

Signpost

The Newsletter of the **Women's Club of Glen Ridge**

Vol. 58 No. 1
Sept/Oct/Nov 2017

Please Join the Literature Department as they present
A Visiting Author Event

on Tuesday, October 3rd, at 7:30pm

With **Laura Schenone**, Author of

The Dogs of Avalon: The Race to Save Animals In Peril

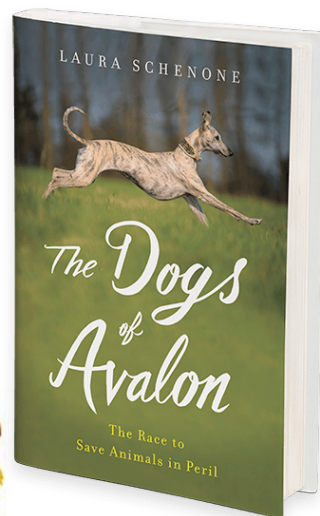
Come hear the heartwarming story of a volunteer band of women in Ireland who are determined to save greyhounds from abuse and who are having an impact on efforts to save animals everywhere. You won't want to miss this entertaining speaker as she shares her research into the world of animal rescue. Laura Schenone's full biography and list of her other books can be found on her web site www.lauraschenone.com.

Hors d'oeuvres, sweets, and beverages will be served. Bring your friends! Watchung Booksellers will have copies of *The Dogs of Avalon* for purchase.

In the spirit of the book, we will be accepting donations (food, toys, treats) for local animal shelters.

Tickets: Members - \$15; Non-members - \$30

Please RSVP by September 30th to womensclubgr@juno.com or www.womensclubglenridge.com or 973-748-5459.



Save the Date

Annual Fall Cocktail Party Thursday, October 12th at 7 p.m.

Members, prospective members and new residents are invited to this free event.

We hope you can join us for a fun-filled evening!

R.S.V.P. by Tuesday, October 10th on the website, www.womensclubglenridge.com, by email at womensclubgr@juno.com or by calling the Club office at 973-748-5459. Please include attendees' names.

Hosted by the Membership Committee

President's Post



Wonderful news at the Club! Family Department Chair Michelle Shuey, husband Jason, and “big sister” Clementine welcomed baby Ruby to their family (and ours!) on August 29th. I had the lucky opportunity to visit in their home and to experience the joy of holding a newborn again. That reminded me about first joining the Women’s Club as a young mother, just moved into town...which in turn got me thinking about the many special connections I’ve made over the years simply because of my membership here. Those connections intertwined and lead to my becoming President, an adventure that has informed and enriched my life in untold (and often unexpected) ways. Therein lies the magic of the Club...it’s all about connections: connections with women of all ages, in every stage of life, who have generously shared their diverse perspectives with the whole “family” of us who gather here. By so doing, they have enriched us all by expanding our horizons and deepening our understanding of life. There are many superficial ways to create quasi connections – Facebook, Twitter, LinkedIn, Instagram – but really only one way to have truly honest, authentic connections – which is by meeting face-to-face and listening to the women in our own community and beyond. The Women’s Club offers us that valuable gift. The more involved we are with each other, the more opportunity we have to build meaningful and long-lasting connections. So we hope you will come, meet new people, share your own stories and learn about women with lives different from yours. You will be richer for it...and so will our Club!



Connect, Share, Celebrate!

Warm Regards,

Jill

The Women's Club is happy to announce a new class

Mindfulness Meditation

with Jodi Brooks

Jodi has been teaching yoga and meditation for the last 15 years.

She has been witness to the profound and positive effects of a yoga/meditation practice. The journey includes stress reduction, mindfulness, relaxation, clarity of intention, and inspiration. Through the study of mindfulness meditation, she has experienced transformation in all areas of life -- in body, mind and relationships. Each day the practice reveals more and more.

Jodi lives in Glen Ridge with her husband and two daughters.



What is Mindfulness Meditation?

Mindfulness is meditation practice that cultivates positive states of mind like gratitude, kindness, and compassion. The class will cover techniques for feeling more connected to our bodies and emotional states. Support will be given for developing a daily sitting practice. This meditation technique can be quite helpful with reduction of stress. Please join us in a non-judgmental, gentle exploration of what it's like to be you in this present moment. No prior experience necessary.

Week 1 Mindful Breathing

Week 2 Mindful Body

Week 3 Mindful Emotions

Week 4 Development of the heart

Week 5 Interpersonal Mindfulness

Week 6 Stress reduction

*6 weekly sessions starting Oct 4th.
Classes are Wednesdays at 7:30 pm.
Members \$100.00, Non-members \$120.00.
There is no Drop-In rate for this program.*

Please RSVP by September 30th to womensclubgr@juno.com
or www.womensclubglenridge.com or 973-748-5459.



The **Community Service Department** is pulling up its sleeves and getting back to work after a summer break! Our Facebook page is now up to date. We are “Women’s Club of Glen Ridge - Community Service Department.” Please ‘Like’ us and visit often to keep up-to-date on our current service projects, including helpful links to reliable charitable organizations. You can always find us on the Club’s web site, too www.womensclubglenridge.com .

Here’s a look at what we’re doing now and what to expect in the coming months:

- **October** - The Annual Virtual Food Drive campaign and Girls’ Club maniCure Night
- **November** - Thanksgiving baskets for local families in need
Services
- **December** - Coat and Toy Drive for the Holiday Season



If you would like to stay informed about Community Service projects, please contact Elizabeth in the office and ask to be added to our “Guardians List”. womensclubgr@juno.com or 973-748-5459

With Gratitude!

**The Family Department is Bringing Back
Cocoa and Story Time with Santa!**

**Saturday, December 16th 2017
11:00 - 2:00**

**Spend some time listening to holiday
stories, doing crafts, and have your picture
taken with Santa!**



The Ways and Means Committee wants to know,
“Are you thinking ahead to your spring garden?”



As Ralph Waldo Emerson said, the “earth laughs in flowers.” Get a jump on your spring garden by purchasing bulbs by October 15th from Flower Power Fundraising. Bulbs will come with a full color label that includes planning information and are backed by an unconditional 100% money-back guarantee. Even better, The Women’s Club will receive 50% of every purchase. While you plant your garden, you are benefitting the Club! To place your order, go to the Club’s website www.womensclubglenridge.com. Scroll down to ‘Ongoing Programs’ and click on Flower Power Fundraiser. This will bring you directly to our dedicated page in Flower Power and you can begin shopping with the knowledge that your purchase(s) will benefit the Club. Questions can be directed to Elizabeth in the Club office by calling 973-748-5459 or by sending an email to womensclubgr@juno.com.

The Department of Religions and Spirituality

Presents an
Introduction to
Mindfulness Meditation

Jodi Brooks, teacher of the new meditation class at the club,
speaks about the benefits of meditation and how to create
your own personal practice.

Tuesday, November 7, 2017
Luncheon at Noon
Program 1:00

Members \$15 ~ Non-Members \$30
Program only (no lunch) is free to members,
\$15 for non-members

Please RSVP by Friday, November 3rd

www.womensclubglenridge.com
womensclubgr@juno.com
973-748-5459



Don't forget to pay
your dues!

As our new Club year gets underway, take a moment to check "pay dues" off your list!

Visit our website at womensclubglenridge.com to pay online, pop a check in the mail, or visit the office in person with check in hand – all are welcome.

If you have any questions, please phone Elizabeth in the office 973-748-5459 or send her an email at womensclubgr@juno.com.

Looking forward to seeing you at the Club!



Renee Biancamano
Michelle Nadine Burnett
Victoria Conte
Paula Ely
Arlene Farenci
Sayyadah Garrett
Lindsey Lane
John Malyska
Jan McNally Rohal
Samantha Soto Schwarm
Anthony Turiano



Looking for a book club?

Classics Book Group

The Classics Book Group meets on the 3rd Wednesday of each month at 8:00pm. Books are selected by consensus two months prior to their discussion meeting. From Homer to Hawthorne, Kipling to Conrad, and Melville to Marquez, we are a fun and lively group. For more information, contact Barbara Kalemkerian, bparker1539@msn.com. Upcoming dates and titles are:

- Oct. 18 *The Phantom Coach: a connoisseur's collection of the best Victorian ghost stories* - Editor, Michael Sims
- *8:15 start
- Nov. 15 *The Handmaid's Tale* by Margaret Atwood

Novelties Book Group

Novelties Book Group was created as a book group for busy women. Our book choices are collectively chosen and voted on by our attendees. We meet Wednesday evenings at 8:00pm approx. every 6-8 weeks. For more information, contact Ingrid Kozlowski, ingridkozlowski@gmail.com. Upcoming dates and titles are:

- Oct. 25 Into the Water by Paula Hawkins
- Nov. 29 TBD



The new fall yoga session began Friday, 9/13. Classes are every Wednesday from 9:30am - 10:45am. (Unless

otherwise noted on the calendar.)

All levels welcome!

Please bring your own mat.

Members - \$80 for 8 sessions

Non-Members - \$100 for 8 sessions

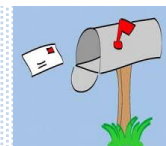
Drop-In Rate - \$16/Class

You may call the office with any questions. 973-748-5459



Save the Date for Our
5th Annual
Greens Event!
Wednesday, December 13th
6:30pm
Sponsored by the
Home & Garden Department

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THE SIGNPOST?
DO YOU KNOW YOU HAVE A CHOICE?



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WOMENCLUBGR@JUNO.COM.



Susan Griffith Becomes An Honorary Member

Susan Griffith, 45th president (2002-2006) and ardent supporter and member of the Women's Club since 1986, has been awarded an Honorary Membership, a sign of indelible impact and constant support of the Women's Club of Glen Ridge. This honor was bestowed upon Susan in absentia at our annual dinner, May 16th, 2017. Following is the first person account of Marianne Sweeney as she awarded Susan with a certificate commemorating the honor.

"This past July 4th I was in Raleigh, NC visiting Susan Griffith. Bill and I spent three fun days with Susan, Bob and their sweet dog, Maggie. Susan and Bob are well settled into their beautiful retirement home and, with the exception of missing the NY Yankees, love their new community. We talked a lot about the Women's Club and how much it meant and continues to mean to her. She was very honored to be given an Honorary Membership and I was thrilled to present her with the certificate. And, yes, Susan has a great sewing room in her new house. I think we can count on beautiful hand-made donations to the Doll Tea for years to come!"

Respectfully submitted by
Marianne Sweeney



**Save the Date for the
Community Holiday Sing-Along
Sunday, December 17th, 5:00pm**

**This beloved event is now in its
3rd season at the Women's Club!**

**Mark your calendar now to become a part of
this new Glen Ridge tradition!**

Our 2017 – 2018 Board of Trustees

President	Jill Simmons
Vice President	Alyssa Collins
Finance Committee	Sandra Lefkovits
Treasurer	Mary Toomey
Assistant Treasurer	Linda Rovalino
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Corresponding Secretary	Amy Luka
Girls' Club Advisor	Tami Kinley
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Hospitality Committee	Laura Merriman
House Committee	Jula Cordeira, Deborah Lebow
Membership Committee	Anne Alix, Stephanie Koskuba
Nominating Committee	Open
Public Relations Committee	Betsy Emerson
Rental Committee	Laura Merriman
<i>Signpost</i> Co-Editors	Amy Luka, Angela Gkionis
Social Committee	Marianne Sweeney
Ways and Means Committee	Barbara Kalemkerian, Shilpa Patel
Art Department	Ann Marie Linke
Community Service Department	Megan Giullianelli, Beth Ege
Drama Department	Lyn Vaux
Family Department	Michelle McKenna Shuey
Home & Garden Department	Kelley Forsyth
International Affairs Department	Nan Josephson
Literature Department	Mary Lou Malyska
Music Department	Margo Garrison
Religions & Spirituality Department	Jan Spoerl



THE DREAM BIG RAFFLE



3 Chances to Win!
3 Gift Cards:
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Start dreaming!

A limit of 200 Raffle Tickets will be sold!

Cost: \$50 each

Purchase 3 Ways:

ONLINE: www.womensclubglenridge.com

BY PHONE: 973-748-5459 M-F 9AM-12PM

IN PERSON: at Women's Club of Glen Ridge
219 Ridgewood Avenue, Glen Ridge, NJ
M-F 9AM- 12PM

Drawing: November 15, 2017

Time: 7:30PM

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

Tickets may be picked up at the club
or will be mailed upon request. Federal law
prohibits USPS delivery of money for the
purchase of chance tickets.

Winner need not be present to win.

No one under the age of 18
years is permitted to participate.

All proceeds go to the WCGR and the many
projects and services they support within
the community.



Mark Your Calendars

EVENTS



October 2017		
Day/Date	Time	Event
Mon/2	7:30pm	Girls' Club General Mtg.
Tues/3	7:30pm	Monthly Mtg. and Literature Dept. Open House – <i>The Dogs of Avalon</i> by Laura Schenone
Mon/9	7:30pm	Girls' Club Executive Board Mtg.
Tues/10	7:30pm	Finance Committee Mtg.
Thurs/12	7:00pm	Fall Cocktail Party
Tues/17	7:30pm	Board of Trustees Mtg.
Wed/18	*8:15pm	Classics Book Group – <i>The Phantom Coach: a connoisseur's collection of the best Victorian ghost stories</i> , Ed. Michael Sims
Fri/20	6:30pm	Girls' Club ManiCURE Night
Wed/25	8:00pm	Novelties Book Group – <i>Into the Water</i> by Paula Hawkins
Mon/30	7:30pm	Girls' Club General Mtg.
Weekly Class – Mondays	10:30 - 11:15am 11:30 - 12:15pm	Music with Molly 1-4 years Newborn-12 mos.
Weekly Class – Wednesdays	9:30 – 10:45am	Yoga

November 2017		
Day/Date	Time	Event
Tues/1		<i>Signpost</i> Submissions Deadline
Mon/6	7:30pm	Girls' Club Executive Board Mtg.
Tues/7	12:00pm	Monthly Mtg. and Religions and Spirituality Open House – An Introduction to Mindfulness Meditation
Tues/14	7:30pm	Finance Committee Mtg.
Wed/15	7:30pm	Dream Big Raffle Drawing
Wed/15	8:00pm	Classics Book Group – <i>The Handmaid's Tale</i> by Margaret Atwood
Mon/20	7:30pm	Girls' Club General Mtg.
Tues/21	7:30pm	Board of Trustees Mtg.
Thurs & Fri/23 & 24		Club Closed – Thanksgiving
Wed/29	8:00pm	Novelties Book Group – TBD
Weekly Class – Mondays	10:30-11:15am 11:30-12:15pm	Music with Molly, 1-4 years Newborn – 12 mos.
Weekly Class – Wednesdays	9:30-10:45am	Yoga

Girls' Club News

We are pleased to introduce the new officers for the 2017-2018 year:

President- Daphne Patton
Vice President- Morgan Connaghan
Treasurer- Jessie Zuiderveld
Recording Secretary- Anna Hanson
Corresponding Secretary- Kate Reynolds
Technical Coordinator- Ava DeBartolomeis
Historian- Colleen Murphy



Our new officers are ready for a great year!

Over the summer the Girls' Club volunteered at the public garden at the old Benson Street train station through the event A Lot to Grow. This garden donates its herbs and vegetables to many local soup kitchens, where members of the Girls' Club also spent their time this summer. Many of the girls volunteered at the Church On the Green soup kitchen serving meals.

In addition to these, many girls volunteered their time to the youth in our community at the Essex County Running Club's youth track meets, in the Montclair Art Museum's summer camp, and in the public library's summer reading program. A town-wide and favorite event, the Fitzgerald's 1928 Lager Run 5K, also had the help of the Glen Ridge Girls' Club with recording times and handing out water to the runners.

The Freshman Ice Cream Social is set for Sunday, September 24. It is a great way for incoming freshmen girls who are interested in joining the Girls' Club to meet other members and see what the club is all about, all while eating ice cream! We hope to see a great turn out and have many new members this year!

The first general membership meeting is Monday, October 2. This is where the members will get to meet their new officers and discuss the upcoming year.

SAVE THE DATE: Manicure Night is Friday, October 20!

The event will take place at 6:30 pm at the Women's Club. The girls volunteer their time to paint nails and play games with the younger girls in the community to create one of the most exciting events of the year. The money raised is donated to an organization that supports the fight against breast cancer.

Online:

www.Womensclubglenridge.com

Facebook:

www.Facebook.com/WomensClubGlenRidge

Member's Only Facebook Page

www.Facebook.com/WCGRMembers

Email:

womensclubgr@juno.com

Phone:

973-748-5459



The next 6-week Music with Molly session will begin on Monday, September 11th. These interactive classes help children develop a love of music early and are a great way to spend time with your little one out of the house. For ages newborn - 4 years old.

10:30am - 11:15am class (1- 4 years)

11:30am - 12:15pm class (Newborn - 1 year)



Sign up for our 6-week session to get the best rate.

Class size is limited so please register early.

Members: \$65 for 1st child/\$30 each for additional siblings.

Non-Members: \$90 for 1st child/\$36 each for additional siblings.

For more information and to register for the class, please visit our website at:

<http://www.womensclubglenridge.com>

Drop-In rates are also available based on class size. Please visit our website or call the office for more information. [973-748-5459](tel:973-748-5459).



Each year, as part of our fundraising efforts for ManiCURE night, the Girls' Club holds a coin drive for Coins for a Cause. In support of Breast Cancer Awareness Month in October, the girls are given bright, pink solo cups for collecting coins. Over the course of three weeks, they collect coins from friends, neighbors, local businesses, and at football games.

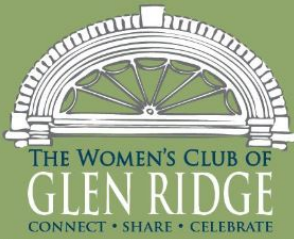
On the morning of October 21st, the girls bring their cups full of coins to Boiling Springs Savings Bank by the Glen Ridge train station. There will be close to 400 solo cups worth of change! There will also be a bake sale table in the bank to add to the festivities. The money collected from the bake sale is added to the coin total. The coins are poured into Boiling Springs' change counting machine to see how much money was collected. Last year we collected over \$3,200, and hope to do even better this year!

Boiling Springs Bank supports the Girls' Club and Coins for a Cause by advertising our drive to customers throughout the month and dedicating their Ridgewood Avenue branch to the coin counting event on the 21st. This event contributes a significant amount of funds to the Girls' Club's annual ManiCURE night, which is Friday, October 20th this year.



ManiCURE night is one of the Girls' Club's biggest events of the year. The proceeds go to the Connie Dwyer Breast Center in Newark. The Connie Dwyer Breast Center provides comprehensive breast care, from screening to diagnosis to treatment, for all women, regardless of financial status. We are really excited for this event and hope to raise as much money as possible for a great cause!

- by Kate Reynolds, Corresponding Secretary of the Girls' Club



Thank You to Our Sponsors For Your Support!

TELEPHONE (973) 743-5810

Lidia Zemlanicky, D.M.D.

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BY APPOINTMENT

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GLEN RIDGE, NJ 07028

Signpost Submission Deadlines

It's never too early to plan your submission for *Signpost*. These are the proposed submission dates for the 2016-17 year.

<i>Signpost</i> Issues for 2017-2018	Deadline for Submissions
Dec. '17/Jan. '18	11/1/17
Feb./Mar. '18	1/3/18
Apr./May/June '18	3/1/18



Angela Gkionis
Realtor



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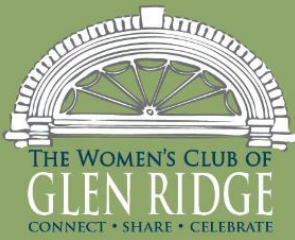
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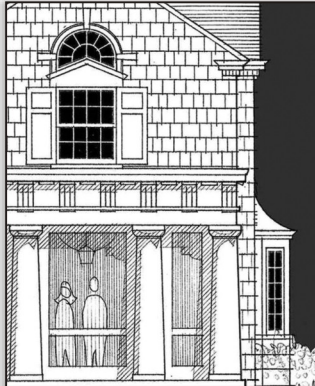
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