



The Flame

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

Lighting the Way for Jewish Women Leaders

Issue 3 — Spring 2014

98th Annual Convention

May 15, 2014

Woman of Action

Keynote Speaker: Deborah Grayson Riegel
E.B. Hirsh Lifetime Achievement Award: Peggy K. Wolf
Honoring 27 Members with the Woman of Action Award



9:45 a.m. to 2:30 p.m.
Baltimore Hebrew Congregation

Message from our President



I can hardly believe that my term as president of the Federation of Jewish Women's Organizations of Maryland is quickly coming to a close. Just as the seasons flow from one into the other so, too, do our organizational calendars. The Fall is always full of new beginnings, new officers and new programs. We allow ourselves time to hibernate a bit in the winter, and with the coming of spring, we again renew our energies.

I hope you were able to join us for our last two meetings. Our mid-winter meeting went off without a hint of snow, even though we always build in a snow date. Rabbi Jessy Gross, a whirling dervish, spoke on "Charm City Tribe:

We're Not Your Bubbie's Organization-Engaging Young Adults in Jewish Journey and Community." Words and ideas simply bubbled out of her mouth. Where does she find Jews? In bars! She brings Torah to others and makes it relevant to the lives they are currently living. She listens to their stories and finds common ground. Her spirit gives me hope in the younger generations. Thanks to Baltimore Hebrew Congregation Sisterhood for sponsoring this meeting and to their clergy and staff.

Our dinner meeting, which was snowed out last year, was threatened with a forecast of snow earlier in the week, but the evening was clear and not too cold! Our speaker, Heather Lapidario, had to wait a full year to give her wonderful talk, "Can You Hear Me Now? Effective Listening and Communication." Her work at the Gerstell Academy, which stresses excellent communication skills, made her the perfect speaker for the evening. She used interactive exercises to keep us engaged and everyone had lots of questions. I'm sure we'll all be better listeners and



communicators now. Thanks to Moses Montefiore Anshe Emunah Sisterhood for arranging the delicious dinner and to their clergy and staff.

We're fast approaching our 98th annual Convention. Co-chairwomen Linda Boteach and Sheila Stern and their committee have planned an exciting event. We will welcome Deborah Grayson Riegel, a nationally known coach, speaker and author of *Oy Vey! Isn't a Strategy* for our morning program. Deborah lives in New York and we're happy to have her join us. Don't be late — you won't want to miss this wonderful presentation. Linda Boteach and I have heard her speak, and we know you're in for an entertaining morning.

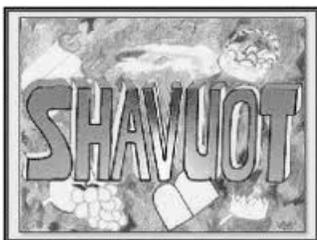
Following a delicious reception and lunch, I know you will want to show your support for our E.B. Hirsh Lifetime Achievement Award recipient, Peggy K. Wolf. Of course the day wouldn't be complete without honoring your organization's nominee for the "Woman of Action" award. Plan to come early and stay late to take advantage of the wonderful day we have planned.

As I mentioned at the beginning of this article, I am approaching the end of my term as president. It has been a wonderful learning and growing experience, and of course I couldn't have done it alone. I have been constantly supported by my board, committee chairs and past presidents. If I asked, they always answered "yes." May my successor have the same support, and she can now add me to the list of "yes" people.

Just as this year was the earliest Hanukkah, coinciding with Thanksgiving, we will now have a very late Passover due to the addition of a second month of Adar. May you gather with family and friends and have a wonderful Seder.

Shalom,

Harriet L. Meier



June 4, 2014

The man who gets the most satisfactory results is not always the man with the most brilliant single mind, but rather the man who can best coordinate the brains and talents of his associates.

~ W. Alton Jones ~

Convention — May 15, 2014

Please join us for the Federation's 98th Annual Convention on Thursday, May 15th at Baltimore Hebrew Congregation, 7401 Park Heights Avenue. The theme this year is "Woman of Action."

The Morning Session, beginning at 9:30 a.m., will feature Keynote Speaker, Deborah Grayson Riegel, an internationally-recognized expert in presentation and interpersonal communication skills. Deborah writes a bi-weekly online coaching column for the *New York Jewish Week*, reaching over 160,000 readers. She is also the author of, "Oy Vey! Isn't a Strategy." Deborah will be available for a book signing at our event. Copies of her book are available now by calling Sheila Derman at 410-486-8877. If you choose to purchase the book now, bring it with you to Convention, and Deborah will sign your copy.

The E.B. Hirsh Lifetime Achievement Award will be



presented to Peggy K. Wolf, who is the past president of the Baltimore Jewish Council and the Jewish Community Center. She is the current president of Baltimore Hebrew Congregation. Peggy is an educator and director of admissions at Roland Park Country School. Her late grandmother was also past president of The Federation of Jewish Women's Organization of Maryland.

All of our constituent organizations have selected an honoree to receive the Woman of Action Award. Federation is honored to recognize these women for their contribution to their organizations and to the community.

The names of our honorees can be found on page 5. If you wish to send a Mazel Tov card to an honoree, see page 4 for information. A downloadable form is available on the website.

We look forward to greeting all of you on May 15th.

Linda Boteach, Sheila Stern, Co-Chairs



Deborah Grayson Riegel is a communication and behavior expert who helps corporations, Jewish organizations, and individuals achieve personal, interpersonal and professional success. She is a visiting Professor of Executive Communications, Presentation Skills and Business Writing at Peking University, China, and she also teaches Presentation Skills at the Fordham Graduate School of Business. Deborah was the Director of Education and Training for the Mandel Center for Leadership Excellence at the Jewish Federations of North America and also worked at the Jewish Association for Services for the Aged as the Director of the only program in North America that trains senior citizens to be lobbyists. She sits on the Advisory Board of the Harvard Business Review.

She is the author of "Oy Vey! Isn't a Strategy: 25 Solutions for Personal and Professional Success." Deborah earned a B.A. in Psychology at the University of Michigan, and her M.S.W. at Columbia University, supporting her expensive school habit by performing improvisational and stand-up comedy.

She and her husband Michael are the proud parents of twins, Jacob and Sophie, who inspire her to choose naches over tsuris every day.

Peggy K. Wolf, E.B. Hirsh Lifetime Achievement Award Recipient



Peggy Kaufman Wolf is the president of Baltimore Hebrew Congregation. She is currently Director of Admissions and Financial Assistance at Roland Park Country School but will step down at the end of this school year. Peggy has been a member and officer of many boards in the Jewish community as well as the wider Baltimore community, including the Baltimore Jewish Council, Baltimore City Commission on Community Relations, Central Scholarship Bureau, Hillel of Greater Baltimore, and the Baltimore Jewish Community Center.

A native Baltimorean, Peggy grew up at Baltimore Hebrew Congregation. She is the daughter of the late Dr. Clementine and Judge Frank A. Kaufman and the granddaughter of the late Pauline and Rabbi Morris Lazon. Rabbi Lazon served as rabbi at Baltimore Hebrew Congregation from 1915 until 1946. Pauline Horkheimer Lazon was president of The Federation of Jewish Women's Organizations of Maryland from 1927 until 1929.

Peggy graduated from The Park School and continued her education at George Washington University, where she earned a Bachelor of Arts in Sociology and then a Master of Arts in Teaching in Early Childhood Education with honors. Her career has been spent in the education field.

She is married to attorney Fred Wolf III and has two children and four grandchildren.

Recognize an Honoree With a Mazel Tov Card Send a Special Message

Recognize an honoree by adding your name to her *Mazel Tov* card for \$5.00. Please send your check and indicate the name(s) of the Honoree you are recognizing to Rae Shalowitz (410-484-7437), 4 Picasso Court, Baltimore, MD 21208.



Forms are also available on our web site.

Responses received by April 14, 2014 will be recognized on May 15th at Federations' Annual Convention. The honoree(s) will be notified of your contribution with a beautiful and personal message.

See Page 5 for a complete listing of those being honored.

Serve-A Service Men and Women Receive Packages

by Betty Seidel



They missed the Seder at home on Passover! They weren't with family to kindle the Chanukah lights! The New Year was probably 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!



**Social Action
Is a
Mitzvah**



Fiber and It's Benefits

by Harriet L. Meier, M.D.

In recent years, a decline in the incidence of cardiovascular disease and coronary heart disease has been seen in the United States and some European countries. Although the rates of cardiovascular disease have peaked for many developed countries and mortality from the disease is declining, it still accounts for a third (32.8%) of all deaths in the US.

A recent review of studies reporting the relationship between fiber intake and coronary heart disease or cardiovascular disease found that increased fiber was associated with a decreased risk of both. Increased insoluble fiber and fiber from cereal and vegetable sources were associated with decreased coronary heart and cardiovascular disease, while an increase in fruit fiber intake was associated with decreased cardiovascular disease.

Fiber is present in all plant foods in varying amounts. Fiber is classified as soluble (meaning that it partially dissolves in water) or insoluble (meaning that it resists digestion and does not dissolve in water).

Soluble fiber is found in beans, peas, lentils, oatmeal, oat bran, nuts, seeds, psyllium, apples, pears, strawberries and blueberries. It is associated with lowering LDL (bad) cholesterol, regulating blood sugar, and a lower risk of heart disease and type 2 diabetes.

Insoluble fiber is found in whole grain, barley, couscous, brown rice, bulgur, wheat bran, nuts, seeds, grapes and tomatoes. Bubbie called it "roughage." One of the benefits of insoluble fiber is that it helps keep you regular, prevents constipation, and reduces the risk of diverticular disease.

So, how much fiber should you have? The current recommendation for fiber intake is 25 grams/day for women and 38 grams/day for men. For every 7 gram increase in intake, there is a 9% lower risk for both coronary heart disease and cardiovascular disease. Small reductions in risk could affect many thousands of individuals. A 7 gram increase can be accomplished by eating one portion of whole grains plus a portion of beans or lentils, or through 2-4 servings of fruits or vegetables.

So, listen to Bubbie and eat your vegetables, fruits and whole grains. You'll feel fuller, have less weight gain, protect yourself from colorectal and other intestinal cancers, improve your cholesterol and decrease your chance of coronary heart disease and cardiovascular disease. You'll live longer and better.

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

Adat Chaim Sisterhood, **Cathy Litofsky**
 Amit Sarah Ribakow/Tikvah Chapter, **Selma Mosgin**
 Baltimore Hebrew Congregation Sisterhood, **Paula Cohen**
 Beth El Congregation Sisterhood, **Janet Penn**
 Beth Israel Congregation Sisterhood, **Sheila Stern**
 Beth Tfiloh Congregation Sisterhood, **Rosalie Klotzman**
 B'nai Jacob/Shaarei Zion, **Paulette Kamelgard**
 Brandeis National Committee, Baltimore Chapter,
Gail Gelber
 Chizuk Amuno Congregation Sisterhood, **Ruth Silber**
 Covenant Guild, Inc., **Bert Dinkin**
 Hadassah of Greater Baltimore, **Julie Bernstein**
 Har Sinai Congregation Sisterhood, **Judy Handelman**
 Jewish Caring Network, **Ellyn Dannenbaum**
 Jewish Women's International, Lillie Straus/Hope Chapter
 #839, **Elaine Kimmel**

Kappa Guild, **Royce Tucker**
 Levindale Auxiliary, **Linda Roedel**
 Mildred Mindell Cancer Foundation, Inc., **Gail Coppel**
 Miriam Lodge, K.S.B. Inc., **Maxine Solomon**
 Moses Montefiore Anshe Emunah Sisterhood, **Sam Stone**
 National Council of Jewish Women, **Sonya Dillon**
 Ner Tamid Sisterhood, **Sonia Ostrow**
 Rodger C. Snyder Memorial, Ladies Auxiliary #117, Jewish
 War Veterans, **Dolores Snyder**
 Sinai Hospital Auxiliary, **Feiga Oberstein**
 Temple Emanuel Sisterhood, **Sue Brown**
 Temple Oheb Shalom, **Rochelle "Shelly" Banks**
 The Associated Women, **Janet Livingston**
 True Sisters Inc. Baltimore #35, **Phyllis Udoff, Of Blessed
 Memory**

Speakers Bureau

Leaders are often asked to present a speaker to our constituent organizations. We are pleased to offer a selection of topics to address your organization. They 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.

Friends of Federation

Federation thanks all our Friends for their support during the past year. Your \$18 membership is a valuable part of our organization.

We hope you enjoyed the many benefits you received from your participation: copies of *The Flame*, a phone Directory, and up-to-date notices.

If you have not been a part of our list of Friends and wish to do so, contact any member or visit us on jewishwomensfed.org for an application.

*The Federation of Jewish Women's
 Organizations of Maryland
 Invites the
 2014 to 2015 Presidents and First Vice Presidents
 of our Constituent Organizations
 and Federation Officers and Past Presidents
 to the
 Annual President's Reception
 Underwritten by the Keepers of the Flame,
 Federation's Past Presidents
 to attend a
 Leadership Presentation
 and Luncheon (dietary laws observed)
 at Baltimore Hebrew Congregation
 Thursday, June 12, 2014
 9:45 a.m. to 1 p.m.
 Topic: Say What You Mean,
 Mean What You Say*

RSVP to: Sheila Derman.

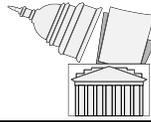
410-486-8877 or sdermanbalthadassah@hotmail.com

Looking Forward

It is hard for me to believe that for about 20 years, it has been my privilege and delight to write a legislative update for the Federation's *The Flame*. Now I have the great honor of being installed as your president on May 15th, so I will be on hiatus from writing this column but not from advocacy. I think I would like to have some "free lance" writers for each Flame. Please let me know who you might be.

In keeping with the Jewish tradition of *ti-kun-olam*, the mission of Federation continues to be training and advocacy (almost 100 years). Effective action requires knowledge and education. Without good information, prejudice, discrimination and injustice occurs. With everyone's support, we will continue to be effective voices, accomplishing our mission for the next 100 years. Our issues continue to be women's rights — opposing

government interference in our right to make health and reproductive decisions, paycheck fairness and equity in the workplace, domestic violence which now includes trafficking concerns, and anti-Semitism in all its forms which allows hate to flourish and stifle religious freedom.



The Middle East

We support the state of Israel and monitor the threats from those who would delegitimize Israel and its right to exist. We are very fortunate as Jews to live in the

Legislative Update by Sheila K. Derman

United States where religious and personal freedom prevails. However, we must always be vigilant and keep ourselves educated, informed and ready to act. Remember . . . "Evil happens when good women do nothing." Federation will continue to make it happen. Join me as we move forward as Women of Action.



Under Our Umbrella

The Flame is happy to highlight your organization's events. Submit your information for the Fall issue to: Rochelle Bohrer at rochellebohr@yahoo.com or at 410-922-9672.

Beth El Sisterhood

We welcome spring and the celebration of our 10th annual Unique Boutique on Sunday, May 4th through Tuesday, May 6th. Show time will be from 10 a.m. until 5 p.m. The show presents over 40 vendors and artisans who will be selling a variety of products. Visitors will have a chance to win exciting products and services by taking advantage of the continual raffle. A café will be ready to serve lunch, drinks and snacks.

Brandeis National Committee

Our closing meeting and Silent Auction. Luncheon will be on Thursday, May 22nd at 11 a.m. at Suburban Country Club. Guest Speaker is Sujata Massey, mystery writer. The book *The Sleeping Dictionary* will be reviewed. Guests are welcome. For information: www.bncbaltimore.com or you

may call Rochelle Savetman at 410-653-2856.

Kappa Guild

Our 44th annual donor luncheon on May 21st will be held at the Myerberg Senior Center. Kappa Guild celebrates 61 years of "helping children in need." We will be presenting annual checks to our recipients from various hospitals and agencies who dedicate themselves to helping children by purchasing much needed equipment.

Miriam Lodge

Join us May 8th for a trip to American Music Theatre in Lancaster, PA to see *Music of the Night: The Songs of Andrew Lloyd Webber*, \$85 (includes show and bus transportation with lunch on your own). Info: Terry Lusk, 410-764-1666.

Social Action Committee

Thanks to everyone who has brought items for our social action projects this year. I hope that this activity will start you thinking of ways your group can participate with repairing the world. As we look ahead to the coming year, I will be calling on our hosting organizations for social action ideas. It has always been my belief that it is our responsibility to help those who are in need of our assistance.

If you have ideas for our social action projects, contact Chair Karan Engerman karansander@comcast.net. If your organization has participated in a social action project, let us know.



We're On The Web! jewishwomensfed.org

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.

Don't remember where and when the next meeting will be held? Visit the web site. We even include a map and directions to the next meeting! There is a Jewish and civil holiday calendar to see what day a holiday falls on for the current year as well as many years into the future.

Do you know what this graphic is? Have you seen this image in magazines, products and on TV? Our Federation is keeping up with the technological world. If you do not know what this is, you should enroll in one of our computer classes which are being developed now. Topics include: Where is my file?, How does this phone work? and Understanding the iPad. Contact Eve Vogelstein if you are interested at mothraeve@gmail.com or call (443) 744-1060.



Nominating Committee

Lynda S. Weinstein, Chair

In accordance with Article VII of the Bylaws of The Federation of Jewish Women's Organizations of Maryland, the following slate of officers for 2014-2016, submitted by the Nominating Committee, will be presented for consideration at the 98th Annual Convention on May 15th.

President: Sheila Derman (Hadassah); First Vice President: Helene Waranch (Baltimore Hebrew Congregation Sisterhood); Vice Presidents: Rochelle Bohrer (Moses Montifiore Anshe Amunah Sisterhood), Sheila Mentz (Kappa Guild); Corresponding Secretaries: Linda Roedel (Levindale Auxillary), Rae Shalowitz (Beth El Sisterhood); Recording Secretary: Debbie Shpritz (National Council of Jewish Women), Auditor Lynn Lichtig (Chizuk Amuno Sisterhood); Treasurer: Arlene Mazer (Temple Oheb Shalom Sisterhood), for the term 2014-2015.

Many thanks to the committee for preparing this slate: Elissa Ness, P.P.; Jane Davis, P.P.; Ellen Gottfried; Marcia Leavey; Ferne Rogow; and Hilda Yankelov.

Mazel tov to these wonderful women who have accepted this responsibility. We anticipate with joy the creative energy and their commitment of service they shall bring to Federation. *Blessed is the leader who seeks the best for those she serves.* (unknown).



Federation Calendar

May 15, 2014, 98th Annual Convention, Baltimore Hebrew Congregation, 9:30 a.m. to 2:30 p.m.

June 12, 2014, President's Reception, Baltimore Hebrew Congregation, 9:45 a.m. to 1 p.m.

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, President's 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.



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The Flame

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