



The Flame

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

Lighting the Way for Jewish Women

Issue 2 — Winter 2014

Charm City Tribe: We're Not Your Bubbie's Organization — Engaging Young Adults in Jewish Journey and Community

Speaker: Rabbi Jessy Gross

Director of Charm City Tribe

January 9, 2014 — 9:45 a.m. to Noon

(snow date January 16, 2014)

Baltimore Hebrew Congregation, 7401 Park Heights Avenue

Light Breakfast will be served (*dietary laws observed*)

Sponsored by Baltimore Hebrew Sisterhood

Rabbi Jessy Gross is the Director of Charm City Tribe which is the Downtown Baltimore Jewish Community Center's program for young professionals. Rabbi Gross describes Charm City Tribe as a way to engage with the culture without confining it to the synagogue. She says, "The value of religion is that it's not relegated to a space or a time." Join us as she relates the efforts to engage young Jewish professionals, who are living in Downtown Baltimore, in a meaningful community experience.

Social Action Project: — Your donations of school supplies (wide-lined paper and notebooks, erasers, etc). Please bring these donations to the meeting (see page 2 for details).

Reservations Required to:

Karan Engerman @karansander@comcast.net or 443-352-3928

(Deadline: December 30, 2013)

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

Can You Hear Me Now? Effective Listening and Communication

Speaker: Heather Lapidario

Leadership Instructor, Gerstell Academy

Thursday, March 6, 2014, 6:30 p.m., \$18

Dinner will be served (*dietary laws observed*)

Moses Montefiore Anshe Emunah, 7000 Rockland Hills Drive,
Baltimore, MD 21209

Sponsored by Moses Montefiore Anshe Emunah and Federation

Heather Lapidario teaches the psychology strand of the Leadership course to sixth, seventh and eighth graders at Gerstell Academy. She earned a Bachelor of Arts and Masters of Science degree in psychology from Loyola College.

Social Action Project: Toiletry items for the Hackerman-Patz House are requested. Please bring these donations to the meeting (see page 2 for details).

Pre-Paid Reservations (no walk-ins) and \$18 check required. Send to:

Margaret Stern (410-655-2668), 8407 Charlton Road, Randallstown, MD 21133

(Deadline: February 24, 2014)

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





President's Message

Lodge for the delicious breakfast, and Rabbi Fink for his words of Torah.

Dear Friends of Federation,
With the family holidays of Hanukkah and Thanksgiving behind us, we're settling into the winter routine. Some of us are "snow birds", leaving town for warmer parts, while the rest of us grab our warm sweaters, turn up the heat, and enjoy the long, quiet evenings at home. While the trees have shed their leaves giving us a cleaner view of the outdoors, many of our organizations are in full swing fulfilling their mission statements. So, too, Federation has had a wonderful beginning of the year.

Our opening meeting on October 17th, held at Temple Oheb Shalom and co-sponsored by their Sisterhood and Miriam Lodge, was very well attended. Dr. Dan Morhaim, House of Delegates for the 11th District of Northwest Baltimore County and an emergency room physician, spoke passionately about the need for everyone to have "the talk" with their family about what they want done when/if the time comes for end-of-life decisions. He spoke of the arguments that could tear a family apart when your wishes are not clear. He encouraged everyone to have an advanced directive, even young people. We collected knitting yarn for the women of Oheb Shalom Sisterhood who knit blankets for abused children. Thanks to Oheb Shalom and Miriam



On November 14th, Beth Israel Sisterhood hosted our meeting. Marvin Pinkert, Executive Director of The Jewish Museum of Maryland, entertained us with his presentation "Why Records Matter: From the National Archives to The Jewish Museum of Maryland to Your Attic." He showed us what happens to documents that are not properly stored and labeled. With modern technology, we will lose many of our treasured corrections, like when in FDR's oft quoted speech, "history" was changed to "infamy." What a difference a word makes! In celebration of Hanukkah, we helped Beth Israel Sisterhood in their mitzvah of giving toys to children in need. Thanks to Beth Israel Sisterhood for a delicious breakfast, and Rabbi Goldstein for his humorous presentation of Thanksgiving.

As always, Federation is here for you, planning meetings to fulfill our mission of leadership training, support of the Jewish community and advocacy of issues of major concern. Please encourage your fellow organization members to join us for our upcoming meetings. I know you will find them interesting and informative, and we hope to give you a venue to meet women from our constituent organizations.

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 January meeting at Baltimore Hebrew Congregation on January 9th. We are asking for school supplies for children in need. Supplies can be wide-lined paper or notebooks, erasers, or pencils.

For the March 6th meeting, we are requesting donations of toiletries for the families at the Hackerman-Patz House. The children and parents must spend weeks and even months when anyone is undergoing treatment, and your donations help make their stay an easier one.

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



Ability is what you're capable of doing.

Motivation determines what you do.

Attitude determines how well you do it.

~ Lou Holtz

To Your Health — Probiotics for Health

by Harriet L. Meier, M.D.

Microflora, the microorganisms that reside in the human gastrointestinal tract, make up a complex community of



microorganisms that contribute to a variety of local and systemic functions vital to development and well-being. There is a great interest in using probiotics to target GI microflora to promote health. Probiotics are defined by

the World Health Organization (WHO) as live microorganisms which, when administered in adequate amounts, confer a health benefit on the host.

Over the last decade, probiotic use has grown rapidly. In a recent survey of US physicians (86% of whom were gastroenterologists), the vast majority reported that at least some of their patients used probiotics. The most commonly mentioned conditions were irritable bowel syndrome, antibiotic-associated diarrhea, Clostridium difficile colitis, pouchitis and ulcerative colitis. In addition, the number of clinical trials assessing probiotics in humans also has increased substantially in recent years.

At present, the FDA may regulate a probiotic as a dietary supplement, food ingredient, medical food, or as a drug, depending on its intended use. Currently, no probiotic is marketed as a drug in the US. Most probiotics are marketed in the US as dietary supplements or as food ingredients. They are available as capsules, powders, or drops. Probiotic foods are most commonly yogurts or other fermented milk products (e.g., Kefir). FDA approval

is not required for these types of products, although the products are required by law to be labeled in a truthful and accurate fashion.

Microflora are important to the development and maintenance of immunity, digestive and metabolic actions, intestinal barrier integrity, and discouraging the colonization of pathogens. The microflora may be altered by diet, medication and illness. Although the changes in microflora tend to be rapid and transient from dietary changes, antibiotic-associated changes are not as quickly resolved. Probiotics have been shown to inhibit the growth of pathogens, and to bolster the epithelial barrier function. They contribute to sustaining the host immune response and metabolic and digestive functions, such as reducing cholesterol levels and synthesizing folate and vitamin B12. They can have anti-inflammatory effects and may exert neuromodulatory effects that moderate response to stress.

For probiotics to survive transit into the colon, they need to be resistant to the acidic environment and digestive secretions. Their effects require regular use because they generally colonize the digestive tract for only a short time.

The role of probiotics in managing a broad range of GI conditions has been supported by current evidence. There is a growing interest in the use of probiotics in the US. People who decide to use probiotics should use products that provide complete label information, and need to know that sustained use of probiotics is needed for chronic conditions as they do not colonize the human gut. Short-term clinical trials have reported few serious adverse events associated with currently marketed probiotics.

Convention is Coming Mark Your Calendars



Chairwomen Linda Boteach and Sheila Stern are busy planning our 98th Annual Convention which will be held on May 15, 2014 at Baltimore Hebrew Congregation. We will be honoring "Women of Action."

If you would like to join the committee, please contact either

Linda at 410-833-5723 (linda.boteach@gmail.com).

Happy
Groundhog Day!



February 2, 2014



Under Our Umbrella

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

Adat Chaim Sisterhood

Join us for an evening of Bingo, Saturday, January 25th and February 22nd at 7 p.m. at Pleasant Hill Center, 10989 Red Run Boulevard, Suite 109, Owings Mills. \$15 for 12 games; additional and special game cards are \$1 each. Snacks will be available. Info: Tina Asher at talkinteeny@verizon.net or 410-526-6484.

Baltimore Hebrew Congregation Sisterhood

Mark your calendar for 54th Annual Interfaith Institute on Monday March 24th. Keynote speaker will be The Reverend Andrew Foster Conors of Brown Memorial Park Avenue Presbyterian Church. The topic will be "When There Is No Vision, Community Will Perish." There will be responders from other religious faiths. Info: 410-764-1587, ext. 270.

Join Family Concerns Committee on Thursday, January 23rd at 1 p.m. for update on implementation of the Affordable Care Act in Maryland as well as the state-based exchange, Maryland Health Connection. Speaker: Carolyn A. Quattrochi, Executive Director of the Governor's Office of Health Care Reform. Info: 410-764-1587, ext. 270 or email carolcjca@comcast.net.

Family Concerns Committee will host a program on "Diet and Dementia" on Sunday, March 2nd from 9:30 to 11:30. Presenter: Dr. Jason Brandt, Director of the Cortical Function Lab at Johns Hopkins Hospital and Director of the Copper Ridge Institute. Light breakfast will be served. Open to everyone without charge. Info: 410-764-1587, ext. 270 or email carolcjca@comcast.net.

Beth Tfiloh Sisterhood

Zumba classes held on Mondays at 8:30 a.m. and Wednesdays at 8:45 a.m. in high school dance studio. Classes are designed for all ages and physical abilities. Class fee for members, \$4, nonmembers, \$7.

Chana

Join us for the 2nd Annual Speaker Series of Journeys of Professional Jewish Woman. April Program: Dr. Leigh Vinocur, board certified emergency physician and national spokesperson for the American College of Emergency

Physicians. Held at Baltimore Hebrew Congregation. \$36. Info: Ellen Fox, 410-234-0030, or email at efox@associated.org.

Hadassah

Join Hadassah on Saturday, February 8, 2014 at 7:30 p.m. at the Baltimore Hebrew Congregation for the 8th Annual Cell-a-brate event., featuring Entertainment by Bruce in the USA, The Worlds #1 Tribute Band to Bruce Springsteen & The E Street Band. There will be hot hors d'oeuvres, beer and wine, a fabulous silent auction and a live one too. Info: Judith S. Jacobson, 410-484-9590.

Miriam Lodge

The time is here! Get your 2014 Mah Jongg Cards, \$8 for regular card, \$9 for large print. Order from Barbara Blumberg at 410-486-1422.

We're going to the Joffrey Ballet at the Lyric on March 5th, \$115. Info: Maxine Brafman, 410-358-5020.

Join us to see "Beaches: The Musical," at Signature Theater in Arlington, Virginia on March 22nd, \$135 includes bus, lunch and theater. Call Maxine Brafman at 410-358-5020.

See "Moses" at Sight and Sound Theatre, in Lancaster, Pennsylvania on April 29th, \$130. Info: Sylvia Nathanson, 410-764-7766.

See Bolshoi Ballet performance of Giselle at the Kennedy Center on May 24th, \$155. Info: Elinor Stein, 410-486-1945.

National Council of Jewish Women

Second Monday Series, "It's Not All Black & White." February 10th, "Celebrity Influence on Society." Speaker will be Bonnie Heneson, Bonnie Heneson Communications.

On March 10th, we will highlight "Where Would We Be Without Funding for the Arts and Sciences?". The speaker will be Ray Villard, Director of Media Relations, Space Telescope Institute, Hubble Site. Programs are held at Baltimore Hebrew Congregation at 10:30 a.m. Info: Arlene Mazer, 410-484-5257.

This Thanksgiving a once-in-a-lifetime event took place. The first day of Hanukkah was celebrated bringing us turkey and latkes. With our world in turmoil, it was very fitting that the ancient miracle of freedom coincided with the "young" American holiday that allows us to be thankful for the blessings and freedoms of America, especially as Jews, and for the support of Israel that it brings. What are the issues for 2014?

Health Care

Healthcare in the form of "Obamacare" the Affordable Care Act will dominate until the basic issues are resolved. This will be very difficult in the current climate of no compromise in Washington. Everyone has his own agenda, from insurers and providers to businesses to the elderly vs. the young to the rich vs. the poor. The role for FEDERATION must be to educate our constituents at a very intense level on all aspects and then "speak out."

Pay Equity and Economic Security

Another issue that affects us is economic equity and security, especially for women. Current pieces of legislation that address these issues are the Healthy Families Act which gives access to earned paid sick leave to 90% of the private sector workforce, the Paycheck Fairness Act, the Pregnant Workers Fairness Act and the Fair Minimum Wage Act. These issues are complex and sometimes controversial. FEDERATION MUST LEAD THE WAY TO ACTION . . .

Trafficking

Some issues never go away. The issue of "Trafficking" has become a domestic issue, not just an international problem, and involves not only exploitation for sex but also cheap labor as well. Much legislation is being introduced at Federal and State levels. Federation must get involved in this issue . . . WE CAN MAKE A DIFFERENCE . . .

Reproductive Rights

At both the Federal and State levels, is legislation to ban abortion after 20 weeks and to limit access to contraception. In my opinion and supported by Federation and most of the Jewish community, these decisions should be left to women and their families based on their ethical, religious and moral values, not at the whim and belief of a few "powerful" members of Congress and State legislatures. FEDERATION MUST ACT . . .

Voting Rights

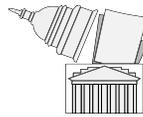
The right to vote freely has given citizens, especially the Jewish community, the ability to influence public policy. Currently there is much legislation and regulations, especially by the states and upheld by the Supreme Court, that would restrict this right in many ways. FEDERATION MUST MONITOR THESE ATTEMPTS . . .

Israel

A quick update on Israel — The Administration through Ambassador John Kerry continues to work toward "peace process" talks. Our government continues to monitor Iran and the effects of sanctions as well as watching Syria. In Israel, we continue to watch the development of women's rights, especially religiously.

Maryland General Assembly

January brings the convening of the Maryland General Assembly. Since 2014 will be an election for the state from Governor to the members of the General Assembly, much legislation will focus on political agendas, including the budget. Also, legislation calling for tuition tax credits for schools will be introduced again with different options. WE MUST STAY INFORMED . . . FEDERATION CAN LEAD THE WAY . . .



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 Baltimore Hebrew Congregation Sisterhood for their sponsorship and for providing the venue for the January meeting. We thank Moses Montefiore Anshe Emunah for graciously providing their venue in March.



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

- ◆ 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 Instructor, 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.

Nominating Committee — 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.

Chairman Lynda S. Weinstein and the committee — Jane Davis, Ferne Rogow, Ellen Gottfried, Elissa Ness, Marcia Leavy and Hilda Yankelov — are charged with filling the offices for the 2014-2015 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.

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 www.jewishwomensfed.org.

7 Ways That Make an Effective Leader

1. Inspire Action
2. Be Optimistic
3. Have Integrity
4. Support and Facilitate Your Team
5. Have Confidence
6. Communicate
7. Be Decisive

Serv-A for Jewish Servicemen and Women

by Betty Seidel

William Shakespeare said in Twelfth Night: "I can no other answer make but thanks, and thanks and ever thanks." So like the Bard of Avon, if I begin by saying this to you, my dear Federation friends, are you wondering what I am thanking you for? Let me tell you!



I am thanking all the caring, generous women who have been making personal contributions to Serv-A, in any amount, to commemorate happy or sad occasions. Of course, we are grateful, indeed, to all of our constituent organizations and sisterhoods who faithfully remit the annual \$75 gift to Serv-A. Your good deeds enable us to bring much comfort, support and spirituality to our United States Jewish servicemen and women who are courageously protecting us throughout the world.

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

Computer Classes

Our Federation offered computer classes this past November. The attendees of the class were treated to personalized instruction on Microsoft Word and had all their many questions answered regarding their own issues. We also learned how to keep your computer safe from viruses and how to organize pictures.

Thank you to the women who attended. We hope you found it worthwhile. If there are any computer issues you would like help with, you may contact Eve Vogelstein, our webmaster. Look to the Spring for more classes.



Officers — 2013-2014

President: *Harriet L. Meier, M.D.*

1st Vice President: *Sheila K. Derman*

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Vice President: *Hilda Yankelov*

Corresponding Secretary: *Rae Shalowitz*

Corresponding Secretary: *Sheila Stern*

Recording Secretary: *Rochelle Bohrer*

Treasurer: *Arlene Mazer*

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Community Representative:

Lynda S. Weinstein, P.P.

The Flame

Editor: *Jane Davis*

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





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