



The Flame

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

Lighting the Way for Jewish Women Leaders

Issue 3 — Spring 2012

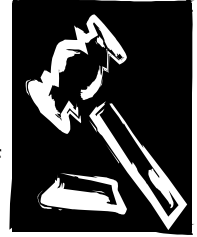
The Federation of Jewish Women's Organizations of Maryland



**96th Annual Convention
May 3, 2012**

**Baltimore Hebrew Congregation
9:30 a.m. to 2:30 p.m.
(see page 3 for details)**

Message from our President



Hello Friends of Federation,

Spring is finally here, and we shall soon sit with our family and friends to celebrate the feast of Passover. There is much to be thankful for and to look forward to.

It is hard for me to believe that this is my last message as president of the Federation of Jewish Women's Organizations of Maryland. It seems like yesterday that I was installed. I wish to take this opportunity to thank the officers and chairs who served with me for their support, kindness, friendship, and time. Our Keepers of the Flame, the Past Presidents, are amazing. Their continued involvement, sharing, mentoring, support and friendship cannot be overstated. Thank you all from the bottom of my heart. I also want to thank all my *Friends of Federation*.



I am proud of all that our Federation has accomplished. When I was installed, I said my objectives were to adhere to our mission, which says it all. We are 96 years old, and we continue to be committed to leadership training, support of the Jewish community and advocacy issues of major concern.

Last year our Federation was awarded the 2011 Governor's Service Award. This year we were invited to light a candle on the menorah at Governor O'Malley's home. We have promoted social action projects at all of our meetings. Our speakers have been informative and dynamic. We are proud to offer our leadership the opportunity to enhance their skills at Acharai, the Shoshana S. Cardin Leadership Development Institute. We continue to grow and be recognized in so many arenas.

Our convention is almost here. I know you will attend to hear our dynamic speaker, Deborah Adler; to show your support for our E.B. Hirsh Lifetime Achievement Award recipient, Linda Hurwitz; to support your organization's Tzedek Award honoree; to welcome our new officers as they are installed; and to offer a thank you to our outgoing officers. Please try to attend the entire convention in order to take advantage of the wonderful day we have planned.

It has been an honor and a privilege to have served as president of the Federation. I have made many friends, and I have met many remarkable, dedicated women who have enriched my life. I thank all of you support and dedication.

Mazel Tov to our next president, Harriet Meier, M.D., and to the incoming officers. May you enjoy the next two years and be blessed for accepting the responsibility of leadership. With your guidance, vision, and leadership, Federation will continue to make strides as we approach our 97th year and forge onward toward our 100th milestone.

Lech I'cha. Enjoy Passover! Dayanu! *Lynda*

Honorees To Receive Tzedek Award at Annual Convention of Thursday, May 3rd

Adat Chaim Sisterhood, Linda Boteach

Amit Sarah Ribakow/Tikvah Chapter, Pearl Greenbaum

Baltimore Hebrew Congregation Sisterhood, Shirley Simon

Beth El Congregation Sisterhood, Marlene Siegel

Beth Israel Congregation Sisterhood, Judi Dickman-Narrow

Beth Tfiloh Congregation Sisterhood, Ina Legum

B'nai Jacob/Shaarei Zion, Lea Fischer

Brandeis National Committee, Baltimore Chapter,
Anita Potemkin

Chizuk Amuno Congregation Sisterhood, Edna Crystal
Covenant Guild, Inc. Phyllis Gold

Dorothy Friedman Caplan Guild Inc., Wilma Alpert

Edith Rosen Straus Organization, Sylvia Gamerman

Hadassah of Greater Baltimore, Ruth B Hurwitz

Har Sinai Congregation Sisterhood, Suzy Robinson

Jewish Caring Network, Musia Bibliowicz

Jewish Women's International, Lillie Straus/Hope Chapter
#839, Jacqueline Wilen

Kappa Guild, Rusty Heyman

Levindale Auxiliary, Barbara Hyatt

Mildred Mindell Cancer Foundation, Inc., Lynn Fram

Miriam Lodge, K.S.B. Inc., Norma Samson

Moses Montefiore Anshe Emunah Sisterhood, Toba Falk

National Council of Jewish Women, Anne London

Ner Tamid Sisterhood, Charlene Jacobson

Sinai Hospital Auxiliary, Diane Stoler

Temple Emanuel Sisterhood, Elizabeth Yarsky

Temple Oheb Shalom, Bunny Kravitz

The Associated Women, Allison Magat

True Sisters Inc. Baltimore #35, Seema Goldbergh

96th Annual Convention

Join us for Federation's 96th Annual Convention on Thursday, May 3rd at Baltimore Hebrew Congregation, 7401 Park Heights Avenue. We will welcome keynote speaker, Deborah Adler, who is the Greater Washington Director of AIPAC, at the Morning Session. She has devoted her life to the welfare of the Jewish community and around the world, striving to make a positive impact on the lives of all Jews no matter where they live. She has worked as a lay leader in Maryland for the past 12 years promoting the importance of giving back to the Jewish community.

The Afternoon Session begins with a catered lunch by Yaffa. Following lunch, the prestigious E.B. Hirsh Lifetime Achievement Award will be presented to Linda A. Hurwitz, Professional Volunteer and Leader. We will also express our appreciation to Lynda S. Weinstein,



who has completed a successful term as our president, as well as her corps of officers.

Dr. Harriet L. Meier will be installed as our new president along with the 2012-2013 officers. In keeping with the Convention theme, *Justice, Justice Shall You Pursue*, it will be our pleasure to present the Tzedek Award to a member of each of our constituent organizations in a most moving ceremony.

Registration will begin at 9:30 a.m. The annual meeting will begin at 10 a.m.. Our keynote speaker will address the assembly in the morning. The afternoon session will end at 2:30 p.m. The cost, including a catered lunch by Yaffa, is \$36. Please mail reservations to Arlene Mazer, Treasurer, 6 Halston Court, Baltimore, MD 21209.

Reservation deadline is April 19th. After the 19th, we will try our best to honor your seating requests.

96th Annual Convention Keynote Speaker Deborah Adler

Deborah Adler, our keynote speaker, holds the position of Greater Washington Director for AIPAC. She has devoted her life to the welfare of the Jewish community locally and around the world, striving to make a positive impact on the lives of all Jews no matter where they live. She has worked as a lay and professional leader in Maryland for the past 18 years promoting the importance of giving back to the Jewish community. In September, Deborah accepted the position at AIPAC. Israel is her number one passion and is honored to be a part of this organization that is



Linda Hurwitz Addresses the Afternoon Session



Linda Hurwitz is the immediate past chair of National Women's Philanthropy of The Jewish Federations of North America. She has served as the 2009 Campaign chair for The Associated: Jewish Community Federation of Baltimore, their Young Women's Leadership chair, Women's Department Campaign chair, Major Gifts, New Gifts, and Upgrade chair. She is a founding co-chair of the Ashkelon Partnership with Baltimore's sister city, and she serves as chair of The Associated's Commission of Israel and Overseas. Linda currently serves as president of the Board of Trustees of the Beth Tfiloh Dahan Community Day School.

Nominating Committee

Chairman of the Nominating Committee, Elissa Ness, reports the following recommendations for officers to serve in the coming year. Assisting her were committee members: Carol J. Caplan, Jane Davis, Linda S. Elman, Deborah Shpritz, and Eve Vogelstein.

Harriet L. Meier, M.D., President
 Shelia Derman, Vice President
 Shelia Mentz, Vice President
 Hilda Yankelov, Vice President
 Rochelle Bohrer, Recording Secretary

Rae Shalowitz, Corresponding Secretary
 Shelia Stern, Corresponding Secretary
 Arlene Mazer, Treasurer
 Lynne Lichtig, Auditor
 Lynda S. Weinstein, Immediate Past President

Bubbe Meises

by Harriet L. Meier, M.D.

Many "Old Wives" tales are just that, untrue and harmless. No, you won't break your mother's back by stepping on a crack, have seven years of bad luck for breaking a mirror, or have gum in your stomach for seven years if you swallow it! Let's take a quick quiz and check out our BM IQ.



1. Feed a cold and starve a fever.
2. Wait an hour after eating before going swimming.
3. Coffee stunts your growth.
4. Spicy foods can cause ulcers.
5. Eating carrots will improve your eyesight.
6. If you go outside with wet hair, you'll catch a cold.
7. Reading in dim light will damage your eyes.
8. Too much loud noise can cause hearing loss.

You guessed it, they're all false except for number 8. Both fevers and colds cause fluid loss, so drinking plenty of fluids, and eating will provide proper nutrients. Before you go swimming, The American Red Cross states that you don't usually need to wait if you have just eaten unless you've had a big, fatty meal and plan to swim strenuously.

There is nothing to suggest that coffee interferes with growth, however, too much caffeine can make kids jittery and prevent absorption of calcium and other nutrients. We now know that ulcers are caused by a bacterial infection or the use of some drugs like aspirin and anti-inflammatories. Spicy food may aggravate ulcer symptoms. Carrots and other vegetables high in vitamin A do help to maintain healthy eye sight, but eating more won't improve your vision. Viruses cause colds, which are spread more easily in the winter. Good lighting can prevent eye fatigue, and makes reading easier.

True — Just 15 minutes of loud, pounding music, machinery or other noise can cause temporary hearing loss and tinnitus (ringing in the ears) which can last for a day or two. Continuous exposure to extreme noise can result in permanent hearing loss. If someone is wearing headphones and those around him can hear the noise, the volume is too loud.

So keep eating that apple a day. A little vitamin C can't hurt.

Definitions of Leadership

by Helene Waranch

Leadership is the activity of influencing people to cooperate towards the attainment of goals that they have come to find desirable.

Dwight D. Eisenhower

Leadership is the art of getting others to want to do something you are convinced should be done.

Rabbi Sam Joseph

Leadership is the ability to motivate others to reach an objective.

Colin Powell

10 Perks of Leadership

1. You will increase your knowledge.
2. You will acquire new leadership skills.
3. You will gain lifelong friendships with those who have similar values.
4. You will find an outlet for your creative energy.
5. You will be provided with new experiences.
6. You will be able to demonstrate your commitment, interests, and values.
7. You will learn to represent your organization effectively in the community.
8. You will be able to share your acquired knowledge and experiences with upcoming leadership.
9. You will find ways to spend money for good causes to increase your IRS deductions.
10. You will have a good time!



Shavuot May 27th



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

Bring your papers to BHC's parking lot for our Shred Event on Sunday, April 1, from 1 - 3 pm. Shredding trucks will confidentially shred your paper. Bring up to six boxes of paper per turn. Make a contribution of \$5 or more per ream-sized box. Information: Kathy Keene, 410-825-6199.

Book Club on Monday, April 16 at 7:30 pm. The book to be reviewed is *Hush* by Eishes Chayil. Facilitator is Nancy Aiken. For more information call Sue King, 574-514-8550.

Closing Event on Sunday, June 3rd. The release and installation of officers and board will take place. The guest speaker is Barbara Weinstein, Legislative Director, Religious Action Center. Information: Marsha Kalish, 410-484-6681.

Nearly New Sale, Sunday, August 12, 10 a.m. to 4 p.m. Monday, August 13, Noon to 4 p.m. Tuesday, August 14, Noon to 8 p.m. To donate items call: Helene Waranch, 410-602-1210, Karen Engerman, 410-664-8244.

Beth El Sisterhood

Unique Boutique, Sunday, May 6 and Monday, May 7 from 10 am. to 5 p.m. There will be clothing and jewelry for women, toys, home accessories, gifts for Mother's Day and graduation, flowers, and personalized items. Food will be served in the Boutique Café. Information: Sonia Obstler at 410-653-2381.

Beth Tfiloh Sisterhood

Sunday, May 20th join us to discover the Jewish Historical and Culinary Connection. We will visit Ft. McHenry, Jewish Museum of Maryland's exhibit of Chosen Food, Cuisine, Culture and American Jewish Identity, Lunch at Museum, visit former Beth Tfiloh Synagogue on Garrison Boulevard, and enjoy a docent-led tour of past Jewish neighborhoods. \$60. Information: Judy Werner, 410-484-2648.

Levindale Auxiliary

Our Auxiliary has given a gift to the new renovated Levindale in the form of a new Sensory Garden for residents and their families to enjoy. The grand opening will be in June. If you are interested in being part of our Charter Membership Dedication Wall with name recognition, contact our office by May 15 at (410) 601-2378 or email us Levindaleauxiliary@lifebridgehealth.org.

Miriam Lodge, K.S.B.

Drag Queen Bingo to benefit cancer. Pikesville Volunteer Fire Hall, Thursday, May 32 at 7:30 p.m. \$25 or \$36. Information: Evelyn Landau, 410-653-1016.

Donor 2012 will be held on May 16th at the Woodholme Country Club. Member Sandie Nagel and her husband, Fred, will receive the "Person of the Year" Award. Ricky Pen will entertain the members and guests. Reservations to Arlene Mazer, 410-484-5257. Cost is \$40.

President's Reception

Sponsored by Federation Past Presidents

Invites

2012 to 2013 Presidents and First Vice Presidents of

Federation's Constituent Organizations

Officers and Past Presidents of Federation

To a Leadership Presentation and Luncheon

Presenter: Myra Wittik, "Encouraging Your Entourage"

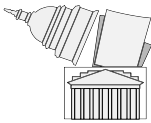
Thursday, June 14, 2012, 10 a.m. to 1 p.m.

Baltimore Hebrew Congregation

RSVP to: Elissa Ness, 410-252-8371 or easelthew@aol.com

Dietary Laws Observed

In 1920, the 19th Constitutional Amendment was passed, giving women in the United States the right to vote. Since then there has been ongoing discussion and debate about how women continue to influence public policy. Long before 1920, women were already making a difference, such as: Hannah Solomon, founder of National Council of Jewish Women; Henrietta Szold, founder of Hadassah; two women from Chicago who began the Congress of Mothers, which is now the National PTA; Juliette Gordon, founder of the Girl Scouts; Margaret Sanger who in 1916 opened the first clinic for women's healthcare; and the women who began the "Ladies Garment Workers Union" in response to the tragic "Triangle" fire in 1911. However, today the struggle for women's equality, economically and in healthcare, continues. Women still continue



Legislative Update
by Sheila K. Derman

to earn less than their male counterparts, receive less in pensions and benefits, and are often penalized for taking care of their children and families. They are still the overwhelming victims of domestic violence and rape without much support for their plight. And now their access to healthcare is being challenged: first by questionable statistics that say life saving tests such as pap smears and mammograms need not be done annually (or even on a regular basis), and second, assaults on their access to decisions about their reproductive lives. With all due respect to religious freedom, it is inconceivable to me that religious institutions and others of faith would use religious freedom to blatantly deny women access to make decisions about their reproductive life and health. WE HAVE MUCH TO DO . . . LET OUR ELECTED OFFICIALS AND INSURERS KNOW HOW WE FEEL...IT'S UP TO YOU . . .

Much is happening in Annapolis as the General Assembly session comes to a close. The Gay Marriage

Amendment was passed and signed by Governor O'Malley. Opponents want to bring it to referendum. We will stay alert to see if they get enough signatures to do so. The Governor's proposals to balance the budget with tax and fee increases are being hotly debated with growing concern for the effect on Maryland families, especially the gas tax increase. Remember to vote in the primary election in Maryland on April 3, 2012. It is cause for concern that many feel that there is nothing to vote for and seem to think that incumbents are "shoo-ins." It is important to remember that when there is very low turnout, many candidates, whose agenda is anti-Semitism, discrimination, and hate, use this opportunity to get their voters to the polls while others who stay at home are not counted. DO NOT LET THIS HAPPEN . . . VOTE . . . MAKE A DIFFERENCE.

We are still very concerned about Israel and Iran. Many questions remain unanswered. The effect that Iran's continuing nuclear progress will have on Israel's security needs to be addressed. Can/should Israel take out Iranian nuclear reactors and what will be the effect on the United States and the world? Will diplomacy and sanctions work? Let's hope and pray for answers soon. One last note is about the state of American support for Israel. Even though there is a feeling on the part of some that the Administration's support for Israel is not as strong as desired, support in the U.S. Congress and by the public remains solid. As the American Jewish community continues to have differing opinions on their support for Israeli government policies, we must develop new strategies for our advocacy and "lobbying" efforts — especially on Capitol Hill — so that overall support by America for Israel will not diminish. STAND UP FOR WHAT YOU BELIEVE . . . YOU MAKE IT HAPPEN . . . FEDERATION WILL SHOW YOU HOW.



Flowers have an expression of countenance as much as men or animals. Some seem to smile; some have a sad expression; some are pensive and diffident; others again are plain, honest and upright like the broad-faced sunflower and the hollyhock.
~ Henry Ward Beecher

Serv-A

Service Men and Women Receive Packages

by Betty Seidel

Gut Yontiff! Chag Sameach! Happy Pessach! While we are expressing Passover greetings to family and friends at home, Federation makes sure that we do not forget Jewish servicemen and women scattered throughout the world.

Our Serv-A project contributions enable the Jewish Welfare Board Jewish Chaplains Council to provide supplies for observing Jewish holidays throughout the year. Receiving sabbath and holiday ceremonials, prayer books, and traditional holiday goodies remind our troops that they are cared for and appreciated. Our good deeds are recognized by the many simple but heartfelt thank you notes from soldiers in the field.

An example of the many messages received by the Jewish Chaplain's Council follows.

Please send my thanks to everyone that works with you and makes what you do possible for us soldiers. It means a lot to me and helps to make this deployment easier knowing that there are so many people back home who support what we do.

There are currently more than 10,000 Jews serving our country in the U.S. military on active duty. In addition to each Federation organization's annual \$75.00 appropriation, individuals can support our Jewish Armed Services by donating any amount to Serv-A on special occasions; such as, holidays, Bar and Bat Mitzvot, births, birthdays, weddings or memorials. All gifts are gratefully acknowledged. On behalf of Jewish members of our armed services at more than 500 military installations and VA Medical Centers, *Todah Rabah* and have a Happy Pesach!

Officers — 2011-2012

President: *Lynda S. Weinstein*
 First Vice President: *Harriet L. Meier, M.D.*
 Vice President: *Frada Wall*
 Vice President: *Helene Waranch*
 Corresponding Secretary: *Serene Israel*
 Corresponding Secretary: *Hilda Yankelov*
 Recording Secretary: *Rochelle Bohrer*
 Treasurer: *Arlene Mazer*
 Auditor: *Joanne T. Goldsmith*
 Community Representative: *Elissa Ness*
The Flame
 Editor: *Jane Davis*
 Committee: *Rochelle Bohrer, Janice Gold, Elissa Ness, Rae Shalowitz, Eve Vogelstein*

Social Action Committee

By Karan Engerman, Chairman

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 2012-2013 year, I will be calling on our hosting organizations for their social action ideas. It has always been my belief that it our responsibility to help those who are in need of our assistance as often as we are able to do so. If you have ideas for our social action projects, please contact me at karansander@comcast.net and put social action for the subject to be sure I see your idea.

Friends of Federation

Federation thanks all our Friends for their support. Membership is a valuable part of our organization. One of the many benefits you receive is a copy of *The Flame* and Directory.

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

We're On The Web!

www.jewishwomensfed.org

Federation's WEB site contains current, historical and local information. It is there for you to educate yourself on all of Federation services. Keep you and your organization informed. If we are notified, the site will list your upcoming event. Don't remember where and when the next meeting will be held? Click on www.jewishwomensfed.org. We even include a map and directions to the next meeting.

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, you should come to one of our Computer Classes. Classes are being developed now. Topics include: "Where is my file?", "How does this phone work?" "Understanding the iPad" Contact Eve Vogelstein if you are interested at mothraeve@gmail.com or (443) 744-1060.





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