



The Flame

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

Lighting the Way for Jewish Women Leaders

Issue 1 — Fall 2012

**Opening
Meeting**

Inside the County Council

Speaker: Vicki Almond

Baltimore County Councilwoman

Thursday, September 6, 2012 — 9:45 a.m. to Noon

Temple Oheb Shalom, 7310 Park Heights Avenue

Light Breakfast will be served, (dietary laws observed)

Sponsored by Temple Oheb Shalom Sisterhood and Miriam Lodge, K.S.B.

Reservations Required to:

Arlene Mazer, arlenemazer@aol.com or 410-484-5257

(Deadline: August 31st)

Councilwoman Vicki Almond is committed to Baltimore County's future and believes that the key to our future is a prosperous community in which people want to live and raise a family, where companies both large and small want to locate, where seniors are treated with respect and dignity and where we are strengthened by our religious, cultural and ethnic diversity.

Social Action Project: School Supplies for students in Baltimore City schools or a child's book for abused children in Maryland. Please bring your donations to the meeting (see page 2 for details).

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



*Federation
Officers and
Board Members
wish you and
your families a
Happy Healthy
New Year
5773*

Information Session

How to be a Leader of Change in a Changing World

Speaker: Bob Martin, President of RM3 Enterprises

Thursday, November 8 2012, 9:45 a.m. to Noon

Beth El Congregation, 8101 Park Heights Avenue

Light Breakfast will be served, Sponsored by

Beth El Sisterhood and Har Sinai Sisterhood. (dietary Laws observed)

Reservations Required to:

Honey Lipman, 410-486-8116 or Harriet Weiner, 410-653-3171

(Deadline: October 19, 2012)

Bob Martin is president of RM3 Enterprises, a consulting firm specializing in organizational change, performance and improvements.

Social Action Project: Toiletry items for the Hackerman-Patz House and winter hats, gloves and scarves for the homeless shelters. Please bring your donations to the meeting (see page 2 for details).

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



President's Message

I'm happy to be able to greet you for the first time as your president. I know you will agree with me that our 96th convention was a huge success. Highlighting the morning program was Deborah A. Adler as she shared her expertise about Israel and informed us about pro-Israel advocacy and justice. Following a delicious reception and lunch catered by Yaffa, we honored Linda A. Hurwitz with the E.B. Hirsh Lifetime Achievement Award. I will always remember the beautiful words Linda said as she accepted her honor. To paraphrase, it's not what you wore (even two different shoes for those who noticed) or what was served for lunch, it's how they made you feel. In that vein, our 28 constituent organizations each honored a deserving woman with the Tzedek award. Nearly 400 people came to support our organizations and their honorees, and applauded while we installed our new officers for 2012-2013. Kudos to our co-chairs Ann Cohen and Carol J. Caplan and their convention committee for a job well done.

In June, our incoming presidents met at the annual President's Reception. Myra Wittik led an interactive program entitled "Encouraging your Entourage," which

was very well received. This yearly program was graciously sponsored by our "Keepers of the Flame" — our Federation Past Presidents — and was chaired by Past President Elissa Ness. We couldn't do it without you and you deserve our heartfelt thanks.

After a warm spring and hot summer, join us for our cool programs. We've tried to have topics that are both fun and educational. Our programs continue to enhance our mission of leadership training, support of the Jewish community and advocacy for issues of major concern.

I look forward to working with our new officers and greeting each one of our members personally at our meetings. As always, any member of our constituent organizations is a member of Federation. You can enhance your membership by becoming a Friend of Federation, our major source of funds, since we do not compete with our constituent organizations and, therefore, do not fundraise.

Wishing everyone a *Shana Tova* as well as success for all of our organizations as we begin a new year of activities. May we each realize our full potential, growing *meichayil el chayil*, from strength to strength.

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 for application with our member organizations.

Last year we distributed food for the homeless through GEDCO, school supplies to Baltimore City school children, supplies to the residents at the Hackerman-Patz House, and winter hats, gloves and scarves for the homeless shelters. Be part of this effort and perform a *mitzvah*.

Bring donations to the opening meeting on September 8th. Oheb Sisterhood members have been knitting blankets for the abused children in Maryland and request a donation of a child's book so the children will have something to read while cuddling up with their special blanket. Take advantage of the "Back to School" sales to

purchase some school supplies such as: pens, pencils, erasers, wide-ruled notebook paper, composition books, and rulers.

At the November 8th meeting, we ask that you bring toiletry items for the residents at the Hackerman-Patz House. In addition, with the coldest months of the year ahead of us, we would appreciate donations of winter hats, gloves and scarves for the homeless shelters. We know that men, women and children can be homeless and are in need of staying warm. Your gently used or new items will be put to good use for less fortunate people in our communities.

Karan Engerman is chairing this committee and will be happy to answer your questions or take any suggestions you may have. She can be reached at 410-664-8244.

A small group of thoughtful people could change the world. Indeed, it's the only thing that ever has.

Margaret Mead

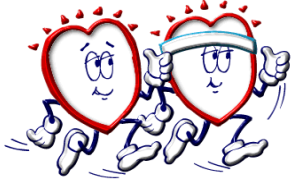


Happy New Year

To Your Health — Medical Compliance

by Harriet L. Meier, M.D.

In a recent report from the CDC, medication adherence is a problem across all ages and socioeconomic levels.



Among children under age 12, less than 10% have used 2 or more prescription drugs in the past month, with only 1% using 5 or more drugs. However, among adults 60 years of age and older, more than 76% used 2 or more

prescription drugs, and 37% used 5 or more drugs. Women were likely to use more medications than men.

In Massachusetts, in the course of 1 year, 22% of prescriptions were never filled, and of first time prescriptions, 28% were not filled. Non-adherence to medication regimens is estimated to add \$300 billion in costs to the health care system annually, as well as the negative impact it has on patients' health outcomes and quality of life.

Why don't people fill and continue to use the medications prescribed for them? One possibility is that when a health problem causes few or no symptoms, such as elevated blood pressure or cholesterol, the patient may not see the need for the medication. Cost could also be an issue, particularly if the person is unsure why the drug is prescribed. Even with health insurance, co-pays may be high. And of course, we're all human and sometimes just forget to take our medicine.

How can we make it easier to take medicine and increase compliance? Patients are more likely to fill their prescriptions if the physician sends it directly to the pharmacy. I recently read that 55% of physicians have adopted electronic medical records which should increase

e-prescribing. Pharmacies often will notify you when your medicine needs to be refilled. On a personal level, putting your medicine in a weekly/monthly pill box will ensure that you know if you've missed a dose.

If you're having trouble paying for your medicine, there are some programs to help. Many pharmacies and grocery stores now have very low to no-cost generic medications as well as lower cost mail-order services. Pharmaceutical companies often have special programs to help low-income individuals with their costs, and some companies offer discount cards to limit co-pays. Some people have been able to order their drugs from other countries. I often see advertisements to order prescriptions from Israel.

Of course, the Health Care Initiative is supposed to eliminate the infamous "doughnut hole." If you find yourself unable to afford your medication, make sure your physician knows. Many times, they have no idea how much a medicine costs and can perhaps prescribe an effective alternative. In an emergency, doctors have samples of some medications that can be used short-term.

The fact is that people are more likely to fill a prescription for antibiotics than for blood pressure medication. Yet in the long run, the blood pressure medicine is probably more important for your health. To help you remember to take your medicine, make it as easy as possible for yourself. If possible, have your pharmacy place you on auto-refill with automatic delivery and payment by credit card. Put your medicine in a pill box and put that box where you will see it. Make it a habit to take your medicine at a certain time each day. We are living longer and healthier, and some of that is due to medication use. Keep up the good work.

Mark Your Calendars



Chairwomen Sheila Stern and Joanne Goldsmith are busy planning our 97th Annual Convention which will be held on May 2, 2013 at Temple Oheb Shalom.

If you would like to join the committee, please contact Sheila Stern as 410-363-3514, sheilastern1@verizon.net or Joanne Goldsmith at 410-998-9077, jtgold9911@comcast.net.

Leadership:

A Short Course in Human Relations

The six most important words: I admit I made a mistake

The five most important words: You did a good job

The four most important words: What is your opinion?

The three most important words: If you please

The two most important words: Thank You

The one most important word: We

Anonymous

**Sukkot
October 1st**





Under Our Umbrella

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

Baltimore Hebrew Congregation Sisterhood

The Sisterhood will hold its 18th Annual Holiday Boutique and Silent Auction which will provide a one-stop holiday shopping experience for the whole family, on Sunday, November 11, 10:00 a.m. to 5 p.m. and on Monday, November 12, 10 a.m. to 5:30 p.m. Admission and parking are free. Proceeds will allow the BHC Sisterhood to continue its extensive list of charitable works throughout the year.

There will be dozens of upscale American and Israeli vendors offering for sale jewelry, clothes, stationery, crafts, books, household items, gifts, Judaic items, and much more. In addition, there will also be a silent auction with over 100 items for attendees to bid on. Throughout each day the Holiday Boutique Café will serve delicious food. For further information, call 410-764-587 EXT. 270.

Beth Tfiloh Sisterhood

Zumba classes are held Monday at 8:30 a.m. and Wednesday at 8:45 a.m. in the high school dance studio. Classes are designed for all ages and physical abilities. Class fees: Sisterhood members, \$4; nonmembers, \$7.

Brandeis

Opening meeting will be held on Thursday, September 20th at 11 a.m. at Suburban Country Club. The guest speaker will be Dr. Carla D. Hayden, Chief Executive Officer of The Enoch Pratt Free Library. For information contact: Rochelle Savetman at savetman@verizon.net.

Hadassah

Join us for the opening dinner meeting Monday, September 10 at Chizuk Amuno Congregation. Our speaker is the witty and wonderful Dr. Paula Bloom. She is a psychologist who regularly appears on CNN and Headline News; she writes a popular blog for the

Huffington-Post and has just co-authored the book "Why Does He Do That? Why Does She Do That?" She will share her insights and suggestions for "*Happiness 101: Living in the Moment.*" A plated, hot meal will be served. \$40 early-bird registration Hadassah Members and Associates; \$48 Non-Members and Members/Associates after August 31. Information or RSVP: Hadassah office 410-484-9590.

Levindale Auxiliary

Opening meeting and Donor Wall "Reveal" will be on Wednesday, October 24 at 10:30 a.m. This dedication Artwork has been designed by acclaimed local artist David Bacharach and will be installed in the entrance of Levindale opposite our new Sensory Garden. Light lunch and installation of officers. Information and RSVP to Faye at 410-601-2378 or fayebrand@lifebridgehealth.org.

Miriam Lodge

We begin our Celebration of 140 years at the Opening meeting on Wednesday, September 5th. Program will include a fashion show highlighting Miriam Lodge members. Join us as we travel to the Barnes Foundation Museum on October 31st; to see "War Horse," at the Kennedy Center on November 3rd.; or to Washington, DC's Newseum on November 28th. Info: Myra Satsky, 410-415-5747.

Temple Emanuel Sisterhood

Murder Mystery Party will be held on Saturday, October 20, 2012 at 7 p.m. at the Temple. Hors d'oeuvres, desserts and non-alcoholic beverages will be served. Alcoholic beverages available for purchase. Cost of the evening is \$30 per person, or if reserved before October 6th, the cost is \$25 per person. Mystery presented by Whodunnit for Hire. Information and RSVP to Temple: 410-526-3676.

Wanted — Co-Sponsors

Many of our constituent organizations graciously host our meetings throughout the year, donate their facilities and provide a light breakfast. 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 the refreshments. Donations individuals are also welcome and will be gratefully acknowledged.

Many thanks to Miriam Lodge and Har Sinai Sisterhood for co-sponsoring the September and November meetings.

Israel

The Israeli government continues to struggle with the issue of women's rights in public life and public places, while opposing all discrimination of women in Israeli life. When the US elections are upon us, the candidates for President seem to become very pro-Israel. While there is often much debate about the sincerity of their support, it is important to know that the American public and the United States Congress are overwhelmingly pro-Israel, and we must continue to be diligent in our efforts. We need to continue to oppose all calls for divestment in Israel and with companies who do business with Israel. The greatest threat to Israel, and probably the free world, is Iran's quest for nuclear weapons. Currently our best response is to continue to urge support for Iran sanctions at both the State and Federal levels. LET'S KEEP UP THE GOOD WORK.

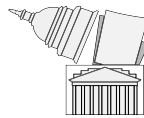
November Election

Voter registration and turn out are at an all time low, even among the Jewish community. Many say that it is because there is nothing to vote for or that they feel their vote doesn't count. We need to get out and vote in spite of carpools, work, rain, and lots on our plate. No matter how you vote, remember to vote! In Maryland there will be two important initiatives on the ballot and here your vote could make a difference.

The first is to repeal the Same-Sex Marriage Act passed

by the recent session of the General Assembly. Those in the faith community, including many in the Jewish community, view it as a religious freedom issue and claim it allows the government to support a "questionable" or "undesirable" life style. It does not mandate that any clergy perform a same-sex ceremony. You are not legally married just by a religious ceremony. The clergy must also be licensed by the State. This legislation only addresses civil marriage. The polls show this issue to be very close so be sure to vote how you feel. IT WILL MAKE A DIFFERENCE..

The second issue relates to casino gambling. The General Assembly in Annapolis will determine what will be on the November ballot. It will look to expand casino gambling by adding a downtown casino and allowing table games in addition to slots. The organized Jewish community feels that they cannot publically support gambling so they take no official position on the issue. From an economic perspective, some feel that additional casinos will reduce the revenues of existing casinos. For many the real issue is the addition of table games because as many believe that's where the real money is and available now in surrounding states. If we are to be truly competitive and economically viable, table games are a must. Also it is important to ensure that tax payers get their fair share of the revenues. MAKE YOUR VOICE HEARD NOW.... YOU CAN MAKE IT HAPPEN.....FEDERATION WILL LEAD THE WAY



Legislative Update by Sheila K. Derman



Federation Calendar

- ◆ September 6, 2012. Opening Meeting. Speaker Vicki Almond, Baltimore County Councilwoman, "Inside the County Council," Temple Oheb Shalom, 9:45 a.m. to Noon
- ◆ November 8, 2012. Information Session, Speaker Bob Martin, President of RM3 Enterprises, "How to be a Leader of Change in a Changing World," Beth El Congregation, 9:45 a.m. to Noon
- ◆ January 10, 2013. Mid-Winter Conference (snow date January 17th), Speaker Rafi Rone, "Jewish Alphabet Soup — Everything You Wanted to Know About Jewish Organizations," Baltimore Hebrew Congregation, 9:45 a.m. to Noon
- ◆ March 7, 2013, Dinner meeting. Speaker: Heather Lapidario, Leadership Classroom Leader, Gerstell Academy. Ner Tamid Synagogue, 6:30 p.m. to 9 p.m.
- ◆ May 2, 2013, 97th Annual Convention. Temple Oheb Shalom, 9:45 a.m. to 2:30 p.m.
- ◆ June 8, 2013, President's Reception. Baltimore Hebrew Congregation, 10 a.m. to 1 p.m.

Nominating Committee — 2012-2013

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.

The following committee has been appointed: Lynda S. Weinstein, Chairman; Jane Davis, Faye Klempner, Carole Needle, Janet Penn, and Betty Seidel.

The committee will be charged with filling a first vice president and a treasurer position..

If you have any questions or suggested names, please email Lynda S. Weinstein at missmagothy@aol.com or call her at 410-484-3576.

We're On The Web!

Check Us Out — 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 2012 Tzedek 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.

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 jewishwomensfed.org.

96th Annual Convention — A Success

Our Federation members and guests celebrated in record numbers on May 3, 2012 at our 96th Annual Convention. This year's theme was "Justice, Justice—Shall You Pursue." The event was graciously hosted by the Baltimore Hebrew Congregation. The morning program included a potent presentation by our keynote speaker, Deborah Adler, Greater Washington Director of AIPAC, who has devoted her life to the welfare of the Jewish community locally and around the world. We enjoyed a delicious reception and lunch catered by Yaffa and were joined by many public officials and their representatives.

The E.B. Hirsh Lifetime Achievement Award was proudly presented to Linda A. Hurwitz for her long history of community volunteerism.

Lynda S. Weinstein completed a successful term as president and Dr. Harriet Meier moved up to take over the helm. The afternoon concluded with the presentation of the *Tzedek* awards to a deserving recipient from each of our constituent organizations.

We want to thank our committee for all their hard work to make this event such a special one. Our 96th Annual Convention reaffirmed the success of our Federation and the remarkable diverse group we represent.

Carol J. Caplan and Ann Cohen, Co-chairs



Above picture from left to right: Linda Hurwitz, Ann Cohen, Lynda S. Weinstein, Carol J. Caplan



President Meier Addresses Convention

I am honored to accept the position as your president at today's 96th Federation of Jewish Women's Organizations of Maryland convention. I especially look forward to sharing friendships and talents of our newly installed slate of officers and the expertise of our past presidents.

Our honoree, Linda A. Hurwitz, exemplifies the leadership skills that are Federation's hallmark. Congratulations, Linda, upon receiving the E.B. Hirsh Lifetime Achievement Award.

Whether you believe that leaders are born or made, I stand here today because of the help of others. Some stood behind and gently pushed me into this position. Others stood in front and schlepped me along with them. I thank The Federation for sponsoring my participation in the ACHARAI Shoshana S. Cardin Leadership Development Institute where leadership is taught through a Jewish lens.

Leadership is often depicted as a pyramid, with the president at the top. This, however, is a very unstable structure needing only a small force to knock off the top position. I would rather picture leadership as a wall, strong and solid, studded with pearls, as it states in *Ayshet Chaya*. At each level, the bricks are in a straight line, standing shoulder to shoulder. The bricks above and

below are staggered, spreading the weight and supporting each subsequent row. Just as I am supported by all those who came before me, I am now in a position to help to build a solid support for our future leaders.

Today, 28 organizations honor a member for the Tzedek award. Where else would you find women from every branch of Judaism and from every political point of view meeting in friendship to support Federation's common goals of leadership training, support of the Jewish community and advocacy issues? To paraphrase Psalm 133, *Henei Ma Tov U'Ma Naim, Shevet Nashim Gam Yachad*—How good and pleasant it is when women dwell together in unity.

As a pediatrician by profession, I care for children's physical well being and practice health maintenance. I promise to put those skills into my Federation work and hope to bring you a healthy report at next year's convention. Federation will continue its leadership and advocacy but always with an eye to adding new and innovative programming to meet our future needs. You *Neshay Chaya*, women of valor, are more precious than pearls. Together we can make our wall stronger. Thank you.

Serv-A for Jewish Servicemen and Women

by Betty Seidel

Serv-A! What a wonderful title for this important project. The Federation of Jewish Women's Organizations of Maryland are proud to be of service to the Jewish servicemen and women who are scattered throughout the world. This national program is administered by the Chaplains Council of the Jewish Welfare Board. Prayer books and traditional holiday treats are sent to thousands of men and women at more than 500 military installations and VA medical centers.

Individuals can also support our Jewish Armed Services by donating any amount to Serv-A on special occasions, such as Bar and Bat Mitzvot, births, weddings, and memorials. All gifts are gratefully acknowledged. Your \$75 donations add spirituality, meaning and enjoyment to holiday celebrations for those who serving away from and home and family.

As Rosh HaShana approaches, we feel great satisfaction in the knowledge that we are sharing in the holiday spirit. They convey the message of *L'Shana Tovah*—blessings for a good and sweet year.

Friends of Federation

A complimentary copy of this Fall Issue of *The Flame* is being sent as a thank you for your support of Federation during the past year. Your Friends membership is a valuable part of our organization.

Please continue to take advantage of all we have to offer, including receipt of *The Flame*, by renewing your \$18 membership for the coming year. Thank you.

Visit the Federation web site at jewishwomensfed.org for a Friend of Federation Form, or you may send a \$18 check payable The Federation of Jewish Women's Organizations of Maryland to Arlene Mazer, 6 Halston Court, Baltimore, MD 21209. Please include your phone number, email address and your organization.

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The Flame

Editor: *Jane Davis*
Committee: *Rochelle Bohrer, Janice Gold, Elissa Ness, Rae Shalowitz, Eve Vogelstein*



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