



The Flame

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

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Flame Editors:
Marcia Bornfriend
Eve Vogelstein

Lighting the Way for Jewish Women Leaders

Issue 2— Winter 2015

MID-WINTER CONFERENCE THURSDAY, JANUARY 8, 2015



"Mentoring Future Leaders"

Facilitators: Jackie Cohen and
Helene Waranch

Beth El Congregation

8101 Park Heights Ave, Pikesville, MD 21208

9:45 a.m. - noon

*" Without active mentoring...they (leaders) may never be ready or confident enough
for top positions" From What Queen Esther Knew by Connie Glaser and Barbara Smalley*

You and your organization will benefit from
this wonderful educational meeting.

Sponsored by the Beth El Sisterhood
Light Kosher breakfast will be served

PLEASE RSVP to Honey Litman (410) 486-8116 or

Judy Rosenberg (410) 486-8359 judyleerose@gmail.com

Questions: Sheila K. Derman (410) 486-8877 sdermanbalthadassah@hotmail.com



MARCH MEETING - Thursday, March 12, 2015 at

Beth Israel Congregation—9:45 a.m.—noon

**"Abraham, Moses, Esther and You: Being a Chai Powered
Advocate."** Presenter: **Barbara Weinstein**, Director of the
Commission on Social Action of Reform Judaism

Learn what it means to be a dynamic Jewish activist—

**Remember - Queen Esther was the First Jewish Woman lobbyist - She used her
political clout to save the Jewish people.**

Sponsored by the Beth Israel Sisterhood and the Adat Chaim Sisterhood

Light Kosher breakfast will be served

Please RSVP to Sheila Stern (410) 363-3514 sheilastern1@verizon.net

Message from our President



As I reflect on what the year 2015 will have in store for us, I am reminded of the saying, "The more things change, the more they stay the same." This seemed very on the mark when this week I attended, on behalf of Hadassah, the rally at the Supreme Court, which was

hearing the Peggy Young vs. UPS discrimination case. She was asked to leave her job because her pregnancy prevented her from lifting heavy packages. UPS refused her request for temporary light duty and she had to take unpaid leave and lost her health benefits. This case should not have been an issue since it was thought that the "Pregnant Workers Act" of 1978 addressed those needs. However, keeping with the "more things stay the same," UPS decided to test the definition of reasonable accommodation. This will be happening with many social justice issues especially those affecting women. Our Federation will keep you informed and



lead the way to action as we have been doing for almost 100 years. That is the flip side of staying the same.

Since 1916 the Federation of Jewish Women continues to be committed to leadership training, support of the Jewish community, and advocacy of issues. So far this year we have been asked to re-evaluate membership and to understand how American Jewish support for Israel is changing. In 2015 we will learn the value of mentoring and how to be effective advocates. We will become experts on the issue of "Domestic Human Trafficking" and see how the Samaritan Women are having an impact. All this cannot happen without "YOU". I ask each of us to recommit ourselves to the mission of Federation as we begin to celebrate our 100th year. Join me in learning, informing, and making a difference. FEDERATION WILL SHOW THE WAY.....

May you have a happy and healthy 2015....
B'Shalom Sheila K. Derman



SAVE THE DATE FEDERATION'S 99TH ANNUAL CONVENTION MAY 7, 2015 "WOMEN WHO LIFT THEIR VOICES" Rochelle Bohrer and Linda Boteach , 99th Convention Co-chairs

Save the date for another wonderful and exciting convention. The 99th Annual Convention will take place on May 7, 2015 from 9:30 - 2:30pm at Temple Oheb Shalom. This year we will be celebrating the voices of women through leadership, advocacy and accomplishments. We will be presenting the **Woman Who Lifts Her Voice** Award to a member from each of our constituent organizations. The E.B. Hirsh Lifetime Achievement Award will be presented to **Beth Goldsmith**, Community Leader. In keeping with our theme, **Jeanne Allert**, Director of Samaritan Women, will educate us on the many issues of domestic trafficking.

This year we are fortunate to have the convention on Lag B'Omer, which will allow us to celebrate our voices with a wonderful Cantors Concert in the afternoon. We look forward to seeing you all there!!

Nominating Committee for the Election Year 2015-2016

We are proud to announce that the following women have been selected to serve on the committee for the upcoming year:
Nominating Chair, Harriet L. Meier, MD, P.P.

If you have any suggestions, please contact Harriet L. Meier at 410-833-8822

Carol J. Caplan, P.P. - Baltimore Hebrew Sisterhood

Sheila Stern - Beth Israel Sisterhood

Betsy Narrow - Beth El Sisterhood

Eve Vogelstein, P.P. - Levindale Auxiliary

JoAnn Orlinsky - NCJW

Lynda Weinstein, P.P. - Baltimore Hebrew Sisterhood

The current positions open are for the Treasurer and Auditor. The slate will be approved at convention.



Under Our Umbrella

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

Adat Chaim Sisterhood - Join us for Bingo on **Saturday, January 24 and Sunday, March 22**. Check the Federation's website for times. Fun and games, cash prizes and light refreshments. Bingo boards are 12 games for \$15 and 5 special games for \$1 each. We are located at Pleasant Hill Center, 10989 Red Run Blvd., Suite 109 in Owings Mills. For more info, contact Tina Asher at (410) 526-6484.

Baltimore Hebrew Congregation Sisterhood - On **Monday, March 23**, will hold the 55th Annual Interfaith Institute. Our keynote speaker is Dr. Rosann Catalano, a senior staff scholar at the Institute for Christian and Jewish Studies. Responders are Pastor Chris Chantelau, Pastor Divinity Lutheran Church in Towson, Dr. Sanaullah Kimani, Religious Advisor to the Muslim Students Association, Towson University, and Rabbi Andrew Busch, Senior Rabbi at Baltimore Hebrew Congregation. The topic will be based on Vatican II at 50, "The Worship of Ashes or the Preservation of Fire." The cost is \$15, including lunch. Mail checks to Ann Fishkin, 6501 Trotwood Court, Baltimore, MD 21209. For more information, call (410) 764-1587, ext 270.

Beth El Sisterhood - Rabbi's Book Review and Petite Luncheons

Wednesday, January 21 at noon - Rabbi Schwartz will review the novel "An Officer and a Spy", an historical thriller by the English writer and journalist Robert Harris. This is the story of the infamous Dreyfus affair told as a chillingly dark, hard-edged novel of conspiracy and espionage. It tells the true story of French officer Georges Picquart as he struggles to expose the truth about the doctored evidence that sent Alfred Dreyfus to Devil's Island. The book is well written and a unique approach to a well-known event.

Wednesday, March 18 at noon - Rabbi Saroken will review the novel "Love and Treasure" by Ayelet Waldman. Please send a check for either \$12 for one book review and petite luncheon or \$24 for both to Beth El Sisterhood, c/o Alice Levin, 8101 Park Heights Avenue, 21208. Mark book review(s) on the envelope. If you are only reserving for one, please indicate the date of the event on the check. The deadline for the first session is January 18th.

Tuesday March 17, 2015, 1:00 – 4:00 p.m. - A DAY OF TABLE GAMES Designed to Entertain and Challenge Beth-El Sisterhood Members and Friends. Gather your groups for card games, mahjong, scrabble or whatever suits you. For only \$20 per person, you may play your heart out and enjoy delicious snacks and a dessert buffet. For information please contact Ruth Hurwitz, (410) 486-2875 RHurwitz01@gmail.com, or Suzanne Horowitz, (410) 764-7944 Suzanne@HRBgroup.com.

Brandeis National Committee - On **Thursday, April 16, 1:30 p.m.** at the Hadassah Meeting Room, Denny Lynch, photographer will present "Europe and Beyond." Guests are welcome, no charge.

We are hosting our Book and Author luncheon on **Thursday, May 21, 11 a.m.** at the Suburban Country Club featuring Jessica Anya Blau. Charge for this event to be determined. For more info check our website at: blogs.brandeis.edu/bnccbaltimore or call Rochelle at (410) 653-2856.

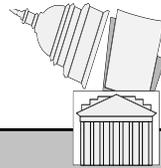
Levindale Auxiliary - **Sunday, April 26, 2015, 6:00 p.m.** Join us for a wonderful night of fun at our Spring Fundraiser held at the Woodholme Country Club as we honor Jason Blavatt, Chairman of the Board of Directors at LifeBridge Health, Inc. For information, contact Faye Brand at (410) 601-2378.

It may be too early to tell what the real impact is from the 2014 elections. The debates between candidates on issues such as women's reproductive rights, health care and equal pay for women were not as vocal and vibrant as in the 2012 elections. This doesn't mean that women don't care about them. It just simply means that Democrats and Republicans took very different approaches to addressing them or avoiding them in many cases; but one thing is for sure, - women's issues are still in the forefront of the political arena. The real question being asked leading up to the 2014 election is what do women want? It was a question that was not easy for politicians to answer. This may be because women don't have the answer themselves. As Jewish women we all have a responsibility to help provide the answer to this question. We need to pay attention to the issues. After all, women make up more than half of the population. It is of concern that this election was not about in-depth issues, but about the politics of dissatisfaction. Unhappy about the way our government, both State and Federal, has been dealing with critical everyday problems, many did not vote, while others voted just for "change." The unintended consequences of these actions may impact the issues we care about in many negative ways.

What is pressing and where do we go from here? According to the Jewish Exponent, the numbers of the "unofficial Jewish caucus" in the U.S. House of Representatives is likely to be only 19 members in January. This is down from 31 in 2009 and represents only four percent of the House. This will most certainly have an impact on who we might turn to in order to discuss issues of importance to the Jewish community in the US as well as seeking support for Israel. With fewer Jewish lawmakers, the community could lose influence; it means we will have to work harder for our voice to be heard. However,

our Jewish voice will still reverberate on access to quality education, affordable health care, sensible gun safety measures and climate change, along with pay equity, domestic violence and reproductive choice. The U.S. Senate will maintain about 10 percent Jewish members and many of them in key positions on a variety of committees from Foreign Affairs to Ways and Means. Hopefully, the overwhelming support for Israel in the U.S. Congress will remain strong.

Henry Waxman, US Representative from California, has been one of the most influential liberal members of Congress. He decided not to run for re-election, but feels that Jews in Congress from both parties have made most valuable contributions both on their community's behalf and to the country. From my perspective, I agree with Waxman when he said, "Jewish members in Congress have lived up to what Hillel had to say when he said, 'If I am not for myself, who will be for me? If I am only myself, what am I?'"



Legislative Update by Cathy Litofsky

It is now up to each of us to care about issues with particular Jewish concern, such as Israel, anti-Semitism, children and women's health, fair labor practices, and education. To fight for a more just society for everyone is the core of Federation's mission. We accomplish this by educating ourselves and our community and learning to "speak up" in competent and appropriate ways. FEDERATION CAN SHOW YOU THE WAY.

Stay tuned as the resolutions committee prepares to research and bring issues of importance to the forefront for discussion in order to compile data and develop resolutions for Federation's 99th Convention on May 7, 2015. If you would like to be part of this committee, please contact me at clitofsky@comcast.net.

I look forward to working with you.



CENTENNIAL CELEBRATION

100 Years of Federation
Thursday, May 12, 2016

Get ready for an exciting year of activities, learning and history as we celebrate our milestone event. We are currently compiling historical and archival information. If you have records from your organization and/or are interested in working on this great event, we would love to have your input.

Contact Co-chairs:

Eve Vogelstein, P.P. and Lynda Weinstein, P. P.
(410) 708-3228 (410) 979-9610
mothraeve@gmail.com missmagothy@aol.com



Favorite and Not so Favorite Things

by Harriet L. Meier, M.D.



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.

Not so good liquids

Fruit juice: Often, when I ask a parent how much juice a child is drinking, I'm answered that the child is only drinking "100% pure" juice. Americans are consuming more and more of their calories from drinks, sometimes up to 1/3 of their daily caloric needs. Portion sizes are increasing, too. Although 100% juice provides most of the nutrients of their natural source, they lack the fiber of the whole fruit. I often hear of people drinking a large glass, 8 or more ounces of orange juice, and they feel that this is healthy for them. An 8 oz glass of orange juice has the same calories as the same amount of soda, and only slightly less sugar. A large glass of orange juice contains the juice of three oranges. No one would give their children three oranges to eat at one time, but they encourage them to drink that much juice. Also, fruit juice is quickly absorbed into the body, causing large swings in blood sugar. Think of what a diabetic drinks when they feel their sugar level is getting low--orange juice! I don't mean to pick on orange juice, since the same applies to other fruit juices. It is best to limit fruit juice to less than 8 ounces a day (and none if you're eating the more nutritious whole fruit). Then drink water to get your liquid.

Vegetable juice: Vegetable juice may be a helpful way to increase your daily intake of vegetable servings. As above, it is

always preferable to eat the whole vegetables, but juice can be used by picky children or others who have trouble with vegetables. Always check the sodium content since this can be high.

Sports drinks: Gatorade, developed at the University of Florida, was developed for its endurance athletes. I'm not sure when it became so popular in the general population. A combination of salt, sugar, artificial color and flavor is not what I would want to give to my growing child. It weighs in at 130 calories for 20 oz, with 11% of both your daily carbohydrates and sodium. The only nutritional value is from the sugar. I remember that I was given salt tablets in the summer at camp. It was thought since sweat is salty, that's what your body needs. We now know that in most cases, water is what you need except in cases of extreme heat and long practices. Even then, sports drinks mixed with 2-3 times water would be sufficient. Another exception might be the elderly with acute gastroenteritis. People often don't drink enough fluids in this situation, and this may add water, replace electrolytes and avoid hospitalization.

Soy milk: Soy formula was developed as a solution to infants with lactose intolerance. As previously discussed, lactose intolerance is very rare in infants. Breast milk contains lactose and is considered the ideal food for infants. Very high on the list for allergies is soy, which has shown a recent increase. Women have been encouraged to take soy products for its chemicals that mimic estrogen to reduce symptoms of menopause. Now consider what that does to children or men. Soy chemicals may, in addition to the estrogen-like properties, lower testosterone levels. Consuming large amounts of soy products may reduce fertility in women and trigger early puberty.

Stay tuned to hear what I think are the "bad" liquids.

We're On The Web! www.jewishwomensfed.org

14,000 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 our email at info@jewishwomensfed.org. She's here to help with all your technical needs.

Our Federation deeply regrets the passing of Stanley Joffe, beloved husband of Past President Annafaye and "Manny" Shalowitz, beloved husband of our officer, Rae.

May their memories be a blessing.



Friend of Federation

Thank you for being a Friend of Federation. Your contribution of \$18 a year helps Federation bring you The Flame and 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.

SERV-A

Thank you for supporting our armed forces overseas. With your donations, we were able to supply wonderful Chanukah gifts to those away from their families.

You can always support **Serv-A** by sending a contribution card to someone for any occasion. The donation goes straight to Serv-A. Contact Rae Shalowitz for info at (410) 484-7437.

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 L. Meier, MD., P.P., Community Rep.



**Federation
Calendar**

January 8, 2015, Mid-Winter Conference,
9:45 a.m.—noon
(snow date January 15th)

March 12, 2015, General Meeting and Speaker,
9:45 a.m.—noon

May 7, 2015, 99th Annual Convention,
9:30 a.m.—noon

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>

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Save the Date
99th Annual Convention, Thursday, May 7, 2015