



The Flame

The Federation of Jewish Women's Organizations of Maryland Established 1916

Lighting the Way for Jewish Women Leaders

Issue 1 — Fall 2013

“The Better End: Surviving (and Dying) on Your Own Terms in Today's Modern Medical World”

Speaker: Dr. Dan Morhaim

Thursday, October 17, 2013 — 9:45 a.m. to Noon

Temple Oheb Shalom, 7310 Park Heights Avenue

Light Breakfast will be served (dietary laws observed)

Sponsored by Temple Oheb Shalom Sisterhood and Miriam Lodge, K.S.B.

Reservations Required to:

Arlene Mazer, arlenemazer@aol.com or 410-484-5257

(Deadline October 1st)

Dr. Dan Morhaim is a member in the House of Delegates for the 11th District of northwest Baltimore County. As a board-certified physician, he has over 30 years front-line clinical experience treating patients in emergency and internal medicine. Join us as he discusses his latest book, “The Better World.”

Social Action Project: Oheb Sisterhood requests donations of washable (acrylic) knitting yarn for knitting blankets for abused children. Please bring the yarn to the meeting (see page 2 for details).

All Federation meetings are open to every member of every constituent organization!



Information Session

Why Records Matter: From the National Archives to The Jewish Museum of Maryland to Your Attic

Speaker: Marvin Pinkert, Executive Director of The Jewish Museum of Maryland

Thursday, November 14 2013, 9:45 a.m. to Noon

Beth Israel Congregation, 3706 Crondall Lane, Owings Mills

***Light Breakfast will be served, Sponsored by Beth El Sisterhood
(dietary Laws observed)***

Reservations Required to: Sheila Stern, sheilastern1@verizon.net or 410-363-3514

(Deadline: October 31, 2013)



Marvin Pinkert, Executive Director of The Jewish Museum of Maryland, will discuss “Why Records Matter: From the National Archives to The Jewish Museum of Maryland to Your Attic.” Mr. Pinkert, the former director of the National Archives Experience in Washington, says: “We have wonderful opportunities and resources to inspire in our visitors a sense of discovery and a lifelong love of learning.”

Social Action Project: In celebration of Chanukah, toys for children whose families will be unable to purchase them, are requested. Please bring them to this meeting (see page 2 for details).

All Federation meetings are open to every member of every constituent organization!



President's Message

and perform leadership training, hopes to offer other classes in the future.

Dear Friends of Federation,

With the High Holidays behind us, I look forward to our coming year. Just as I hope you had meaningful time with family and friends over the preceding weeks, so I hope you will approach this new year with your "Federation family" with renewed energy.

I can hardly believe that my term of office is half over. We had very well attended and successful meetings over the year, and I'm still coming off the high of our 97th Convention. We could not do this without our sponsoring organizations, and of course the volunteers who give so much. Special thanks to Joanne Goldsmith and Sheila Stern, co-chairs of this past year's Convention. Our 98th Convention committee, chaired by Linda Boteach and Serene Israel, is already planning for this coming year's Convention.

At our President's Reception, an annual event for presidents and first vice presidents of our constituent organizations which was subsidized by the "Keepers of the Flame" (Past Presidents of Federation), we were treated to a thought provoking and interactive presentation by Martha Weiman, "Dilemmas and Difficulties—Now What?" This was a chance for our new presidents to meet other women with whom they can "compare notes" and "network". Thanks to Sheila Derman for chairing the event.

Past President Eve Vogelstein, assisted by her son Daniel Vogelstein, organized and presented three computer workshops over the summer. Federation, in keeping with our mission to educate, advocate issues of major concern,



I want to thank all of our "Friends." We appreciate your support and will keep you updated with *The Flame*, our Directory, calendar updates, and mailings. An application can be found on our website, www.jewishwomensfed.org.

I wish to thank the officers and past presidents of our Federation who continue to offer assistance and support. As an umbrella organization, we would have no purpose without our wonderful constituent organizations. Each of you has a different goal and mission, but we're all united under the Federation umbrella.

As you know, neither time nor our organizations stand still. As sad as we were to hear that Edith Rosen Strauss was ceasing operations, we are glad that The Rodgers C. Snyder Memorial Ladies Auxiliary of the Jewish War Veterans is joining us. Also, Dorothy Friedman Caplan Guild and Mildred Mindell Cancer Foundation will be joining forces to continue their philanthropic work.

We know that what worked in the 20th Century just doesn't work in the 21st. Social changes have created Jews that we may recognize; people who seek spiritual meaning and want to make a difference in the world, but who are not inclined to join or support synagogues and other Jewish Institutions the way they are currently organized. We need visionaries in leadership to help develop a team to plan where we want to go and how to get there. Together, we can lend support, learn from each other, and remain vibrant for another century.

May we all have a year of peace and blessings.

Harriet L. Meier, M.D.

Social Action Committee



The Social Action Committee provides at least one social action activity at a Federation meeting. It is our hope that this will serve as a model to our member organizations.

Bring donations to the opening meeting at Oheb Shalom on October 17th. Sisterhood members have been knitting blankets for

abused children in Maryland. This on-going project is in constant need of washable knitting yarn (acrylic). Any color yarn is acceptable.

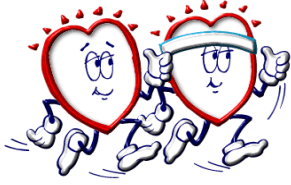
With Chanukah in November this year, for our November 17th meeting the sisterhood of Beth Israel is requesting toys for children whose families will be unable to purchase them. These toys must be in their originally sealed packages and can be for children of all ages.

Karan Engerman, chair of this committee, and will be happy to answer your questions and take any suggestions you may have. She can be reached at 443-352-3928.

To Your Health — Salt in the Wound

by Harriet L. Meier, M.D.

When I was in medical school, anyone with any heart ailment was placed on a reduced salt, 2-gram sodium diet.



I remember the bitter complaints we got from our patients that the food had no taste. It therefore came as a surprise when The 2010 Dietary Guidelines for Americans recommended a daily sodium intake of 2300 mg (2.3

grams) for the general population and 1500 mg for individuals 51 years of age and older African Americans; and individuals with hypertension, diabetes, or chronic kidney disease. The American Heart Association recently recommended that all Americans consume no more than 1500 mg of sodium per day.

Are these current recommendations an unjustified target that just makes everyone's life miserable, or is this a valid attempt to alter food culture and provide future generations with a low-sodium environment that reduces

the risk of hypertension and cardiovascular disease?

At a recent meeting on hypertension, one presenter noted that less than 5% of individuals consumed less than 2300 mg of sodium a day. International surveys showed that the mean sodium consumption was 3700 mg per day, with China taking in the most, at 5000 mg per day.

Despite there being very little change in sodium intake over the past 50 years, the incidence of stroke has declined 70% in the US. Although high levels of sodium intake have a larger effect on systolic blood pressure, typical consumption only has a small impact. On the other hand, individuals who consumed more than 4000 mg per day of sodium had more than double the risk of stroke compared with those who consumed less than 1500 mg. Analyses that compared moderate vs. low sodium intakes found no increased risk with individuals consuming moderate amounts.

So, as we always say, everything in moderation. We should be setting a good example for our children so they do not become dependent on high-salt intakes.

Mark Your Calendars



Chairwomen Linda Boteach and Serene Israel are busy planning our 98th Annual Convention which will be held on May 15, 2014 at Baltimore Hebrew Congregation.

If you would like to join the committee, please contact either Linda at 410-833-5723 (linda.boteach@gmail.com) or Serene Israel at 410-484-4115 (sreeney@verizon.net).

Speakers Bureau

Our Federation leaders are often asked to present a speaker for our constituent organizations. We are pleased to offer a new selection of speakers to address your organization. Please take advantage of this opportunity.

Speaker topics include Bylaws and Policies, Leadership Skills, Mission Statements, Programming, Fundraising, Membership, Volunteerism, Roberts Rules of Order, Nominating Committee, Strategic Planning, Surveys, Board Training, Computer Organization, Conflict Resolution, Planning Budget/Treasurer Report, and Leadership Development.

If you have an area of expertise and are interested in becoming a speaker, a request form is available at our web site jewishwomensfed.org.

10 Qualities That Make a Good Leader

- | | |
|------------------------|------------------------|
| 1. Honesty | 6. Commitment |
| 2. Ability to Delegate | 7. Positive Attitude |
| 3. Communication | 8. Creativity |
| 4. Sense of Humor | 9. Intuition |
| 5. Confidence | 10. Ability to Inspire |

In Memoriam

*Federation of Jewish Women's Organizations
of Maryland*

records the passing of

Past President

Sarah Kappelman Harris, 1967

May her memory be for blessing.



Under Our Umbrella

The Flame is happy to highlight your organization's events. You may submit your information to be included in the Winter issue to: Rochelle Bohrer at rochellebohr@yahoo.com or at 410-922-9672.

Adat Chaim Sisterhood

Starting the year with a Wine and Cheese event, October 2nd at 7:30. Contact wolfn@hanoverhospital.org.

Tuesday, October 22nd, shop at Boscov's 25% off event. \$5.00. Contact Tina Asher, 410-526-6484.

On October 26 and November 23, join Adat Chaim for bingo. Contact www.adatchaim.com.

Baltimore Hebrew Congregation Sisterhood

The Sisterhood will hold its 19th Annual Holiday Boutique and Silent Auction which will provide a one-stop holiday shopping experience for the whole family, on Sunday, November 3, 10:00 a.m. to 5 p.m. and on Monday, November 4, 10 a.m. to 5:30 p.m. Admission and parking are free. Proceeds will allow the BHC Sisterhood to continue its extensive list of charitable works throughout the year.

There will be dozens of upscale American and Israeli vendors offering for sale jewelry, clothes, stationery, crafts, books, household items, gifts, Judaic items, and much more. In addition, there will also be a silent auction with over 100 items for attendees to bid on. Throughout each day the Holiday Boutique Café will serve delicious food. For further information, call 410-764-1587 EXT. 270.

Beth Israel Sisterhood

Join us on Sunday, September 29th for a light breakfast and "Movie and a Massage," 9:40 a.m. The movie is "Enchanted April," a story about friendships between women of different generations. Free to members and non-members.

The Red Devils of Baltimore will discuss what they do for breast cancer patients and their families, and what we can do to help. Wednesday, October 9th, 7 p.m. Free and refreshments will be served.

On November 13th at 6:30, there will be a Fall Dinner and Music for all paid-up Sisterhood members.

Miriam Lodge

We are traveling; join us for a trip to Beth Sholom Synagogue and Rodin Museum, Philadelphia on Wednesday, October 9th.

Come see "Murder Mystery Interactive Lunch," Baldwin's Station Restaurant, Sunday, October 27th.

On November 6th, we visit The Newseum in Washington.

For information and reservations, contact Myra Satsky, 410-415-5747.

Nominating Committee – 2013-2014

In accordance with the bylaws, the Nominating Committee is to meet annually prior to the first board meeting following Convention. The president is charged with appointing seven members to serve on this committee. They are to prepare a slate of nominees to be presented for election at the Annual Convention. The committee is charged to notify members of the Board and presidents of constituent organizations at least six weeks prior to the Annual Convention.

The following committee has been appointed: Lynda S. Weinstein, Chairman; Jane Davis, Ellen Gottfried, Marcia Leavey, Elissa Ness, Ferne Rogow, and Hilda Yankelov.

The committee is charged with filling the offices for the 2013-2014 year.

If you have any questions or suggested names, please email Lynda S. Weinstein at missmagothy@aol.com or call her at 410-484-3576.

Friends of Federation

A complimentary copy of this Fall Issue of *The Flame* is being sent as a thank you for your support of Federation during the past year. Your Friends membership is a valuable part of our organization.

Please continue to take advantage of all we have to offer, including receipt of *The Flame*, by renewing your \$18 membership for the coming year. Thank you.

Visit the Federation web site at jewishwomensfed.org for a Friend of Federation Form. Send your \$18 check, payable to The Federation of Jewish Women's Organizations of Maryland, to Arlene Mazer, 6 Halston Court, Baltimore, MD 21209. Please include your phone number, email address and your organization.

Now that the High Holidays are behind us, I reflect upon the issues of the day in my organizational and community life as a Jewish American woman. Following are some of the issues that I believe will be important for us in the coming year.

Voting — This is the most basic right of every citizen, and the United States has long been an example for the entire world. The Constitution allows the states to determine qualifications for voting. Amendments to the Constitution such as the Nineteenth Amendment, which gave women the right to vote, and others which prevented minorities from being denied the right to vote, seemed to provide a basic standard for all states.

Of great concern is the recent Supreme Court decision that eliminates checks on states that want to restrict voting. No one knows how this will affect voting in each state, but we will monitor the results and keep you informed.

Health Care — As the "Affordable Health Care Act" moves toward implementation, we are all concerned how it will affect us personally and as a community. Will Medicare be compromised and will we all pay more for less access and lower quality? Can Congress repeal all or part of the Act, and will it make a difference? Will the needs of women be ignored, especially the public policies that attempt to regulate their reproductive health? Will lifesaving, advanced medical research, especially gene therapy and "stem cell" be put on hold because of funding and politics? We must be informed and "speak up" now. YOU CAN MAKE A DIFFERENCE

Domestic Violence — Although there is more information available today than ever before and the Federal "Violence Against Women Act" was reauthorized, women at all levels of society, including the military, continue to be abused physically and mentally without adequate resources and

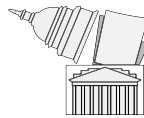
help. We must support stronger laws and penalties for the abuser, while educating law enforcement that rape is a violent crime, not a sexual act. YOU CAN MAKE IT HAPPEN...STAY INFORMED.....

Pay Equity and Economic Security — Although Congress has passed excellent legislation trying to improve pay and job equity for women, they still earn less than men and make up two-thirds of minimum wage employees. We need to reaffirm pay equity policies that reduce the gender wage gap and expand support for anti-discrimination policies to include pregnancy as well as for family and medical leave, which allow employees to earn paid parental, family, and sick leave. It is also important to

structure minimum wage increases that account for inflation and the cost of living. However, if these policies are to be realistic, we must be sensitive to the needs of the business community, especially small business, and work as partners to find equitable solutions. MAKE YOUR VOICES HEARD.....

Israel — We are very fortunate that there is much support for Israel in the Congress of the United States and by the American public. There is growing concern in the Jewish community that there is less support in the Administration and by President Obama, although the recent involvement of our Secretary of State John Kerry in the "peace process" seems to be a real plus. I believe that our role as American Jews is to show our government that strong support for Israel is vital to peace in the Middle East. I also believe that while we may debate the policies of the Israeli government in our organizations within our community, we must present a united message for the State of Israel and its right to exist and protect itself and its citizens. STAY INFORMED..FEDERATION WILL LEAD THE WAY.....

La Shanah Tovah.



Legislative Update by Sheila K. Derman

Be a Co-Sponsor — Share the Expense

Many of our constituent organizations graciously host our meetings throughout the year, donate their facilities, and provide a light breakfast for all of us to enjoy. We would like to give our other constituent organizations an opportunity to co-sponsor a meeting. Not only would this be a wonderful platform to showcase your organization, it would also help spread the costs more evenly. If we join together, no one organization has to shoulder the whole expense.

Everyone loves to meet over bagels and coffee, so please consider a donation of \$50 to \$100 to help defray the costs. Individuals are also welcome to be a co-sponsor and will be gratefully acknowledged.

Many thanks to Oheb Shalom for providing the venue for the October meeting. We thank Miriam Lodge for graciously co-sponsoring the October meeting.



We're On The Web!

www.jewishwomensfed.org

Federation's WEB site contains current, historical and local information. It is here for you to educate yourself on all of Federation services, keep you and your organization informed about the history of Federation — its accomplishments, its past presidents, its programs, its honorees, and much more. Check out pictures of your organization's 2013 Women of Strength award honorees.

If we are notified, the site will list your upcoming event. Don't remember where and when the next meeting will be held? Just click on www.jewishwomensfed.org. We even include a map and directions to the next meeting.

We are happy to report that the site is so popular that we have already had more than 10,000 hits! Our WEB master, Past President Eve Vogelstein, designs and maintains the site. Any questions or comments may be sent to info@jewishwomensfed.org. Eve can also be reached at 443-744-1060.

***Try it . . . You'll like it . . . Visit us often . . .
Make sure your organization is included.***



Federation Calendar

- ◆ October 17, 2014. Opening Meeting. Speaker Dr. Dan Morhaim, Maryland House of Delegates, "The Better End: Surviving (and Dying) on Your Own Terms in Today's Modern Medical World," Temple Oheb Shalom, 9:45 a.m. to Noon
- ◆ November 14, 2013. Information Session, Speaker Marvin Pinkert, Executive Direction, Jewish Museum of Maryland, at Beth Israel Congregation, 9:45 a.m. to Noon
- ◆ January 9, 2014. Mid-Winter Conference (snow date January 16th), Speaker Rabbi Jessy Gross, Baltimore Hebrew Congregation, 9:45 a.m. to Noon
- ◆ March 6, 2014, Dinner meeting. Speaker: Heather Lapidario, Leadership Classroom Leader, Gerstell Academy. Moses Montefiore Anshe Emunah, 6:30 p.m. to 9 p.m.
- ◆ May 15, 2014, 98th Annual Convention. Baltimore Hebrew Congregation, 9:45 a.m. to 2:30 p.m.
- ◆ June 12, 2014, President's Reception. Baltimore Hebrew Congregation, 10 a.m. to 1 p.m.



**Sukkot
September
19th**

97th Annual Convention — A Success

A record number of Federation members and guests attended our Annual Convention on May 2, 2013. This year's event was celebrated at Temple Oheb Shalom and featured an outstanding morning program moderated by Jill Moss Greenberg, Executive Director of The Women's Heritage Center. This year's theme was Strong Women: Know Them, Raise Them, Be Them. The topic presented was "Visions of Strength" and included panelists Michael Cohen, Executive Director of Maryland Network Against Domestic Violence; Nancy Kopp, Maryland State Treasurer; and Bernice Sandler, "Godmother" of Title IX Legislation in Congress. Federation officers gave reports, and the new slate of officers was presented by the chair of the Nominating Committee. We enjoyed a delicious reception and lunch catered by Yaffa, and several public officials and/or their representatives were present.

The E.B. Hirsh Lifetime Achievement Award was presented to Ellen Lightman for her many years of service to the Jewish Community.

The afternoon program concluded with the presentation of the Women of Strength awards to the deserving recipients from each of our constituent organizations.

This Convention could not have been carried out so successfully without the hard work and participation of many individuals who dedicated themselves to making this year's event a huge success. We are grateful to all of them for their outstanding achievement.

Sheila Stern & Joanne Goldsmith, Co-Chairs



The E.B. Hirsh Lifetime Achievement Award was presented to Ellen Lightman by President Harriet Meier.

*Ability is what you're capable of doing. Motivation determines what you do.
Attitude determines how well you do it.*

~ Lou Holtz

Chanukah and Thanksgiving: A Once in Eternity Overlap! Turkey and Latkes?

This year features an anomaly for American Jews — the first day of Chanukah coincides with Thanksgiving on November 28, 2013. It turns out that it has never happened before, and it will never happen in our lifetime. Imagine, **Turkey and Latkes!**

Thanksgiving is set as the 4th Thursday in November, meaning the latest it can be is November 28th. November 28th is also the earliest Chanukah can be. The Jewish calendar repeats on a 19-year cycle, and Thanksgiving repeats on a 7-year cycle. You would expect them to coincide every 133 years. The last time it would have happened is 1861. However, Thanksgiving was only formally established by President Lincoln in 1863. So it has never happened before.

Why won't it ever happen in our lifetime? Because the Jewish calendar is very slowly getting out of sync with the solar calendar at a rate of 4 days per 1,000 years. (Not bad for a many centuries-old calendar!) This means that over the years the calendar will drift forward so that the earliest Chanukah will be is November 29. The last time Chanukah will fall on November 28th will be in 2146, which happens to be a Monday.

Of course, if the Jewish calendar is never modified in any way, then it will slowly move forward through the Gregorian calendar until it loops back to where it is now. So, Chanukah will again fall on Thursday, November 28th in the year 79811. When that happens, I'll refer you to this 2013 article!

So on November 28th, enjoy your turkey and latkes. It has never happened before.

Officers — 2013-2014

President: *Harriet L. Meier, M.D.*
 Vice President: *Sheila K. Derman*
 Vice President: *Sheila Mentz*
 Vice President: *Hilda Yankelov*
 Corresponding Secretary: *Rae Shalowitz*
 Corresponding Secretary: *Sheila Stern*
 Recording Secretary: *Rochelle Bohrer*
 Treasurer: *Arlene Mazer*
 Auditor: *Lynne Lichtig*
 Community Representative:
Lynda S. Weinstein, P.P.

The Flame

Editor: *Jane Davis*
 Committee: *Rochelle Bohrer, Rae Shalowitz, Eve Vogelstein, Lynda Weinstein*

Computer Class

One of Federation's missions is education — and this summer we honored that goal. Under the tutelage of Past President Eve Vogelstein and her computer guru son, Daniel Vogelstein, three classes were conducted. Twenty-five students gathered on three consecutive days to learn computer know-hows! Their enthusiasm was notable, and many requested follow-up classes. New classes will be forming in late November. If you are interested in becoming part of the Internet Information Age, contact Eve at 443-744-1060 (mothraeve@gmail.com).



Serv-A for Jewish Servicemen and Women: A History

by *Betty Seidel*

Serv-A has deep roots dating back to the days when, in celebration of the Jewish holidays, we sent holiday goodies from a kosher bakery to servicemen at Fort Bragg, North Carolina. From this small beginning, Serv-A has blossomed into the flourishing program we so proudly support today.

The annual \$75 appropriation from each of Federation's organizations enables the Chaplain's Council of the National Jewish Welfare Board to supply prayer books, ceremonials, and traditional holiday treats for our Jewish servicemen and servicewomen who are serving to protect us throughout the world.

Individuals also can lend support and provide holiday treats by making contributions in honor of or in memory of loved ones and friends. All donations are acknowledged. We receive many thank-you letters for the support we bring into the lives of others.

Please send your donations to Arlene Mazer, 6 Halston Court, Baltimore, MD 21209.



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The Flame

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