



The Flame

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

IN THIS ISSUE :

- ◆ President's Message
- ◆ 98th Annual Convention
- ◆ 3 R's of Membership
- ◆ Dinner Meeting
- ◆ Legislative Update
- ◆ Under the Umbrella
- ◆ Web
- ◆ Serv-A
- ◆ Friend of Federation
- ◆ Favorite and Not so Favorite Things
- ◆ Officers for 2014-2015
- ◆ Calendar

Lighting the Way for Jewish Women Leaders

Issue 1— Fall 2014

OPENING MEETING SEPTEMBER 11, 2014



**Membership in the
21st Century???**
Are members really necessary to succeed?

Presented by—Debra S. Weinberg,
Executive Director of ACHARAI

Location: Levindale Auxiliary
Levindale Geriatric Center and Hospital
2434 West Belvedere Avenue
Baltimore, MD 21215-5299
Time: 9:45am—noon

Sponsored by The Levindale Auxiliary
Co Chairs: Betsy Narrow and Linda Roedel
RSVP by September 5th
410-653-1073 or lfrpresident@aol.com

Flame Editors:
Marcia Bornfriend
Eve Vogelstein



Social Action
Is a
Mitzvah

Please bring used magazines for the
residents of Levindale

Message from our President



Welcome to a new year of Federation, an exciting comfortable place for Jewish women to come together for education, advocacy, understanding, and friendship, empowering themselves and their families to make a difference for the Jewish people. This is our mission as it has been for almost 100 years. As I write this column for the first time as your president, I want to tell you how our plans for the coming year will seek to keep us not only relevant but also stronger and more committed than ever. At Federation we have a long-standing policy for the support of Israel and her quest for peace and security. As of this "Flame," Israel is in grave danger from the rockets of Gaza to the hatred of her surrounding neighbors to world anti-Semitism, but most of all is an internal threat as the American Jewish community re-evaluates just what "support" for Israel means. At our November meeting we will explore this issue and its impact both politically and emotionally. Also Federation has strong policies on Women's Rights from pay equity and



childcare to women's gender equity in health care, including reproductive needs and concerns. This year we will also focus on Trafficking both domestic and international. Our meeting in March will be the theme of Advocacy. We continue to train our constituents about being relevant in the 21st century. Our September meeting will discuss membership, once thought to be the essence of every organization. We will ask if membership is still what counts and who is a member and do we really want them. In January, we will then tell you how to get the members you want. Throughout the year we will keep you constantly informed using the technology of e-mails and encouraging you to visit our web site on a regular basis. Federation will be there for you. Please let us know of your needs to publicizing your events or requests for speakers or advice. We are just a phone call or an e-mail away. Finally, We can only make this happen if each of you "show up"---attend meetings and programs, volunteer, or be a FRIEND....YOU WILL MAKE A DIFFERENCE...FEDERATION WILL BE THERE.... *L'Shana TovaSheila K. Derman*



Photos from left to right - Myrna Cardin and President Sheila Derman; book signing with Deborah Grayson Riegel; Past President Harriet L. Meier and Linda Hurwitz; women enjoying the day.



98th Annual Convention Day of Celebration

The day was a wonderful celebration of our women from all of our constituent organizations. The theme was Women of Action. Our morning program was presented by guest speaker, Deborah Grayson Riegel who talked about her book, "Oy Vey! A Strategy: 25 Solutions of Personal and Professional Success." She was dynamic and addressed the many issues we face with our organizations. After a delicious lunch, we welcomed the many legislators who came to visit followed by our installation of officers. We are so fortunate to have such wonderful women as part of our Federation. Myrna Cardin installed our new president Sheila K. Derman. Our E.B. Hirsh recipient was Peggy K. Wolf who graciously accepted the honor. The afternoon culminated with our Woman of Action awards which were presented to the many talented and deserving women from our constituent organizations. It was a memorable day for everyone.

**The 3 R's of Membership:
Readiness, Retention, Recruitment
By Helene H. Waranch**

As we begin the fall, the new Jewish year of 5775 and our programs and activities, it is time for your organization to create a membership campaign to renew as well as recruit members. Use the questions below as you plan:

I. Readiness: Prepare for a Membership Campaign

1. Why does your organization need members?
2. Why did you join the organization?
3. How did you become active?
4. Why have others not joined the organization?
5. What makes your organization unique?
6. What are the benefits of membership?
7. Why do you need a Membership Committee?
8. How can you structure the Membership Committee?
9. What are the responsibilities of the Membership Committee?
10. What are the goals of this year's membership campaign?
11. How can the Board Directors and staff support and assist the Membership Committee?

II. Retention: Renew Existing Membership

1. How much are the annual membership dues?
2. What is the process for annual billing?
3. How do members easily renew their membership?
4. What is done if a member does not readily renew her membership?
5. How do you involve members in your organization?
6. How does the organization meet the needs of its members?
7. How will success in retention be measured?

III. Recruitment: Seek New Members

1. Who belongs to your organization? (ages, professions, families, interests, neighborhoods, etc.)
2. Who are the most likely groups to recruit/target for membership?
3. What needs to be included in a full membership campaign?
4. How will you reach potential members?
6. Who will recruit the new members?
7. Who will monitor the plans and actions of the campaign?
8. How will a successful membership campaign be measured?
9. How will the new members be welcomed?

Federation Honors the Women of Action at the 98th Annual Convention



Harriet Meirer, Linda Boteach, Sheila Stern



Vicki Almond, Peggy K. Wolff



Deborah Grayson Riegel



Sheila K. Derman, Rabbi Dana Saroken



NOVEMBER 6, 2014 DINNER MEETING



Save the Date: November 6, 2014

The Federation will be having their Dinner Meeting on November 6th at 6:00 p.m. Location to be determined.

SPEAKER: Rafi M. Rone, Director of Jewish and Israel Initiatives Joseph and Harvey Meyerhoff Family Charitable Funds

TOPIC American Jewish Support for Israel: Changing??? Dangerous???

Details to Follow

Religious Rights versus Women's Rights

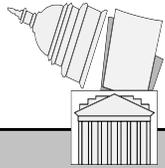
Background: In 1993 Congress, virtually unanimously, passed the Religious Freedom Restoration Act (RFRA) requiring "reasonable accommodation" for the practice of religion and requiring that "strict scrutiny" be applied in determining violations of laws that substantially burden a person's free exercise of religion under the First Amendment to the U.S. Constitution. Under RFRA, two conditions must be met to satisfy the requirement for a religious exemption from the law. First, the burden on the religious practitioner must be for furtherance of a "compelling government interest." Second the law must be implemented in the least restrictive way to further the government's interest.

Hobby Lobby and Conestoga

The Opinion: In these two cases before the Supreme Court this session, the two for profit corporations are family owned. In the Court's decision, Justice Samuel A. Alito, writing for the majority of the Court, calls these corporations "closely held" corporations and states that the ruling applies only to closely held corporations. Conestoga has a small number of employees; Hobby Lobby has thousands.

In implementing the Affordable Care Act (ACA), The Department of Health and Human Services (HHS) regulations include a number of basic services to be provided in an employer's health plan, including contraception, at no cost to the employee. The state has a compelling interest in public health and gender equality in providing contraceptives without

cost to the employee. In its ruling, the Court found that the HHS contraceptive mandate is unlawful. In coming to this conclusion, the Court determined that the ACA law and the regulations have provided other exemptions from the law's requirements, including religious non-profits. The Court concludes, therefore, that the contraceptive mandate "does not apply to tens of millions of people." Further, HHS has shown that it can achieve a compelling government interest with an alternative means. The Court concludes that one least restrictive means of requiring the contraceptive interest would be for the government to pay for it or for HHS to establish an alternative for women to pay for contraceptives separately.



Legislative Update
by JoAnn Orlinsky

The Dissent: In Justice Ruth Bader Ginsberg's long dissent, she states that the "Court has ventured into a minefield." Ginsberg states "religious organizations exist to foster the interests of persons subscribing to the same religious faith. Not so of for-profit corporation" commonly not drawn from one religious community. Ginsberg goes on to point out that Hobby Lobby and Conestoga resist coverage for only 4 of the 20 FDA approved contraceptives, which they believe are abortifacients, although the Court's opinion appears to permit closely held commercial enterprises to exclude from their group health plans all forms of contraceptives. Ginsberg points out that pregnancy may be contraindicated for certain medical conditions, such as congenital heart diseases and pulmonary hypertension and may be used to reduce risk of endometrial cancer, among other medical conditions.



Under Our Umbrella

The Flame is happy to highlight your organization's events. Submit your information for the winter issue to: info@jewishwomensfed.org or call Eve at 443-708-3228.

Sinai Hospital Auxiliary: Mark your calendars and plan to join us Tuesday, October 21, from noon to 2 p.m. at the Suburban Club in Pikesville for an important and timely Lunch & Learn event. Kevin Crutchfield, M.D., director of the Comprehensive Sports Concussion Program at LifeBridge Health's Sandra and Malcolm Berman Brain & Spine Institute and a nationally recognized expert in the field, will be our keynote speaker. Please mark your calendars now. The cost of the program, including lunch, is \$20.

Baltimore Hebrew Congregation Sisterhood : 20th Annual Holiday Boutique and Silent Auction which will provide a one-stop holiday shopping experience for the whole family on Sunday December 7, 10:00 a.m. to 5 p.m. and Monday December 8, 10 a.m. to 6:00 p.m. BHC is located at 7401 Park Heights Avenue at the corner of Park Heights and Slade Avenue. Admission and parking are free. All proceeds will allow the BHC Sisterhood to continue its extensive list of charitable works throughout the year. For further information, call 410-764-1587 EXT. 270.

Adat Chaim Sisterhood: BINGO on Saturday, October 18. Doors open at 7:00 pm and the games start at 7:30 pm. Free refreshments. Cash Prizes! Pleasant Hill Center, 10989 Red Run Blvd., Suite 109, Owings Mills MD 21117.

Adat Chaim Sisterhood is selling tickets to Boscov's one day shopping extravaganza on Tuesday, October 21. Tickets are \$5 which will entitle you to a 25% discount for most purchases made on that day only. In addition, you will be eligible to win fabulous door prizes. Contact Tina Asher at 410-526-6484 to obtain your ticket. COME ONE COME ALL to Adat Chaim's Holiday Boutique on Sunday, November 23rd from 1:00 - 5:00 pm. Come and shop early for those special holiday gifts. Lots of vendor's that are sure to please. Pleasant Hill Center, 10989 Red Run Blvd., Suite 109, Owings Mills MD 21117 Contact Tina Asher at 410-526-6484.



We're On The Web!
jewishwomensfed.org

13,000 Visitors and counting! Have you visited it yet? Federation's website contains current, historical and local information. This site informs you and your organization of Federation services and events. When we are notified, the site will list your upcoming event.

You can check where and when the next meeting will be held. We even include a map and directions to the next meeting! There is a Jewish and secular holiday calendar to see what day a holiday falls on for the current year as well as many years into the future. The website is here for you. If you have any questions about the website or even learning about computers, contact Eve Vogelstein at 443-708-3228 or info@jewishwomensfed.org. She's here to help with all your technical needs.

Serve-A Service Men and Women Receive Packages

by Betty Seidel



They missed the Seder at home on Passover! The New Year will probably be ushered in without their presence!

I speak of the Jewish men and women in the United States Armed Services who are courageously

protecting our interests throughout the world.

How sweet it is that we have not forgotten them! The Chaplain's Council of the National Jewish Welfare Board allocates SERV-A funds to provide ceremonials, prayer books and traditional holiday treats. So, in the spirit of sharing, we need no reminder to submit each organization's annual \$75 appropriation. Individuals may also make contributions in any amount to commemorate special happy or sad occasions. Our intrepid treasurer, Arlene Mazer, will be happy to receive and acknowledge all gifts to SERV-A, Federation's incredible project that brings boundless joy to all of us, and especially to our nation's Jewish servicemen and women.

Todah Rabah! Many thanks! Merci!



Friend of Federation

Thank you for being a Friend of Federation. Your contribution of \$18 a year helps Federation bring you The Flame, the Directory as well as underwrite meetings and workshops. Membership in this group entitles you to receive all mailings. To become a new Friend, SEND A CHECK TO ARLENE MAZER, 6 HALSTON CT., BALTIMORE, MD 21209



Favorite and Not so Favorite Things

by Harriet L. Meier, M.D.



These Are a Few of my "Favorite" and "Not So Favorite" Things

This year, I've decided to discuss liquids in our diet: good liquids, not so good liquids and downright bad liquids. I come across this problem in my office on a daily basis, so I thought I'd give you my best educated opinion. Of course, like almost everything, there are sometimes differing opinions, so I'll try to give you the facts so you can decide what is best for you.

This time, I'll be writing about the "good" liquids. Just wait until you hear what I have to say about "bad" liquids in upcoming issues!

Water:

Water makes up 75% of an infant's body weight, decreasing to 65% of the weight by age one year. In adult males, 60% of the body weight is water, while in women, who have more fat tissue, 55% of the weight is water. Water should be our main daily drink. There are conflicting recommendations about how much water you need, but most experts now say to drink whatever you need to quench your thirst. Another sign is clear or light colored urine. However, when you are in an extremely hot environment, you might not feel thirsty until you are already dehydrated, so just keep sipping water frequently. Bottled water has become very popular lately. Besides the problem with plastic bottles in our landfills, most bottled water doesn't have fluoride, which is very important for prevention of tooth decay, especially in children. Baltimore's water has always had high marks for its purity and good taste. So, fill up on cool, clear water.

Tea:

After water, tea is the most consumed beverage in the world. It is high in antioxidants and flavonoids and may fight cancer and enhance immunity. To keep the sugar content down, it should be consumed unsweetened.

Coffee:

Coffee intake may be associated with a decreased risk of colon cancer, Parkinson's disease, diabetes and cavities. However, there are greater amounts of caffeine in coffee than in tea. Some people are more sensitive than others to caffeine's effects. Pregnant women should limit their caffeine intake since it may increase the risk of miscarriage and low birth weight. Having said all of this, I know many of us could not face the day without our morning cup of coffee. Intake should be limited after noon so as not to interfere with sleep.

Officers 2014-2015

Sheila K. Derman, President
 Helene Waranch, First Vice President
 Rochelle Bohrer, Vice President
 Sheila Mentz, Vice President
 Debbie Shpritz, Recording Secretary
 Linda Roedel, Corresponding Secretary
 Rae Shalowitz, Corresponding Secretary
 Arlene Mazer, P.P., Treasurer
 Lynne Lichtig, Auditor
 Harriet Meier, MD., P.P., Community Rep.



Federation Calendar

- September 11, 2014, Opening Meeting, 9:45 a.m.
- November 6, 2014, General Meeting, Speaker and Dinner, 6 p.m.
- January 9, 2015, Mid-Winter Conference, 9:45 a.m. (snow date January 15th)
- March 12, 2015, General Meeting and Speaker, 9:45 a.m.
- May 7, 2015, 99th Annual Convention, 9:30 a.m.
- June 11, 2015, Presidents Reception.

NOTE: All Federation meetings are held on Thursdays. The above dates are subject to change and will be announced in *The Flame* and on the website.



The Federation of Jewish Women's
 Organizations of Maryland
 P.O. Box 29, Stevenson, MD 21153-0059
<http://jewishwomensfed.org>

The Flame



**Federation Officers and Board Members
 wish you and your families a
 Happy Healthy New Year
 5775**