2:00PM	Children's Harvest Festival
14	9:00 AM	Finance Committee Meeting
16	6:30 PM	ManiCURE Night – Girls' Club
19	7:30 PM	Girls' Club – General Meeting
20	9:00 AM	Board of Trustees Meeting
23	TBA	Habitat for Humanity Work Day
27	10:00 AM	Literary Ladies II: <u>Plague of Doves</u> , Louise Erdrich <u>A Short History of Women</u> , Kate Walbert
<b>Special Classes</b>		
Wed	9:30-10:45AM	Yoga
Thu	9:30-11:00AM	Time for Tots

**BOWDEN AGENCY**  
Insurance

430 Broad Street  
Bloomfield, New Jersey 07003  
TEL: 973-680-1990  
FAX: 973-680-8022  
bowdenagency@verizon.net

\*Home \* Auto \* Business  
\*Wedding & Event Insurance\*

**D'MONI**  
WOMEN'S APPAREL & ACCESSORIES

43 Watchung Plaza  
Montclair, NJ 07042  
973-744-4488

Mon.-Sat:  
10:00am-7:00pm  
Sun: 11:00am-4:00pm

# November 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Date	Time	Event
2	7:30 PM	Girls' Club – Officers and Advisors Meeting
3		Signpost Deadline
3	12:00 PM	Monthly Meeting and Art Dept. Open House
4	8:00 PM	Classics: <u>The Awakening</u> , Kate Chopin
11	9:00 AM	Finance Committee Meeting
15	3:00 PM	Music and More - "We All Got Rhythm" - Kean University Percussion Ensemble
16	7:30 PM	Girls' Club – General Meeting
17	9:00 AM	Board of Trustees Meeting
18	8:00 PM	Novelties
21	TBA	Social Dept. Program
23	7:30 PM	Girls' Club – Candy Cane Information Meeting
26		Club Closed – Thanksgiving
27		Club Closed – Thanksgiving
Special classes		
Wed	9:30-10:45AM	Yoga – No class Nov. 25
Thu	9:30-11:00AM	Time for Tots – No meeting Nov. 26

**BRUCE D. RODDY**  
President

---

**WHITNEY H. RODDY, INC.**  
*INSURANCE COUNSELORS SINCE 1916*

430 Broad Street  
Bloomfield, NJ 07003  
E-mail: bdroddy@whroddy.com

Phone: (973) 743-6700  
Fax: (973) 743-9758  
Direct: (973) 771-3022

*Zecchino Family—Our Secret Ingredient is Family*  
[www.nicolosbakery.com](http://www.nicolosbakery.com)

*Nicola's Italian Bakery & Deli*

Specializing in Italian Bread • Rolls  
Wholesale • Retail • Catering  
• Daily Homemade Lunch and Dinner

Wholesale Open Seven Days  
Retail Open Tues to Sat 5 am–6pm,  
and Sunday 5 am–2 pm

6 Baldwin Street  
Montclair, NJ 07042  
(973) 746-1398

## The Armchair Reader Reviews: Still Alice

292 pages

By Lisa Genova

Rated: 4 cushions



The Armchair Reader uses a simple system to rate the books she reads: the number of cushions required to keep the Reader comfortable while perusing the volume. The better the book, the longer the Reader sits, and the more cushions are needed as follows:

4 cushions: feed the family and walk the dog first; you won't want to put this one down.

3 cushions: sit back and enjoy; this one's very good.

2 cushions: worth taking out of the library but don't buy it in hardback.

1 cushion: read this only to avoid polishing the silver.

0 cushions: scrubbing the kitchen floor is more interesting than this book.

Often sad, sometimes frightening, always compelling, *Still Alice*, the story of a Harvard professor with early-onset Alzheimer's disease, is told with a clear-eyed compassion which keeps the reader racing to turn the pages. The Armchair Reader was afraid this novel would be depressing, but amazingly it isn't.

This is not a caregiver's handbook; it's fiction, but it will instill in any reader who knows a person with dementia a more profound understanding of how to better communicate and simply be with them. For those fortunate enough not to have a friend or family member affected by the disease, *Still Alice* offers insight into how our own brains function...or not. If the true measure of a book is whether it changes your perception of some part of the world you live in, then this is a great one.

*Still Alice* begins with Professor of Psychology Alice Howland tracking down her equally academic husband's glasses for him as he tries to get to work on time. While she feels the usual wifely exasperation at John's inability to find his own keys, etc., she also empathizes since she has recently noticed that she's losing things too, such as her Blackberry, which she later finds plugged into its charger beside her bed. Alice chalks this up as normal for a multi-tasker who's fifty years old. The reader finds it more ominous since author Lisa Genova has opened the book with a single dramatic paragraph saying that "there were neurons in her head...that were being strangled to death, too quietly for her to hear them."

After Alice goes running and can't find her way home from Harvard Square, a place she knows like the back of her hand, she begins to worry that her forgetting is more than just a menopausal woman's typical memory difficulties. Without telling anyone in her family, she begins the process which results in the diagnosis of early on-set Alzheimer's. As she reads a list of activities which will be affected throughout the progression of the disease, she finds the items: "Has given up reading. Never writes. *No more language.*" Alice is a specialist in neurolinguistics, the study of the mechanisms of language.

*She looked at the rows of books and periodicals on her bookcase, the stack of final exams to be corrected on her desk, the emails in her inbox, the red-flashing voice-mail light on her phone. ... She had experiments to perform, papers to write, and lectures to give and attend. Everything she did and loved, everything she was, required language.*

In clear, lucid prose, Ms. Genova shows us how Alice's family responds to the diagnosis, how she tries to compensate for the symptoms as she continues to teach at Harvard, how her colleagues avoid her once the

[Continued on page 11]

diagnosis is made public, and, most important, what Alice herself is thinking, feeling, and struggling with. In a very unusual and gutsy choice, the author tells the story from Alice's point-of-view. The reader lives in Alice's mind as that mind betrays her with increasing frequency.

And yet, there are gifts the disease gives her. As she loses the ability to absorb words, her sensitivity to body language increases. Her relationship with her youngest daughter improves dramatically. She no longer bases her entire identity on her achievements at work. She comes to understand love on a deeply felt level.

Interestingly, the author spent a year querying and being rejected by agents who said no one would want to read a novel about Alzheimer's. Frustrated, Ms. Genova decided to self-publish the book, which is so well researched it received the stamp of approval from the Alzheimer's Association. After a year of selling *Still Alice* out of the back of her car, Ms. Genova was contacted by an agent who sold it to Simon & Schuster for half a million dollars. Now the book is a *New York Times* bestseller.

By Nancy Herkness Theodorou

---

## *Girls' Club Corner*

by Janel Abrahami

The Girls' Club of Glen Ridge is off to a strong start to the 2009-2010 year. The officers representing the club this year are Christina Sliwak, President; Danielle Casadonte, Vice President; Colleen Waldron, Recording Secretary; Janel Abrahami, Corresponding Secretary; and Jordan Smith, Treasurer. Class representatives are Juniors Cara Mulligan, Cully Schultz and Emily Wright and Sophomores Lizzy Kolln, Erika Sliwak and Emily Trojanowski.

The girls did not wait until the new school year to start making a difference. In the beginning of the summer, members volunteered at the Glen Ridge Community Fund's Run on June 28. Girls helped with set-up before the run, passing out water and sorting and distributing T-shirts. The run was a success - some GC members may even have begun to look forward to the school year, if only to continue their volunteerism with great causes.

The first general membership meeting is scheduled for Monday, September 21 and will welcome more than 150 total members, with about 65 incoming freshman. The freshmen will be formally welcomed Saturday, September 19 at the Freshman Reception Bagel Breakfast, to which they are encouraged to bring a parent. The breakfast will answer any questions the girls and their parents have about the club and will introduce them to this year's officers, advisors and representatives.

**Save the Date:** The Fourth Annual maniCURE night will be held at the Women's Club on **Friday, October 16 at 6:30pm**. Club members will set up pink manicure stations, pink treats and fun prizes. The proceeds from the event will become a donation to the Susan G. Komen Breast Cancer Foundation. The girls hope to raise even more money and awareness than last year and to give the young ladies of Glen Ridge a fun night out.

This year, the Girls' Club is proud to introduce their website, which can be found through a link on the Women's Club website. The page lists charities with which the club is affiliated and will keep a record of members' points, upcoming events and information on the officers, advisors and reps. The site is sure to be a valuable asset once club activities are in full swing.

For the 2009-2010 year, the girls plan to continue with the club's traditional events, such as maniCURE Night, the Candy Cane Ball and the Fashion Show, and they look forward to meaningful new projects, such as Catherine's Closet.



## Let's Go Green

Summer has passed and Fall is upon us. Glen Ridge has the distinction of being a "Tree City USA" and we all have the annual duty of contending with our trees abundant leaves. We've bagged leaves and seen our community's curbsides fortified with them. Consider this looming prospect an opportunity to begin one of the greenest things anyone can do. Compost!

Compost is the result of aerobic decomposition of organic waste, typically yard refuse and kitchen scraps. Gardeners call it black gold. I've been at it for five years. It makes the **best** fertilizer for your yard or garden and it is free! It can also be a good teaching tool for your kids about nature. Plus you cut down on your waste production exponentially. Because my family of three composts (and recycles), we only put out about one bag of garbage every ten days.

Starting and maintaining compost is easy. Use equal parts brown, green and other organic material. Make sure the compost is not too wet or dry and gets plenty of air. If its working correctly, it won't smell. Composting veterans say no meat, dairy or grease in your compost for vegetable gardens. If you're just using it for flowerbeds, some meat and dairy are fine. You'd be surprised what you *can* compost. (Toilet paper rolls, hair, egg cartons, coffee grounds and filters, newspaper, pet waste, wood ash from your fireplace...)

Leaves are great for any compost. The only things you need are space and time because they take about a year to break down. If you want the leaves to break down faster, shred them before you compost them. This reduces space and makes it easier for worms and microorganisms to chew them up. Leaf shredders are inexpensive and make short work of this big task.

If you're looking to house your compost, there are many barrels and cages made to contain and cultivate it. Just check the web or your favorite garden center. You can also start a pile in your back yard and let nature take its course. Make sure to bury newer contributions to the pile to not attract pests. Then all you have to do is stir it once in a while. Starting is the hardest step. Nature does the rest for you!


Next time: The Green of "Slow"

Christopher Hanson and his family have lived in Glen Ridge since 2007. He is a full time parent to his son Brodie and a swim team coach for the Montclair YMCA. He has just started eco-consulting for anyone seeking to make environmentally conscious choices or changes for lifestyle and home.

Contact: christopherhanson42@gmail.com

**ORDER ARTISAN**  
*venting calm from chaos.*

Victoria Pearlman, MLS  
 Professional Organizer  
 973.748.0280  
 www.orderartisan.com



*Paragon Installers, LLC*  
 Specializing in Luxury Kitchen & Bathroom Installation

Tom Hemmerle  
 Owner

Ofc 888-392-2557  
 Cell 201-832-2224  
 Fax 201-493-8004

tom@paragoninstallers.com  
 www.paragoninstallers.com

***“Enterprising Women”* is a new series exploring the entrepreneurial talents of our Club members.**

***Enterprising Women* - Clemente Brakel, Art Consultant**

It was an auspicious omen: the papers for Clemente Brakel’s new venture, **NL = US art consultancy**, arrived on her birthday. A citizen of the Netherlands, Clemente sees the importance of her role as a mediator between the Dutch artists she represents and American art lovers. “There should be no boundaries when it comes to art,” Clemente says, reflecting on her company’s name. “In Holland, the equal sign means ‘is’ so it melds the two countries together.” Her tag line is *No limits equals unending spark* but she points out that the name also could be read as *Dutch are we*. The variety of interpretations reflects her multi-faceted and passionate approach to both art and art consulting.

“My parents believed art was part of a good education so I grew up visiting museums,” Clemente explains. “I continue to feel that art should be thought-provoking, and touch both your heart and your soul. It should bring you to an acceptance of something different as well as beautiful. It makes you grow a little every time you see it.”

Drawn into the Netherlands’ vibrant arts culture, Clemente arranged exhibitions, shows and performances both for individual artists and for non-profit organizations in Holland and the United States. She has organized symposia on the arts for the University of Leyden and the University of California at Berkeley. In addition to her Masters Degree from the University of Leyden, she has done post-graduate work at the University of California at Berkeley, and attended the Masters Program at Christie’s Education in New York City.

Clemente credits her co-chairmanship of the Women’s Club’s Art Department and the successful “Homegrown” event as being stepping-stones toward launching her art consultancy. “It made me think about what I could do and what I liked doing. I realized it’s my love for the arts that I wanted to share.”

The eight artists currently represented by her art consultancy offer a broad range of artistic expression spanning photography, painting, sculpture, fashion design and performance art. She chose them foremost for the quality of their work, but also because she felt comfortable working with them personally. “Most of my artists are not ‘safe,’” she says. “They have different perspectives on what they want to evoke, but they all believe in beauty and the joy that art can ultimately bring.”

Her first year of business has included setting up an apartment in Rotterdam which serves as her base of operations in Europe. Works from all her artists are displayed there in order to help patrons visualize how they might incorporate the art into their own homes. She will attend art shows in Paris, London and Miami this fall. One of her artists will have his first U.S. show in a gallery in Miami in December. She is exploring venues for a 2010 show which will display all of her artists’ work together.

“In the art world, it takes at least five years to develop a network of contacts so I am spending this first year traveling, meeting people and just processing ideas for the business,” Clemente explains. “I plan to offer the possibility of commissioning artworks to corporations as well as to private patrons. I’m also visiting galleries to get a sense of which of my artists they might be interested in showing.” In the future, she hopes to add a cross-current to her trans-Atlantic business, bringing American artists to the Netherlands. She has also been approached about offering wearable fashions from young Dutch designers to American clients. When she talks about art, her artists and her business, Clemente’s voice rings with excitement and you believe her when she says, “I’m doing what I love!” To view work by the NL=US artists, visit the website at [www.nl-equals-us.com](http://www.nl-equals-us.com). To contact Clemente, call (973) 906-5685 or email her at [info@nl-equals-us.com](mailto:info@nl-equals-us.com).

--By Nancy Harkness Theodorou

## 50 Years Ago...a glimpse at life in the Women's Club

~ **Ways & Means** was busy as always. They sponsored a "Dessert-Bridge and Fashion Show" in October, a four week series of lectures "Adventures in Antiques" in November, a candy sale throughout the holiday season (yummy...Katydid's and Golden Crumbles!) and ongoing bridge lessons.

~ The ballroom piano was rebuilt with funds raised by the **Music Department**. The department also sponsored five lectures on music appreciation. The lectures previewed music to be played by the New Jersey Symphony Orchestra in their upcoming Montclair and Glen Ridge concerts.

~ The **Art Department** was active with a series of sketching, drawing and painting classes for both novices and experienced artists. Each month throughout the year they also held an exhibition of New Jersey artists at the clubhouse. During the summer the exhibits showcased the year's work from the art class.

~ The Club's new cookbook, "**Sugar 'N Spice**", went on sale in December for \$1.00. The sales helped fund the Club's Community Achievement Project to build a bus shelter at the corner of Bloomfield and Ridgewood Avenues.

~ The **Welfare Committee** met the second Thursday of each month for a Greystone Workshop. In December, toilet paper rolls were being collected to make tray favors. Ongoing projects for the hospital included collecting magazines, paperback books, clean old nylon stockings and men's shirts.

~ The **Treasure Trader** published classified ads free in the *Signpost* for any Club member. The first ads listed four antique chairs and a piano and bench for sale.

~ A total of 90 **advertisements** were placed in the first *Signpost* issue! A thank you to them said "we are grateful to you...for your faith in us and we trust that this is the beginning of a long and mutually-beneficial relationship". One advertiser in particular took that sentiment to heart – **Franklin Lowe and Son, Plumbing-Heating**. They are the only advertiser from our first issue who is still advertising with us today! Thank you for 50 years of loyal support!



**FRANKLIN LOWE & SON**  
**PLUMBING & HEATING**  
**Beach Street, Bloomfield, NJ**  
**973-743-5222**

Est. 1928 – STATE LIC. #7081

*Third generation of Glen Ridge residents serving the people of Glen Ridge.*



**DEBORAH LEBOW**

Sales Associate

(973) 509-3935 OFFICE, (973) 670-6717 CELL

(973) 387-3533 EFAX

Deborah.Lebow@coldwellbankermoves.com



RESIDENTIAL BROKERAGE  
736 Valley Road  
Upper Montclair, NJ 07043

[coldwellbankermoves.com](http://coldwellbankermoves.com)

Formerly Schweppe Burgdorff Realtors ERA  
Owned And Operated By NRT LLC.

## *Travels with Samantha*

by Samantha Finneran

Earlier this summer my husband and I felt the need to get away for a much needed vacation. In view of tighter times we did give our choice plenty of thought and we were thrilled to get a great Internet special. Europe was in our thoughts, so, with a click of the mouse, an excellent bargain for a flight and hotel room became available in Zurich, Switzerland. The soaring exchange rate with the Euro or Pound has made many popular countries across the pond very restrictive. Switzerland, however, has its own currency that is not tied to the Euro. Zurich, which sounds like a bustling metropolis is surprisingly slow paced. It is very calm and has village characteristics. Most Swiss are fluent in more than one language, especially in English, which made it easy to communicate during our stay.

Getting around Zurich is a breeze; there is a wonderful network of transportation around the city and beyond. Buying a day or week pass allows you access to all the trams, buses, trains and even the boats on the lake. Switzerland is renowned for its time keeping, which is apparent in its highly efficient and integrated transportation system.

The main street through the town is Bahnhofstrasse, known for some famous and expensive shops, and numerous cafes that have now spilled out onto the street during the warmer weather. Among the department stores that are dotted around is The Manor, where you can get some wonderful food any time of the day. This is a reasonably priced choice, when looking for a snack or lunch. Here, you will find well prepared choices in amounts that fit the budget. Usually sold in plate sizes, I learned to fill a medium sized plate very well! You can also purchase wine to go along with your meal. The Swiss are very health conscious and consume some interesting juice concoctions, both freshly squeezed and brightly colored. The desserts are amazing - tarts that have great fresh fruit like nectarines, apples or raspberries - not too sweet and totally scrumptious.

A favorite dining spot for us included one of the Guild Houses that are abundant in the area. These originated from skilled craftsmen like watchmakers or jewelers. Some of these buildings have been around for hundreds of years. These became restaurants, open to the public, serving typical Swiss cuisine, which includes lamb, lake fish and tender veal in different styles. Tipping here is included in your dinner price and does not affect the attentive, courteous service that you will get. Fondue is still just as popular as ever in Switzerland and can be found in many of the local restaurants.

Zurich, with its wonderful main train station is also a great place to start a trip down to the lake area of Italy. The train will take you through tunnels and over huge viaducts and you can enjoy a spectacular view of a small yet beautiful country. Train travel is, by far, the best way to travel around Switzerland and Europe. Bon Voyage!

GLEN RIDGE RESIDENT FOR OVER  
25 YEARS

**O'Boyle Funeral Home**  
Michael H. O'Boyle Jr.  
Executive Director  
N.J. Lic. No. 3067

Tel: 973-748-1246                      309 Broad St.  
Fax: 973-429-1203                      Bloomfield, N.J. 07003



**Lou Patella**  
General Contracting  
Complete Home Remodeling Services

Phone  
973.979.8914  
Fax  
973.427.2584  
Email  
loupatella@optonline.net

*MLK Technology Consulting*



**Marge Kallies**  
39 Glen Ridge Pkwy  
Glen Ridge, NJ 07028

Phone 973.509.9580  
mkallies@comcast.net



**GROVE PHARMACY, INC.**

123 GROVE STREET  
MONTCLAIR, NJ 07042

PHONE 744-5550  
Delivery

(973) 429-1905 (973) 743-2794

**GLEN RIDGE AUTO, INC.**  
19 HERMAN STREET, GLEN RIDGE  
GENERAL AUTO & TRUCK REPAIRS  
WORK BY CERTIFIED MECHANICS  
FUEL INJECTION - COMPUTERS  
AIR CONDITIONING - ALIGNMENT - BRAKES  
EXHAUST - TUNE-UPS - TIRES  
USED CARS

**AL KINDBERG  
CARL KINDBERG**  
Est 1979

DONALD WALCH OF HIS MASTER INSURED  
Owner

**Don's Gutter Service**  
*Cleaning • Repairs  
Installations • Chimney Caps  
Maintenance Programs*

---

Nutley, NJ 973-667-7700  
donsgutterservice.com

**Signpost Staff :**  
Editors: Karen Martin & Ann Marie Morrow  
Proofreader: Lori MacDonald

Special Thanks To: Marge Kallies &  
Beverly de Fillippis

Women's Club of Glen Ridge  
219 Ridgewood Avenue  
Glen Ridge, NJ 07028

Non-Profit  
Organization  
US Postage  
PAID  
Glen Ridge, NJ  
Permit No. 7065