

# Signpost

The Newsletter of  
The Women's Club of Glen Ridge

Vol. 62 No. 1

September/October/November 2021

## HENNA ART LUNCHEON

Learn about the art of mehendi design from professional henna artist Nisha Sharma (Mehndisha Henna Art). Plus, enter for a chance to win a **FREE henna hand design!**

**TUESDAY, OCTOBER 5, 2021**

Luncheon at 12 pm | Program at 1 pm

**WOMEN'S CLUB OF GLEN RIDGE**

219 Ridgewood Ave., Glen Ridge



The Art Department is hosting the  
Monthly Meeting on

Tuesday, October 5<sup>th</sup>, 2021

12:00 pm Luncheon | 1:00 pm Presentation

Come join us as the professional artist Nisha Sharma (Mehndisha Henna Art) discusses the history and the art of mehendi. Mehendi is a form of body art originating from the Indian subcontinent. Using a paste created with the dried leaves of the henna plant (*Lawsonia inermis*), intricate ethnic or contemporary designs are drawn on the body to create a painless, temporary art piece.

Ms. Sharma has been critically examining the intricate and varied art forms which encompasses the artistic world of henna from traditional subsets of India and Middle East. She has evolved a unique modern style capturing the essence of present times. In addition to hands/body henna artwork, Nisha crafts other art forms for home décor and gifts such as candles, canvases, wooden gift boxes, photo frames and vases.

There will be a raffle to win a free henna hand design!

\$20/ Members | \$25/Non-members

RSVP by September 30<sup>th</sup> [www.womensclubglenridge.com](http://www.womensclubglenridge.com) or 973-748-5459.



Dear club members,

Welcome to the start of the new club year 2021 to 2022. I am looking forward to the many programmes our Departments and Committees have planned for us, starting with the Art Department's Henna Art Luncheon on 5<sup>th</sup> October 2021. Yes, you read that correctly: our club house is open again after having been shuttered for the past 20 months. We are looking forward to seeing everyone again and pray that we will be able to remain open for the full club year.

This summer we successfully introduced Summer Sips as a way to get together and reconnect. Regarding the doll collection generously donated by Dr. Roberta D'Ull, I have been able to sell 23 dolls for just over \$58,000. We are grateful for Dr. D'Ull's generosity.

The Social Committee is planning a wonderful event – *Corks, No Forks* – for members and associate members to get together and get acquainted, or reacquainted, with each other on Saturday, 23<sup>rd</sup> October from 4:00 – 6:00 pm.

My goals for this year are to:

- Expand and diversify our membership;
- Increase the Club's visibility in our community.

We would like to make the club more accessible to all of our members and ask that you send in your ideas to the club's office as to how you think we can best accomplish this. We need your involvement, so let us all commit to work together to strategise and revitalize our commitment to the Women's Club of Glen Ridge.

In closing, I would like to share a portion of "Desiderata" by Max Ehrmann with you. Do take a few minutes to read and ponder its meaning:

Go placidly amid the noise and haste,  
and remember what peace there may be in silence.  
As far as possible without surrender  
be on good terms with all persons.  
Speak your truth quietly and clearly;  
and listen to others,  
even the dull and the ignorant;  
they too have their story.

Be yourself.  
Especially, do not feign affection.  
Neither be cynical about love;  
for in the face of all aridity and disenchantment  
it is as perennial as the grass.

Take kindly the counsel of the years,  
gracefully surrendering the things of youth.

*(Continued on Page 3)*

(President's post continued from page 2)

Nurture strength of spirit to shield you in sudden misfortune.

But do not distress yourself with dark imaginings.

Many fears are born of fatigue and loneliness.

Beyond a wholesome discipline, be gentle with yourself.

You are a child of the universe, no less than the trees and the stars; you have a right to be here. And whether or not it is clear to you, no doubt the universe is unfolding as it should.

Therefore, be at peace with God, whatever you conceive Him to be, and whatever your labors and aspirations, in the noisy confusion of life keep peace with your soul.

With all its sham, drudgery, and broken dreams, it is still a beautiful world.

Warm regards,  
Sandra C. Lefkovits



In the September 24<sup>th</sup> issue of the *Essex News Daily* there was a very informative interview with our board president, Sandra Lefkovits. Sandra highlighted the fact that this is the most diverse board of trustees the club has ever had. Sandra also mentioned how the club was looking to continue engaging the members, associate members, and township as we move forward. The full article can be read here. [Essex News Daily](#)

Our luncheon for our senior members held on June 14<sup>th</sup> was also highlighted in the same issue of the *Essex Daily News*. That “elegant yet casual luncheon” was the first in-person event held in the club in 15 months! The full article can be read here. [Essex Daily News](#)

*Dolls* magazine had a feature article about the club's new acquisition of collectible, fine art, and commercial dolls. Our exhibition, *Figures of Fantasy: A Collection of Doll Artistry*, opened to the public on July 30<sup>th</sup> in recognition of National Doll Day. The unique collection, donated by club member Dr. Roberta D'Ull, includes excellent examples of wax, ceramic, and porcelain dolls. The full article can be read here. [Dolls Magazine](#)

the  
**girls'**  
**Club**  
of glen ridge

Despite the Covid-19 pandemic, the Girls Club was very productive in 2020. The monthly Board and General Membership meetings, held remotely via Zoom and Facebook Live, were well attended. The Girls' Club community service and outreach projects were highly successful. The girls raised \$1,800 for St. Michael's Medical Center and the Connie Dwyer "In the Pink" program with fundraisers that included a new *Fun Run*. The girls gathered safely to write greeting cards for the residents of Van Dyke Nursing. In support of Wynona's house, the girls held a snack food drive for students learning remotely during the pandemic and raised \$1,340 in holiday gift cards.

The Girls' Club is excited to be back in-person for 2021/2022! The Senior Officers; President- Holly Vincent, Vice President- Abby Carlucci, Treasurer- Amalia Sanchez, Recording Secretary- Grace

(Continued on Page 4)

*(The Girls' Club continued from Page 3)*

Janofsky, Corresponding Secretary- Eloise Wyatt, Technology Coordinator- Ashley Woertz, Historian- Christina Regazzi, and Officer at Large- Claire O'Farrell are set to lead another great year of outreach and community service.

Volunteer efforts have already kicked off with twenty members helping at the Fitzgerald's 5K Lager Run on August 29<sup>th</sup>. The annual Girls' Club Freshman Ice Cream Social and Information session was held Sunday, September 19<sup>th</sup>. The girls are set to help at Linden Avenue School's Back to School Pizza Party. The 2021/2022 calendar is filled with monthly community service projects including MESH cooking and serving. The tradition of fundraising in October will continue and the girls are actively brainstorming new ideas — more information to come.

Finally, the Girls Club is looking forward to decorating the beautiful Women's Club for Candy Cane and the Fashion Show, both scheduled to return!



Girls' Club volunteers Eliana Amici and Avery Gilbert helped in the t-shirt tent at Fitzgerald's 5K Lager Run.



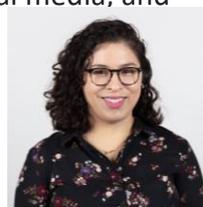
Grace Petretti and Natalie Shaw helped hand out medals to the finishers of Fitzgerald's 5K Lager Run.



### Meet Your Board of Trustees

Each issue we will feature 1 or 2 of your board members. They will tell you a little about their role on the board and give you the opportunity to volunteer on their committee.

My name is Samantha Schwarm and I am entering my second year as Public Relations (PR) chair of the Women's Club. I would love to introduce myself and make a friendly call to action to members who might be interested in joining the PR committee. What is public relations? Google defines it as "the professional maintenance of a favorable public image by a company or other organization or a famous person." I define it as the central hub for all things branding, promotions, partnerships, social media, and publicity. This committee oversees and manages all the departments on publicizing their events, maintaining positive relationships with our members, and the community at large, and overall positioning our club positively. This committee has a hand in all events and initiatives, so it is a great way to immerse yourself in the organization, meet fellow members, and know what amazing programs the Women's Club puts on. If you're interested in learning more, feel free to email me at [pr@womensclubglenridge.com](mailto:pr@womensclubglenridge.com).



## Domestic Violence and Women's Mental Health

Since October is National Domestic Violence Awareness Month, I thought this would be a good time to discuss the difficult but important issue of violence against women, with a focus on women's physical, emotional and mental health.

### WHAT IS DOMESTIC VIOLENCE

Domestic violence, also known as intimate partner violence, is prevalent in every community and affects women of all ages, socio-economic status, gender, race, and religion. In the US, one out of every three women has been physically abused by an intimate partner, and one in five women has been severely physically abused by an intimate partner, requiring medical attention or hospitalization. This physical violence is often accompanied by emotionally abusive and controlling behavior, and there is often a pattern of dominance that defines the relationship. There is always an imbalance of power in these partnerships, and the abuser will often intimidate, insult, blame or threaten their victim. In addition, over the past year and a half of the Covid pandemic, domestic violence increased over 8% in the US, with many women feeling trapped and unsafe in their own homes, and more vulnerable than ever to the risks of domestic abuse.

### PSYCHOLOGICAL IMPACT OF DOMESTIC ABUSE

More than half of all women seen in mental health settings are being abused or have a history of being abused by an intimate partner. Women in these relationships report numerous psychological stressors and mental health

challenges, which include, but are not limited to Major Depressive Disorder, Generalized Anxiety Disorder, Post Traumatic Stress Disorder and numerous drug and substance abuse issues. These women are often isolated, not able to spend time with friends and family, and they may have a history of being slapped, choked or punched. They are often not able to go to work, seek medical attention or think independently, and they are repeatedly threatened with assault, either physically or with a weapon. Frequently, the abuse starts out subtly and builds over time, and in many situations, because of the mental trauma, the woman may begin to blame herself and feel some responsibility for the violence in the relationship. She may even justify that she deserves the abuse and may defend her abuser. In addition, many of these abusive encounters take place in front of other family members, particularly children, further broadening the negative emotional



and psychological consequences of the violence. In fact, children who witness domestic violence, suffer significant impairment to their sense of well-being, social functioning, and even academic performance.

### GETTING HELP

So, what can you do if you are experiencing violence in your domestic partnership, your marriage, or in an intimate relationship? The important thing to

*(continued on Page 6)*

**Domestic Violence and  
Women's Mental Health**

*(continued from Page 4)*

remember is that you are not to blame, you are not alone, and there are resources available to you. Here is a list of some helpful support services:

- If you are a victim of domestic violence, call 911. In Glen Ridge, the Domestic Violence Crisis Response Team is available to speak with you about criminal charges, restraining orders, counseling and support groups.
- If you feel you are in an abusive relationship, speak to your health care provider/physician and make them aware of your situation. They can provide you with invaluable information regarding local resources.
- Establish a relationship with a therapist who can guide you through the mental health challenges you may be facing as well as discuss safe alternatives available to you moving forward.
- Call the NJ Domestic Violence Hotline which allows you to speak confidentially to an advocate (800-572-7233).

If you are experiencing a mental health emergency, call 911.

Additional numbers that may be helpful:

- National Suicide Prevention Lifeline - 800-273-8255
- National Alliance on Mental Illness (NAMI) Helpline - 800-950-6264
- Crisis Text Line - Text NAMI to 741-741
- National Domestic Violence Hotline - 800-799-7233

## ***WHAT ARE YOU DOING?***

**A NEW COLUMN BY MEMBERS  
FOR MEMBERS!**

Have you and your kids 'discovered' a classic television show? Did you – or your kids – discover a new author over the summer? Did you reinvigorate your competitive spirit with family board game night? Have you found a show on Netflix the whole family can binge? Share what you're doing with your fellow Women's Club members!

Drop an email to the *Signpost* editor at [signpost@womensclubglenridge.com](mailto:signpost@womensclubglenridge.com) with your suggestion. Be sure to include a brief explanation of why your family loves this activity. You may see your suggestion in a future column!

### **If You're A Fan of Sudoku But Want Something New – Colorku**

When you break it down to its basics, Sudoku is a game of pattern recognition. By using colored marbles instead of numbers, Colorku is just that little tweak of stimulation your brain needs to remain challenged. We brought this on vacation and left it out on the kitchen table. Everyone would pause to peruse the board and maybe place a couple of marbles as we walked by it. One rainy morning, we hunkered down and did several puzzles in a row. The game comes with 104 puzzle cards in 5 levels of difficulty. Colorku can be purchased from Mad Cave Bird Games here: [Colorku](https://www.madcavebirdgames.com/colorku)  
*Submission from club member Amy Luka*



### **A Movie If You Like Musicals -- Dear Evan Hansen**

Based on the trailer of this movie adaptation of the 2017 Tony winning musical I know this will

*(continued on Page 7)*

## WHAT ARE YOU DOING?

A NEW COLUMN BY MEMBERS  
FOR MEMBERS!

*(continued from Page 5)*

be the back-to-school film everyone will be talking about this fall. The film - which tackles grief, depression, anxiety, and overall mental health of high school students - stars original Broadway lead Ben Platt in the titular role and is



rounded out by a strong supporting cast including Amy Adams, Julianne Moore and Amandla Stenberg. Pro tip: Listen to the soundtrack prior to watching. It will prepare you for the sensitive storylines and get you hooked on the music so you can sing along during the movie. Watch the trailer here: [Dear Evan Hansen Trailer](#)

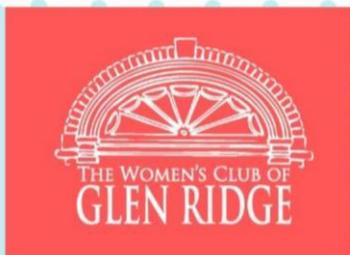
In theaters only September 24<sup>th</sup>

*Submission from club member Samantha Schwarm*



Felice Yeh Bettenbender  
Linda Castrilli  
David Cohen – Associate  
Lyenda Delp  
W. Phil Delp – Associate  
Marlene DeLuca  
Mara Glick  
Jennifer Janofsky  
Lauren Johnson  
M. Perry Jones – Associate  
Kylie Krabbe  
Rafanny Mangarelli  
Sean Payne – Associate  
Tina Payne  
Pearl Phillips  
Izabela Van Tassel

### Your Membership Matters



**It's time to renew your annual membership! Our club year has already begun. If you haven't paid your dues for the 2021-'22 club year, please visit our website at [www.womensclubglenridge.com](http://www.womensclubglenridge.com) and click Join/Renew to update your information and submit your payment online.**

**Thank you.**

The **Ways and Means Committee** is seeking homes for the next edition of the **Glen Ridge Spring House Tour, in May 2022!**

The Ways and Means Committee is seeking Glen Ridge homeowners who are willing to open their homes and/or gardens, in whole or in part, for our highly anticipated Spring House Tour. If you know someone who may be interested in having their home featured – perhaps you! -- please let us know.

Volunteers are also needed leading up to and for the day of the tour. Whether you would like to volunteer as a docent in one of the featured homes or help with the afternoon dessert reception at the club, we would love to have you as part of our team!



To suggest a home for the Tour and to volunteer, please contact Elizabeth in the Club office:

[elizabeth@womensclubglenridge.com](mailto:elizabeth@womensclubglenridge.com) or (973) 748-5459.

The Ways and Means Committee welcomes new volunteers throughout the year. We are planning several highly anticipated club fundraising events this year: The Sweetheart Dance, Feb. 4, 2022; Favorite Doll Tea, Mar. 20, 2022; and The Spring House Tour, May 1, 2022. It doesn't matter if you have a little time or a lot, we would love your help and support. You can email us at [waysandmeans@womensclubglenridge.com](mailto:waysandmeans@womensclubglenridge.com).



## WRITER'S WORKSHOP

Led by Laurie Lico Albanese,  
author of "Stolen Beauty"  
6 weekly sessions held on Tuesday mornings.  
\$240/Members | \$285/Non-members  
Watch the club's website and your email for the next session.

### Stay connected with the Women's Club!

-  [www.womensclubglenridge.com](http://www.womensclubglenridge.com)
-  [www.facebook.com/womensclubglenridge](https://www.facebook.com/womensclubglenridge)  
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-  [info@womensclubglenridge.com](mailto:info@womensclubglenridge.com)
-  973-748-5459
-  219 Ridgewood Avenue  
Glen Ridge, NJ 07028



## GENTLEMEN, DID YOU KNOW ...

**... MEN CAN SUPPORT THE WOMEN'S CLUB BY BECOMING ASSOCIATE MEMBERS?**

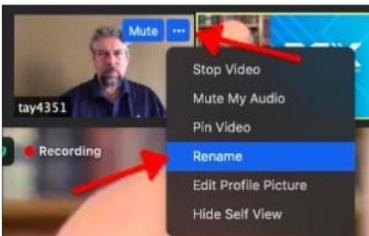
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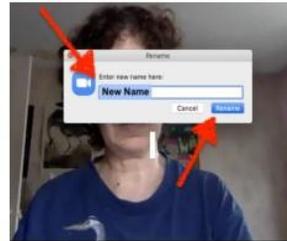
## Zoom Tips and Tricks

### How to Change Your Displayed Name

While your family may get a kick out of seeing 'Bobby's Aunt' under your face in a family Zoom or you might show up as 'Bob Jones' in your virtual knitting circle (everyone knows who you really are) those may not be the most professional or appropriate way to be identified in all situations. You may be in a meeting that requires an accurate attendance count or you may have to vote on a business matter. You may be attending the Getting To Know You meeting with your child's new homeroom, but no one remembers your name because only your phone number is visible. Have no fear, there is a quick and easy way to change your display name in a Zoom meeting.



1.) After you've been admitted into your Zoom meeting, hover your mouse over **your** image and click on the three dots in the upper right corner. In the menu that appears, Click on 'Rename'. (Your image may not look exactly like this one.)



2.) In the dialogue box that pops up, type the name you wish to be identified by and Click 'Rename'.

3.) Voila! Everyone in the meeting can now put a name to your face!



FYI – This is a temporary function. Your name will revert to its original incarnation when the meeting is over.

Due to the ever-evolving situation with the Covid 19 pandemic, please check the club's website at [www.womensclubglenridge.com](http://www.womensclubglenridge.com) or call the office at 973-748-5459 to confirm the following events are still taking place.

<b>September</b> Day/Date	<b>Time</b>	<b>Event</b>
Monday, 6 <sup>th</sup>	Club Closed	Labor Day
Wednesday, 8 <sup>th</sup>	10:00 am	Introductory Writing Class
Monday, 13 <sup>th</sup>	7:30 pm	Finance Committee Mtg.
Monday, 13 <sup>th</sup>	7:30 pm	Girls' Club Executive Board Mtg.
Sunday, 19 <sup>th</sup>	4:00 pm	Girls' Club Freshman Social
Monday, 20 <sup>th</sup>	7:30 pm	Girls' Club General Mtg.
Tuesday, 21 <sup>st</sup>	7:30 pm	Board of Trustees Mtg.

<b>October</b> Day/Date	<b>Time</b>	<b>Event</b>
Monday, 4 <sup>th</sup>	7:30 pm	Girls' Club Executive Board Mtg.
Tuesday, 5 <sup>th</sup>	12:00 pm	Monthly Mtg. and Art Dept. Open House - <i>Henna Art</i>
Monday, 11 <sup>th</sup>	Club Closed	Columbus Day
Monday, 11 <sup>th</sup>	7:30 pm	Finance Committee Mtg.
Monday, 18 <sup>th</sup>	7:30 pm	Girls' Club General Mtg.
Tuesday, 19 <sup>th</sup>	7:30 pm	Board of Trustees Mtg.
Friday, 22 <sup>nd</sup>	7:00 pm	Girls' Club Event - <i>Scare for A Cure!</i>
Saturday, 23 <sup>rd</sup>	4:00 pm	Social Committee Event – <i>Corks. No Forks.</i>



**Don't miss a future issue of Signpost!**

In an effort to be more ecologically minded, Signpost will now be published electronically as our primary method of distribution. If you would still like to receive a paper copy, please complete the appropriate area of the dues renewal form or email the club office at [info@womensclubglenridge.com](mailto:info@womensclubglenridge.com).

Due to the ever evolving situation with the Covid 19 pandemic, please check the club's website at [www.womensclubglenridge.com](http://www.womensclubglenridge.com) or call the office at 973-748-5459 to confirm the following events are still taking place.

November Day, Date	Time	Event
Monday, 8 <sup>th</sup>	7:30 pm	Finance Committee
Monday, 8 <sup>th</sup>	7:30 pm	Girl's Club Executive Board Mtg.
Tuesday, 9 <sup>th</sup>	7:00 pm	Monthly Mtg. and International Affairs Dep't. Event
Monday, 15 <sup>th</sup>	7:30 pm	Girls' Club General Mtg.
Tuesday, 16 <sup>th</sup>	7:30 pm	Board of Trustees Mtg.
Thursday, 25 <sup>th</sup> and Friday, 26 <sup>th</sup>	Club Closed	Thanksgiving



## *Corks, No Forks*

Join us for an afternoon of socializing with a variety of wines paired with small bites. Enjoy reconnecting while listening to cool, live jazz.

SATURDAY, OCTOBER 23, 2021 | 4-6 PM  
 Women's Club of Glen Ridge  
 219 Ridgewood Ave, Glen Ridge

\$15 / Members & Associate Members  
 \$25 / Guest Accompanied by Member

RSVP BY OCTOBER 15 AT [WOMENSClubGLENRIDGE.COM](http://WOMENSClubGLENRIDGE.COM)  
 OR CALL (973) 748-5459



**The Social Committee Is Hosting A  
*Corks, No Forks* Event!**

**Saturday, October 23<sup>rd</sup>  
 4:00 – 6:00 pm**

Enter for a chance to win a surprise raffle basket!

RSVP soon as the number of guests is limited!

This summer we enjoyed a new event for the Women's Club – **Summer Sips On the Patio**. Members of the club were invited to stop by on select Friday afternoons to enjoy hors d'oeuvres, beverages, fine weather, and friendship.



Above, Sam Joseph and Margo Garrison.  
Below, Anthony Turiano and Arden Epstein.



Clockwise from top left, Club President Sandra Lefkovits chats with Angela Bellizzi and Roberta Claps while Gerard Claps and Frank Bellizzi smile for the camera.



L-R, Amy Luka, James McParland, Judyann Affronti



L-R, Bernice Clarke-Bonnett and Kim Ticehurst enjoying a laugh.

Last year the Women’s Club was gifted a very special donation of fine art collectible dolls from member Dr. Roberta D’Ull. Roberta has spent years assembling her collection and, when it came time for her to downsize, she wanted to the club to have it. Our July exhibition, *Figures Of Fantasy: A Collection Of Doll Artistry*, showcased just a small portion of the collection and was featured in *Dolls* magazine. (See “Your Women’s Club In the News” on page 3.)



A detail of the intricate work done on Anne Boleyn’s dress.



Bathsheba by Boers & Reitsma. The sisters Martha Boers and Marianne Reitsma worked together for over ten years creating over 250 historical and fantasy figures.

Ann Boleyn by Sylvia Weser. Ms. Weser worked in Limoges porcelain – a difficult material to work with and a dying art form in the world of doll artistry. Sadly, Ms. Weser passed away last year.



Just as much time and skill is spent on the wardrobe as on the figures themselves.



L-R, Domino, a temple dancer, by Sylvia Weser and Lyu Bava by Alexander Koukinova.

On June 14<sup>th</sup> we hosted a lovely luncheon for the senior club members. This was the first in-house event in the club in over a year! Several board members also attended to mingle and introduce themselves. The beautiful day allowed the attendees to enjoy food and conversation in the Mary Raymond Room with the patio doors wide open.



L-R, Priscilla Arnold and Janet Spoerl appear to be in deep conversation.



L-R, Gay Kraushar; Tricia Turiano, Music Dept. Chairwoman; Dr. Roberta D'Ull; Ursula Jones.



L-R, Joan Hayes; Ann Marie Linke, Membership Chairwoman; Tricia Turiano; Dr. Roberta D'Ull; Margo Garrison, Grounds Chairwoman.



## DID YOU KNOW ...

... BY PARTICIPATING IN OUR ANNUAL ADVERTISING PROGRAM, OUR ADVERTISERS PROVIDE MONETARY SUPPORT FOR THE CLUB? MANY OF THE BUSINESSES YOU'VE SEEN IN THE MEMBER DIRECTORY, EVENT PROGRAMS, AND SIGNPOST HAVE BEEN SUPPORTING US FOR SEVERAL YEARS. WE ARE GRATEFUL FOR THEIR ONGOING SUPPORT, ESPECIALLY DURING THESE LAST SEVERAL DIFFICULT MONTHS. PLEASE HELP US SHOW OUR APPRECIATION BY PATRONIZING THE LOCAL BUSINESSES THAT ADVERTISE WITH US AND BE SURE TO TELL THEM YOU SAW THEIR AD THROUGH THE WOMEN 'S CLUB OF GLEN RIDGE!

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 Assistant Editor: Sandra Lefkovits  
 Submissions: Elizabeth Shaw

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