



THE FLAME

*The Federation of Jewish Women's Organizations of Maryland
Lighting the Way for Jewish Women Leaders • Established 1916*

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101st Annual Convention

Thursday, May 11, 2017

9:00 am — 3:00 pm

Temple Oheb Shalom

Changing Times: Adapting for the Future



"Never doubt that a small group of thoughtful, committed citizens can change the world...." —Margaret Mead

Message from our President Helene H. Waranch



When we talk about the services and programs Federation provides, we always talk about leadership training opportunities, support of the Jewish community, and education, information and advocacy of issues of major importance to us all. We do not often talk about how Federation **fosters cooperation and networking** among member

groups as well as the greater community.

At Federation meetings there is usually time allotted for networking, talking and sharing. Often as an icebreaker, we ask attendees to share a successful program or event of their organizations in the hopes that others may use the idea. There are opportunities for each organization to bring flyers about upcoming events to be distributed at meetings. Also you can send information about these programs and events to Elissa Ness (easelthew@aol.com) to be placed on the Federation website and summarized in our newsletter, *The Flame*.

In the community, Federation builds relationships, cooperation and mutual understanding with a diverse group of people and organizations. Federation has a designated board position with the Baltimore Jewish Council where we learn about and work together on many local, state, national and international issues

affecting the Jewish community and Israel.

This year Federation joined MLAW (Maryland Legislative Agenda for Women), a statewide coalition of women's groups and individuals to provide a non-partisan, independent voice for Maryland women. In January Sheila Derman, JoAnn Orlinsky and I attended their legislative reception and briefing to learn about their initiatives which Federation also supports. By joining, we are helping to strengthen the voice of women in Maryland and keeping abreast of issues that concern us.

As individual appointees of the Baltimore County Commission for Women, Sheila Derman and I use our positions to represent the Jewish women of Baltimore County. We learn about issues, services, programs and legislation that affect women in our county, such as human trafficking, domestic violence, women's equality and health issues.

Together Federation is stronger when we create opportunities for our members to share, network, cooperate and work for the betterment of our community and our organizations.

I look forward to seeing you all at Federation's 101st Convention on Thursday, May 11, 2017.

Helene H. Waranch



101st Convention

Changing Times: Adapting for the Future

As we enter our second century, our 101st Annual Convention theme is "Changing Times: Adapting for the Future". It will be a day of interesting and varied happenings. After the business meeting in the morning, there will be a panel moderated by Jayne Miller, on "Being a Jewish Woman in Today's Changing World." A kosher reception and lunch catered by Yaffa will follow. Our Keynote Speaker Sammie Moshenberg will speak on "Jewish Woman's Organizations: Relevant or Relic?" followed by the installation of new officers. Then the E.B. Hirsh Lifetime Achievement Award will be presented to Debra "Debs" Weinberg. The day will culminate with the "Embracer of Change Award" presented to a well deserved member from each of our constituent organizations.

Nominating Report: 2017 - 2018—Slate of Officers

This Slate will be elected at our Annual Convention. Please note that our By-Laws do not allow for nominations from the floor.

President

Helene H. Waranch

Submitted by the Nominating Committee

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Auditor

Arlene Mazer, P.P.

Community Representative

Sheila K. Derman, P.P.

101st Convention 2017 Embracer of Change Award Recipients

Adat Chaim Sisterhood—**Marcy Wesalo**
 AMIT Women—**Helayne Ference**
 Associated Women of The Associated—**Sue Glick Liebman**
 Baltimore Hebrew Congregation Sisterhood— **Suzanne Crone**
 Beth El Sisterhood—**Hulane Zolet**
 Beth Israel Sisterhood—**Sandy Kirsh**
 Beth Tfiloh Sisterhood—**Cheryl King**
 Brandeis University National Women's Committee—
Merle Ann Siegelman
 CHANA—**Shelley Garten**
 Chizuk Amuno Sisterhood—**Dixie Liekach**
 Covenant Guild, Inc.—**Sydell Gould**
 Hadassah of Greater Baltimore—**Jill Sapperstein**
 Har Sinai Sisterhood—**CeCe Rund**

Israel Bonds Maryland Women's Division—**Betty Reichenberg**
 Jewish Caring Network—**Chaya Amy Drabkin**
 Jewish Women International—**Betsy Felsenberg**
 Kappa Guild, Inc.—**Sheila Mentz**
 Levindale Auxiliary—**Esther Jacobson**
 Mildred Mindell Cancer Foundation, Inc.—**Merle Wolf**
 Miriam Lodge, K.S.B., Inc.—**Sandie Nagel**
 National Council of Jewish Women, Baltimore Section—
Claudine Davison
 Ner Tamid Sisterhood—**Janet Birman**
 Rodger C. Snyder Memorial, Ladies Auxiliary—
Lorraine Berkowitz
 Sinai Hospital Auxiliary—**Beverly Penn**
 Temple Oheb Shalom Sisterhood—**Roz Goldheim**

Medical Minute by Harriet Meier, M.D.



After recently reading an interesting article about Vitamin K, I thought it would be nice to review some vitamins, their effects on the body, how much is needed and from what sources. As a pediatrician, I always felt that a balanced diet would provide my patients with all of the vitamins they needed. Lately, however, the combination of poor diets, little milk intake and the widespread,

appropriate use of sunscreen, has made me recommend a daily multivitamin for most of my patients.

Vitamins are a group of substances needed for normal cell function, growth and development. Fat-soluble vitamins are stored in the body's fatty tissue. The four fat-soluble vitamins are A, D, E and K. There are nine water-soluble vitamins, 8 B vitamins and vitamin C. The body must use them right away or they are eliminated through urine. Vitamin B12 is the only water-soluble vitamin that can be stored in the liver for many years.

Vitamin K, discovered in 1929, has been found to be involved in many metabolic processes in the body. For such a prominent vitamin, however, its processes, impact and methods of metabolism in humans remain poorly understood.

Vitamin K is a known antidote or antagonist of warfarin-induced bleeding. It is a key component in the body's manufacture of prothrombin in the clotting cascade. It has been a long-standing practice to give newborns an immediate injection of supplemental vitamin K to prevent potentially lethal hemorrhage. Newborns have only 30% to 60% of the recommended levels of vitamin K, making them more susceptible to bleeding.

In addition to its role in hemostasis, vitamin K plays a pivotal role in

the metabolism of calcium in the human body. The active forms are essential coenzymes that facilitate the incorporation of calcium into crystal in the bone, thereby playing a key role in bone structure maintenance. In a study involving women with osteoporosis, the participants who were supplemented with vitamin K had significantly fewer fractures than in the control group, and also had a much smaller loss of lumbar bone mineral density.

Another exciting possibility for vitamin K supplementation is the potential for reversal of atherosclerosis. A calcium inhibitory protein requires vitamin K to function. Increased vitamin K intake has been shown to reduce arterial calcium deposition in humans, and in some animal studies, has been shown to reverse existing plaque.

Vitamin K has long been used as an antidote for warfarin overdose. For those taking warfarin, a dietary habit of fresh green leafy vegetables can push a stable ratio into the danger zone. Studies are being done to see if some forms of vitamin K have less effect on this while keeping the beneficial calcium effects.

Foods are a preferred source of vitamin K. As always, please inform your healthcare provider of your personal and family history to determine risk factors for osteoporosis and atherosclerosis. A comprehensive dietary evaluation should also be obtained as well as a listing all of all your medications and other supplements.



The Changing Face of Jewish Baltimore: January 26, 2017

Together Federation and The Associated Women created a very pertinent program entitled "The Changing Face of Jewish Baltimore" with Jewish professional leaders who have the pulse of our community speaking on the latest information. We learned challenges and opportunities our Jewish community has and is trying to address as the population grows and evolves.

Mary Haar, assistant vice president of Community Planning and Allocations for the Associated Jewish Community Federation of Baltimore, talked about the demographic changes in Jewish Baltimore. Based on the 2010 study, there is a growing Orthodox population, now 1/3 of all Jews in Baltimore, a large number of interfaith households, seniors living longer and more families residing outside northwest Baltimore. To meet these needs, the Associated and its agencies have instituted new programs and are working to add more.

Joan Grayson Cohen, Executive Director of Jewish Community Services, talked about the breadth and depth of the services and programs offered to every member of the Baltimore Jewish Community from birth to death, including counseling, housing, senior services, programs with individuals with disabilities and so much more. They also provide individuals with referrals

within the larger community as the need arises.

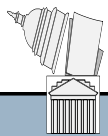
Howard Libit, Executive Director of the Baltimore Jewish Council, discussed some of the current issues that will be pursued by the Maryland General Assembly for 2017. He talked about how the changing population in the Jewish community has encouraged his organization to reevaluate some of their positions. They will oppose the bill supporting the BDS (Boycott, Divestments and Sanctions) movement to stop the Maryland retirement and pension system from investing in companies and prohibiting Maryland contracts from using those companies who refuse to do business with Israel. Another bill of importance to the Jewish community is BOOST (Broadening Options and Opportunities for Students Today) Scholarship Fund, providing low-income families with scholarship money towards payments for private schools of choice.

Although most of the attendees are long-term residents of Baltimore, they learned so much more of which they were not aware. The Federation is most grateful to The Associated Women for their participation and especially to the presenters for all the information that they provided.



SERV-A by Betty Samuels Seidel

Matzo and Maror! Macaroons and Honey Cake! We enjoyed Passover Seders with family and friends. Not present were our United States Jewish servicemen and women, who are courageously protecting us throughout the world. We want them to know that they are appreciated and not forgotten. Our Federation's famous SERV-A project enabled the Jewish Welfare Board Chaplain's Council to provide Haggadahs and traditional kosher treats to Jewish members of the United States Armed Forces and Veterans. We depend upon the annual contributions from each of our affiliated organizations and sisterhoods. Many wonderful individuals also donate to SERV-A on happy or sad occasions. All gifts are gratefully acknowledged. We express our thanks to Arlene Mazer, our intrepid treasurer, for her devoted service, and are proud that she sent the Chaplain's Council a generous Pesach gift from us. To contribute to SERV-A, contact Arlene at 6 Halston Court, Baltimore, MD 21209, or 410-484-5257. Our mitzvahs bring spirituality into the lives of Jewish Army, Navy, Marine and Coast Guard personnel. Todah Rabah! Many Thanks! Be ever well and happy!



**Legislative
Update by
Jo-Ann Orlinsky**

Bills Pass in the General Assembly

In English Common Law, women were the chattels (property) of their fathers or their husbands. If they were raped, they were damaged goods and their “owner” could seek damages. In Maryland, the penalty for a conviction of rape was punishable by death. As a result, very few cases were brought to court by the state and very few convictions were found by juries. Rape was considered “an easy charge to make and a difficult charge to prove”.

Since 1976 many bills have been enacted which have changed the definitions and the punishments and evidentiary requirements. Over the years there have become three theories to prove rape: age (statutory rape), diminished capacity (intoxication, physical helplessness, or cognitive disabilities) and force or threat of force. Threat of force requires resistance on the part of the victim: how hard she fought and her physical injuries. For years women have been given mixed messages: fight the rapist or don't fight and don't get killed. HB 429/SB217 clarify that resistance is no longer legally required. After returning to both houses, the bill was passed by the General Assembly and goes to the Governor for signature.

A recent case in Baltimore County became the impetus for a statewide study of the handling, destruction and testing of rape kits (evidence). The survey revealed that each Maryland jurisdiction has differing requirements and many rape kits are never tested. Delegate Shelley Hettleman has introduced HB255/SB349 which would require that a rape kit (evidence) may not be destroyed or disposed of the evidence within 20 years and requires the Maryland Attorney General to adopt regulations for uniform statewide implementation. This bill has passed the House. SB 349 was substantially amended and passed the Senate. It was returned to the house, which agreed to the changes and goes to the Governor for signature.

From the Legislators to the Governor's Mansion

Over 40 women went to Annapolis on Thursday, March 30, 2017. Our goals were to observe our legislature in session, meet with our local state representatives and tour the Governor's Mansion with Mrs. Hogan. On the ride down we discussed several of the issues of importance to women in our state and to the Jewish community. (See Jo-Ann's report above) On arrival most of us were seated in the gallery of the House of Delegates to observe the proceedings and hear Delegate Shelly Hettleman recognize us. Those of us who went to the Senate gallery had a similar experience when Senator Bobby Zirkin acknowledging us. It was most interesting to see how bills are discussed and voted on.

Then we went to a hearing room in the House Office Building that had been reserved for us to visit with our legislators and have lunch. Delegates Hettleman, Morhaim and Stein, all from the 11th district, came and spoke with us about our issues and those of importance to each of them. Many other legislators from our districts that were invited were

unable to visit with us because they had meetings and hearings.

After lunch we walked to the front door of the Governor's Mansion where we were greeted by staff, First Lady Mrs. Hogan and former First Lady Barbara Mandel. Trained tour guides walked us through the public rooms of the mansion and then we visited with both first ladies, had our pictures taken as a group and noshed on cookies provided.

This wonderful day could not have been possible without the assistance of Delegate Hettleman's competent staff who made all the local arrangements, greeted us at every stop and ushered us throughout our visit in Annapolis.

Today robah!





Under Our Umbrella

The Flame is happy to highlight your organization's events. Submit your information to Elissa Ness, easelthew@aol.com. Bring your flyers meetings so they can be placed on a table.

[ADAT CHAIM SISTERHOOD](#)

Sunday, April 30th, bus trip to The National Museum of Health and Medicine with a docent led overview and The Ratner Museum to view the biblical themed art gallery and sculptures. We hope to be greeted by the artist himself. Kosher dairy lunch will be included. We are leaving at 10am from the parking lot of Baltimore Hebrew Congregation and returning at 4pm. Cost is \$36 per person. **RSVP** to Adrienne Frager at 13038 Tarragon Road, Reisterstown MD 21136. Contact Adrienne at AdrienneSL@aol.com for more information. Send check made out to Adat Chaim Sisterhood to Cathy Litofsky, 1103 Kingsbury Road, Owings Mills, MD 21117. Include a good phone number and email address.

[AMIT \(Americans for Israel and Torah\)](#)

Monday, May 8th at 6:00 pm My Personal Experience With Daniel Silva and Review of "Black Widow." \$54/includes a hard-bound copy of Black Widow. Royal Restaurant, 7002 Reisterstown Road, Baltimore, MD 21215. Robbie Pearlstein robbiep@amitchildren.org or 410-484-2223. Scott Ference will discuss his personal experience as Daniel Silva's bodyguard, as well as reviewing Silva's most recent novel, "Black Widow."

Monday, June 12th at 6:30 pm. Mothers and Generations In Israel. Dinner will be served— \$36. Lower Merion Synagogue, 123 Old Lancaster Road, Bala Cynwyd, PA. Contact Robbie Pearlstein at robbiep@amitchildren.org or 410-484-2223.

[BALTIMORE HEBREW CONGREGATION SISTERHOOD](#)

Saturday, May 13, 2017 at 10:00 am. Celebrate Shabbat with Sisterhood as Past Presidents lead Shabbat Shelanu services. A Kiddish will follow services. For more information contact Ralene Jacobson, 410-883-2037 or imralene@caomcast.net. **May 12, 2017**—Sisterhood closing meeting and installation of new officers and board members. For more information Renee Brodsky, 410-484-4843 or reneekart@gmail.com.

[BETH EL SISTERHOOD](#)

Wednesday, May 24— Biblio Book Review: Jane Krosin will review—The Improbability of Love, by Hannah Rothschild. Contact Rita Silverman for more info.

Sunday, April 30 – 10 am-5 pm. Monday, May 1– 11 am-5 pm, and Tuesday, May 2 - 11 am– 5 pm. Join us for our **Unique Boutique**— Sisterhood's annual Spring shopping show with 40 vendors.

Saturday, May 13–10 am. Sisterhood Sabbath, When Sisterhood members conduct the Shabbat service followed by a luncheon.

[BETH ISRAEL SISTERHOOD](#)

Sunday May 7, 2017 9:30 am -1:00 pm. Beth Israel Sisterhood Plant Sale located at the Beth Israel Parking Lot 3706 Crondall Lane, Owings Mills, 21117. The sale is a week before Mother's Day and also just in time to buy plants for your own garden For more information, contact Penny Kafka at 410-526-5573 or pennykafka@verizon.net.

[BETH TFILOH SISTERHOOD](#)

April 27-May 1, 2017 "Celebrating Israel Through Art," an Israeli Art Show and Sale by Safrai Gallery of Jerusalem.

Sunday, April 30, 9:00 am-9:00 pm; Monday, May 1, 9:00 am-10:00 pm. For more information, contact the Mercaz Office 410-413-2321 or mercaz@btfiloh.org.

Sunday, April 30, 2017. Trip to the Newseum. Call Ellen Karp for information: 443-660-7690 or ellenkarp@hotmail.com.

Sunday, May 7, 2017– 3:00 p.m. at the Jewish Museum of Maryland. Yom Hashoah program jointly sponsored with MERCAZ (adult education). Speaker: Professor Agi Legutko.

Tuesday, May 9, 2017. Beth Tfiloh Sisterhood's Day of Games. Cost \$18 for lunch and snacks. Bring your friends for mahjonnig, canasta, bridge, scrabble or whatever you play. We have the tables. Time **12:00 am-4:00 pm.** For information call Ellen Karp: 443-660-7690 or ellenkarp@hotmail.com.

Sunday, May 21, 2017. Trip to Peddlers Village, New Hope, Penn. For information Ellen Karp: 443-660-7690 or ellenkarp@hotmail.com.

Thursday, June 8, 2017. Trip to Longwood Gardens.

Tuesday, June 20, 2017. Book and Dinner Night with author Luran Silverman.

[BRANDEIS NATIONAL COMMITTEE, BALTIMORE CHAPTER:](#)

Thursday June 15th - 11 am— Suburban Country Club: Closing Meeting, Luncheon and Speaker featuring Washington Post Journalist - Debbie Cenziper. For more info call: Ella Cohen at 410 486 8637 or check our website at blogs.brandeis.edu/bnccbalTIMORE. To get a booklet of all our classes get, our Live and Learn Program Guide due out in June. Call Brenda Cohen 410-581-2229.

[CHIZUK AMUNO SISTERHOOD](#)

Sunday, May 21st 9 am to 12 pm. Shredding/Recycling/ Clothing Drive at Chizuk Amuno, 8100 Stevenson Rd, Baltimore, 21208. It is time for your spring cleaning! Bring your papers to be shredded, electronics to be recycled and gently used clothing to be donated. \$10 per 5 bags of shredding and \$10 per trunk of electronics. Questions (including policy about tvs) Email Marcia Scherr at scherrms@comcast.net.

Wednesday, June 7th 6:30 pm Closing Dinner and Installation. Esterson Auditorium at Chizuk Amuno, 8100 Stevenson Rd, 21208. \$18 members/\$23 non-members. Join us as we honor our 2015-2017 Sisterhood board and install our new President (Ruth Silber) and board for 2017-2019. Dinner and entertainment will be included. Questions, please email Dixie Leikach at Sisterhood@chizukamuno.org.

Sunday, July 23rd Spring Bus Trip to New York to see: HELLO DOLLY! Featuring BETTE MIDLER. Price includes bus ride, theater tickets, catered breakfast and dinner. \$279 per person. Bus Departs at **7:30 am** from Chizuk Amuno, 8100 Stevenson Rd, 21208 (park in lot to the right as you enter). Reservations are made by sending a check to "Chizuk Amuno Sisterhood" c/o Marilyn Spector, 14 Cobbler Ct, Baltimore, MD 21208. Contact Marilyn at 410-486-3888 or marilynspe@gmail.com.

HADASSAH GREATER BALTIMORE

Monday, May 8, 2017: Spring Meeting at Beth Israel Congregation. Author Maggie Anton: Talmud After Dark. For information call the Hadassah office 410-484-9590.

Tuesday, May 16, 2017: 7:30-9:30 p.m. at the Greater Baltimore Hadassah Office 3723 Old Court Road. An evening with Marianne Bannister, Founder and Executive Director-Claire Marie Foundation and Award Winning Broadcast Journalist and Dr. Eva Simmons-O'Brien, M.D., F.A.A.D. Claire Marie Foundation. Topic: Adolescents, Kids and Melanoma: What you need to know to protect your family from the second most common form of cancer in young people. Light refreshments will be served. Cost \$10. After May 2 \$15.

ISRAELI BONDS

Monday, May 8, 2017 - 5:45 pm Join us for the 2017 Golda Meir Award Dinner honoring Beth Sellman. \$100 and 2017 Israel bond investment of \$5,000. Contact Alex Weiss for event and Hillary Lewis for bond purchase – 410-484-6670x1 or Baltimore@israelbonds.com.

Thursday, May 18, 2017 10:30 am. 2017 Israel Bonds Fashion Show Kick-Off Meeting. Free to attend. Contact Alex Weiss for event and Hillary Lewis for bond purchase– 410-484-6670x1.

JEWISH CARING NETWORK

June 4, 2017 8:15am– 5K Care Run (for Women) \$45 (\$65 on Race Day) at The Maryland Zoo in Baltimore, 1876 Mansion House Drive, Druid Hill Park, Baltimore, MD 21217.

This is our Annual Fundraising Event! It is an event for women, RUN by women! Register or sponsor and help us "Touch Lives & Make a Difference!" Contact Stacey R. Goldenberg 410-602-6075

KAPPA GUILD, INC.

Sunday, April 30, 2017– Spring meeting at Serengeti Steak House.

Wednesday, May 24, 2017– 47th Annual Donor celebrating 64 years of "Helping Children in Need" at the Knish Shop Party Room, 514 Reisterstown Road. Time 11:30 am-3:00 pm.

Sunday, October 29, 2017– Fashion Show and Lunch at Zamoiski Room at Sinai Hospital.

WOMEN OF HAR SINAI CONGREGATION

April 29th from 7-11 pm: BIG Event featuring The Baltimore Improv Group. Adults only. RSVP: mitchjewels1@msn.com. A great evening of entertainment and good food. Catered event.

May 13th at 7 pm: Havdallah with wine and cheese featuring Israeli music by Cantor Rhoda Harrison and Wally Ford. RSVP: Phyllis Louis at 410-484-5551 or hlpl@verizon.net.

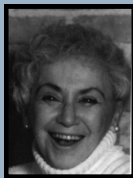
Thursday, 2:30-3:15 pm: an adult learning course called The Inquirers. Cost is \$36. RSVP to Pam Mandell. 410-654-9393 x 1003 or pmandell@harsinai-md.org.



Did you know...

Each member organization can have an officer visit either a meeting or board meeting for a summary of Federation and why your organization belongs.

Call President Helene Waranch for more information: 410-602-1210.



IN MEMORIAM

The Federation of Jewish Women's Organizations of Maryland deeply mourns the passing of past president Sophie Stolberg. May her memory be for a blessing among the mourners of Zion. Our sincere and heartfelt sympathy are with her family in their time of sorrow.

Make Reservations

101st Annual Convention
Changing Times: Adapting for the Future

May 11, 2017, 9:00 am to 3:00 pm
Temple Oheb Shalom,
7310 Park Heights Avenue, Baltimore, MD 21208

- **Morning Panel:** Being a Jewish Woman in Today's Jewish World
Moderator: Jayne Miller, WBAL TV.
Panelist: Liz Minkin Friedman, Lara Franks and Rina Janet
- **Kosher reception and Luncheon:** catered by Yaffa
- **Keynote Speaker:** Sammie Moshenberg, "Jewish Woman's Organizations: Relevant or Relic?"
- **E.B. Hirsh Lifetime Achievement Award:** Debra "Debs" Weinberg, community leader
- **Embracer of Change Award:** Presented to a woman from each of our constituent organizations

Send a check of \$40 per person to
Arlene Mazer, 6 Halston Court, 21209



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Federation Calendar

Save the Date

June 8, 2017, President's Reception,
Baltimore Hebrew Congregation

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.

Remember to become a Friend of Federation



Send check for \$18 to Arlene Mazer, 6 Halston Court, 21209. Remember to designate check as "Friend" or use form available on our Website.



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The Federation of Jewish Women's
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P.O. Box 29, Stevenson, MD 21153-0059