



The Flame

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

Lighting the Way for Jewish Women

Issue 3 — Spring 2013

The Federation of Jewish Women's Organizations of Maryland 97th Annual Convention

May 2, 2013

9:30 AM

Temple Oheb Shalom



Moderator:

Jill Moss Greenberg

Panel of Speakers:

Michaele Cohen, Bernice Sandler
and Nancy Kopp

Recipient of the E.B. Hirsh Lifetime Achievement Award:

Ellen Lightman

**Twenty-seven honorees to be given the
Women of Strength Award**

Message from our President



I hope you had a joyous and meaningful Passover holiday with family and friends. As you may be aware, the Seder is the most attended Jewish holiday event. Another name for Passover is *Chag HaAviv*, the springtime festival. Because the Hebrew calendar is made up of lunar months, but we have a solar year, we add a leap month to the Hebrew calendar as needed to keep the holidays in their proper "time." Some of our symbols on the Seder plate remind us of spring and the never ending cycle of time.

So, too, our Federation calendar once again brings us back to our Convention. It was one year ago at Convention that I was installed as president and how quickly the year has gone. Our first two meetings were highlighted in the last *Flame*.

In January, Rafi Rone presented an informative session on "*Aleph, Bet, Gimmel — Jewish Alphabet Soup: Everything You Wanted to Know about Jewish Organizations.*" We could not have had a more knowledgeable speaker or a more receptive audience. Many thanks to Baltimore Hebrew Congregation Sisterhood for hosting us and for providing the delicious breakfast.

We always build-in a snow date for the January meeting, but who would have expected the prediction of one foot of snow the day before the March meeting? Unfortunately, because we were having a full dinner and the caterer had to have 48 hours notification, the meeting had to be cancelled. Our speaker, Heather Lapidario, is happy to present at our March 2014 meeting. Perhaps we should invite some meteorologists to that meeting to learn



about "Effective Communication"? I want to especially thank Irma Pretsfelder, Ner Tamid co-president, for working closely with me, always with good humor, as we made this difficult decision.

This year marks our 97th annual Convention. Co-chairwomen Sheila Stern and Joanne Goldsmith and their committee have planned an exciting event. Don't miss the morning panel which will be both informative and entertaining. Following a delicious reception and lunch, I know you will want to show your support for Ellen Lightman, recipient of our E.B. Hirsh Lifetime Achievement Award. Of course, the day would not be complete without honoring your organization's nominee for the "Woman of Strength" award. Plan to come early and stay late to take advantage of the wonderful day we have planned.

As I mentioned earlier, I am approaching the end of my first year as President. It has been a wonderful year of learning, always with the support of my board, committee chairs and past presidents. Your support, by your attendance at our meetings, has been exceptional. We exist because of you and for you. I hope you will be pleased with the speakers we have lined-up for the coming year.

During the 49 days between Passover and Shavuot we count the *omer*, a measure of barley. Many people use this time to work on improving themselves, picking a different trait a week for each of the seven weeks. Perhaps this would be a good time for us, as organizations, to examine our mission statements and goals, and see where there is room for improvement. Together, we all stood at Sinai.

Shalom,

Harriet L. Meier

Friends of Federation

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

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

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

In Memoriam

*Federation of Jewish Women's
Organizations of Maryland
records the passing of*

Past President

Hilda Hillman

May her memory be for blessing.

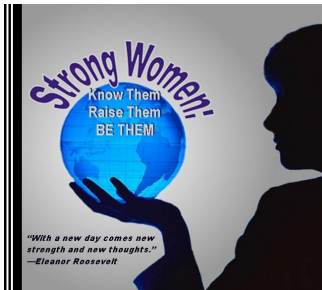
Convention — May 2, 2013

Please join us for the Federation's 97th Annual Convention on Thursday, May 2nd, at Temple Oheb Shalom, 7410 Park Heights Avenue. The theme this year is "Strong Women: Know them, Raise them, Be them."

The Morning Session, beginning at 9:30 a.m., will feature a panel of distinguished women, and our committee is working closely with Jill Moss Greenberg, Executive Director of Maryland Women's Heritage Center, in planning this presentation. Jill will moderate the panel consisting of three "Strong Women" who will speak about Domestic Violence, Education Equity and Money Matters. Our speakers are Michaela Cohen, Bernice (Bunny) Sandler and Nancy Kopp.

Michaela Cohen is the Executive Director of the Maryland Network Against Domestic Violence, the statewide coalition dedicated to the elimination of domestic violence through education, training and advocacy.

Dr. Bernice (Bunny) Sandler is a visionary and pioneer for gender equality in education. Widely known as the "godmother of Title IX," Dr. Sandler has spent over fifty



years advocating for women's rights.

The Honorable Nancy Kopp, Maryland State Treasurer, was elected in 2002 and re-elected to full four-year terms in 2003, 2007 and 2011. Nancy Kopp is the 23rd Maryland State Treasurer since the adoption of the Constitution of 1851. She is the second woman ever to serve as Maryland's State Treasurer and is the only woman serving Maryland in a Constitutional Office. The afternoon session begins with a delicious catered lunch by Yaffa. Following lunch, Federation will present the E.B. Hirsh Lifetime Achievement Award to Ellen Lightman, Community Leader and Immediate Past President of ACHARAI.

All 27 of our constituent organizations have selected an honoree to receive the Women of Strength Award. Federation is honored to recognize these women for their contribution to their organization and to the community.

We look forward to greeting all of you on May 2nd.

*Shalom,
Joanne Goldsmith, Sheila Stern
Co-Chairs*

Ellen Lightman, 97th Annual Convention Recipient of the E.B. Hirsh Lifetime Achievement Award



Ellen Lightman is a co-chair of the Baltimore Israel Coalition and a past president of ACHARAI: the Shoshana S. Cardin Leadership Development Institute. She is a past chairperson of AIPAC's Leadership Council of Baltimore and serves on the organization's National Council. She is a vice president of the Louise and Morton Macks Center of Jewish Education. She serves on the board of the Baltimore Jewish Council and served on the board of the Shoshana S. Cardin High School.

A member of Congregation Shomrei Emunah since its early days in 1971, she co-founded its sisterhood and facilitated the synagogue's becoming a member of the Baltimore Jewish Council. She was a participant in The Associated's Young Women's Leadership Council in the 1970s.

Ellen and her husband Dr. Noah Lightman are past Chairpersons of NCSY, Atlantic Seaboard Region. One of the few women to have done so, she served on the executive committee of the

Orthodox Union.

A native of Newport News, Virginia, from a young age Ellen witnessed the necessity and the reality of Jews from various parts of the Jewish community coming together for the benefit of the entire community. In 1997, she was a co-founder and creator of The Twain Shall Meet: a Program for Jewish Interaction, under the auspices of Shomrei Emunah. Its overall purpose was to foster enduring interaction and understanding among the diverse segments of the Baltimore Jewish community. It provided a forum for Jewish leaders of different backgrounds and affiliations to share experiences, values, and perspectives.

Ellen is a retired clinical social worker. She was the founder and principal of Professional Image Consultants, serving individuals as well as Fortune 500 companies. She is a graduate of Stern College for Women and received her MSW from Wurzeiler School of Social Work, Yeshiva University. She is a graduate of Goucher College's Women in Management Program and a participant in the Yaffe Scholars of Mercaz at Beth Tfiloh.

She and Noah have a son Ezra who lives with his family in New Jersey and a daughter Tammy who lives with her family in Singapore. All six of their grandchildren have visited Israel.

Going Gluten-Free

by Harriet L. Meier, M.D.



Going Gluten-Free: Is there value beyond Celiac Disease?

Over the past few years, I have noticed sections of the grocery store aisle devoted to gluten-free products and I often hear people in restaurants questioning whether a certain food has gluten. Gluten is a component of wheat and wheat-related grain products. Although the diagnosis of celiac disease is often delayed for years because of the non-specific symptoms, recent studies estimate that about 1% of the population has it. The prevalence of celiac disease has been increasing over the past several decades, which some think is related to the hybridization of wheat and related grain products, and which may be sensitizing more people.

People with celiac disease have disruption of intestinal permeability caused by gluten and respond to gluten withdrawal, but now we hear about people who do not have celiac disease who say they feel better if they withdraw gluten. Most people do this after talking to friends and family and going on the Internet, but without much medical guidance. Grains are complex carbohydrates that have a number of fermentable sugars. We know that if you withdraw these sugars, many people have improvement in symptoms such as bloating, gassy discomfort and diarrhea. Just ask someone who has been on the Atkins diet. There are also a small number of people who, in addition to the GI symptoms, have improvement of their extraintestinal symptoms such as malaise and fatigue with gluten withdrawal.

Trying to be gluten-free is very challenging and may result in macro and micronutrient deficiency. This is best accomplished with the help of a nutritionist. The food industry has responded with approximately \$6 billion in gluten-free products. Gluten is also found in non-food products such as beer, cosmetics and postage stamps.

Gluten-sensitive non-celiac disease is going to get much more attention in the future. There is some science beginning to emerge, and more studies need to be done. Before putting yourself on a gluten-free diet, you should have a conversation with your physician who can order tests to rule out celiac disease and others as needed, and refer you to a nutritionist for dietary guidance. Can you make "motzi" on gluten-free bread?

Serv-A

Service Men and Women Receive Packages

by Betty Seidel



They missed the Seder at home on Passover! They weren't with family to kindle the Chanukah lights! The New Year was probably ushered in without their presence!

I speak of the Jewish men and women in the United States Armed Services who are courageously protecting our interests throughout the world.

How sweet it is that we have not forgotten them! The Chaplain's Council of the National Jewish Welfare Board allocates SERV-A funds to provide ceremonials, prayer books and traditional holiday treats. So, in the spirit of sharing, we need no reminder to submit each organization's annual \$75 appropriation. Individuals may also make contributions in any amount to commemorate special happy or sad occasions. Our intrepid treasurer, Arlene Mazer, will be happy to receive and acknowledge all gifts to SERV-A, Federation's incredible project that brings boundless joy to all of us, and especially to our nation's Jewish servicemen and women.

Todah Rabah! Many thanks! Merci!

Social Action 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 coming 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. If your organization has participated in a social action project, let us know. We will be happy to publicize your efforts in the Under the Umbrella column in the Fall Issue of *The Flame*.



**Social Action
Is a
Mitzvah**

Federation Honors the Women of Strength at the 97th *Baltimore Hebrew Congregation*

- Adat Chaim Sisterhood, **Tina Asher**
- Amit Sarah Ribakow/Tikvah Chapter, **Beatrice (Bede) Schapiro**
- Baltimore Hebrew Congregation Sisterhood, **Phyllis G. Lederman**
- Beth El Congregation Sisterhood, **Barbara Berkowitz**
- Beth Israel Congregation Sisterhood, **Gloria Friedman**
- Beth Tfiloh Congregation Sisterhood, **Charlene Schimberg**
- B'nai Jacob/Shaarei Zion, **Rose Miller**
- Brandeis National Committee, Baltimore Chapter, **Eva Silversmith**
- Chizuk Amuno Congregation Sisterhood, **Ruthanne Kaufman**
- Covenant Guild, Inc., **Phyllis Glassman** (*of blessed memory*)
- Dorothy Friedman Caplan Guild Inc., **Tami Fruman**
- Hadassah of Greater Baltimore, **Marcia Greenfield**
- Har Sinai Congregation Sisterhood, **Elaine Friedman**
- Jewish Caring Network, **Liz Lefkowitz**
- Jewish Women's International, Lillie Straus/Hope Chapter #839, **Mildred Tannenbaum**
- Kappa Guild, **Marianne Wolff**
- Levindale Auxiliary, **Rochelle Bohrer**
- Mildred Mindell Cancer Foundation, Inc., **Jodie Silver**
- Miriam Lodge, K.S.B. Inc., **Eileen Caplan**
- Moses Montefiore Anshe Emunah Sisterhood, **Sylvia Stone**
- National Council of Jewish Women, **Sheryl Reicher**
- Ner Tamid Sisterhood, **Estelle Keilson**
- Sinai Hospital Auxiliary, **JoAnn Nagy**
- Temple Emanuel Sisterhood, **Linda Leffman**
- Temple Oheb Shalom, **Arlene Mazer**
- The Associated Women, **Beverly Kalus**
- True Sisters Inc. Baltimore #35, **Iris Littman**

Mazel Tov Card Recognizes an Honoree – Give a Special Thank You

Recognize an honoree by adding your name to her *Mazel Tov* card for \$5.00. Your name will be listed in the Convention program on our *Women of Strength* page. Please send your check to Arlene Mazer, 6 Halston Court, Baltimore, MD 21209. Additional forms may be found on our Website <http://jewishwomensfed.org>. For additional information, email Rochelle at rochellebohr@yahoo.com or call 410-922-9672.

Payment received by April 19th will be included in our program book and the honoree will be notified of your contribution. If received after April 19th, honoree will be notified.

Name of Honoree _____

Your Name _____

Address _____

Phone _____ email _____

I would prefer not to be acknowledged in the convention program but would like my name to be included on the personal card.

The Middle East

As I prepare for Pesach, I am watching President Barack Obama visit Israel for the first time as President, trying to read between the lines for his message in the land where it all began. Even though I really believe that support for Israel by the American government, both in Congress and in the Administration, and by the American public is stronger than ever, I felt an underlying distance between President Obama and Prime Minister Benjamin Netanyahu and the Israeli people. While it is certain that Mr. Obama wants peace, just as we all pray for at every *Seder*, there is a sense that his "terms" are not realistic for the Israeli people. Almost everyone knows that there needs to be a "two state" solution but when the words "occupation" and "no settlements" continue to be used, I along with many others feel a sense of uneasiness.

On the issue of Iran there is no doubt that all believe that Iran's quest for nuclear power is a danger to the entire world. However, it appears that Mr. Obama feels strongly that sanctions and diplomacy will work, while the Israelis would like to be more pro-active. We can only hope that they will not wait so long when taking action will be too late.

On the issue of Syria, there is much agreement that the bombings and weapon sales must end and that Israel could take action if necessary. Since we don't know what is really said behind closed doors (oh, to be a fly on the wall), we will have to watch and listen very carefully as this Middle East drama continues to unfold.

Congress

Back in Washington, the Congress of the United States is not a nice place to be. The lack of cooperation and civility between the parties seems unending and devastating to watch. The disregard for not just the poor but for every hard working American, who is not super rich, and for women who deserve equal and fair pay, and for health care equal to the rich is difficult to watch and frustrating

as we have no plans for action. The one good thing was the passage of the reauthorization of the "Violence Against Women Act (VAWA)." Maybe this will be an example of compromise. We can only watch and hope.

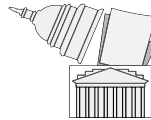
Gun Legislation

Gun violence, gun control and mental health discussions are taking place at every level of government with no solution in sight. From my perspective — while I understand and respect the 2nd amendment — I know you do not need assault weapons with 30-round clips to hunt or defend yourself. Remember in Arizona, when Congresswoman Gabby Giffords was shot, it was the 13th bullet that killed the young girl. Throughout the country, the assault on Roe v. Wade continues looking not just to end abortion but to limit contraception and any other health care for women. It is inconceivable to me that our governments can interfere in a woman's decision on health care choices that affect her life based on her

ethics, morals and religious beliefs. This is the position that almost all women's organizations (Jewish and non-Jewish) and most of the Jewish community as well as Federation have. SPEAK UP NOW FOR WOMEN.....FEDERATION CAN LEAD THE WAY....

Maryland

Lastly, this session of the Maryland General Assembly is almost over. Almost all of the Jewish community's agenda succeeded, including an end to capital punishment. A final vote on gun control legislation will take place this week, and Maryland will be a leader in the nation even if it is not all that we would like. The big issue left is the proposed increase in the State gasoline tax. No one really wants it but what are the alternatives? STAY TUNED FOR THE FINAL OUTCOME AND FOR A FINAL REPORT.... FEDERATION WILL BE THERE



Legislative Update
by Sheila K. Derman

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.





We're On The Web!

<http://jewishwomensfed.org>
Federation's WEB site contains current, historical and local information. This site is there

for you to educate yourself on all of Federation services and 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 <http://jewishwomensfed.org>. We even include a map and directions to the next meeting.

The webpage now has a live Jewish and Civil holiday calendar. You can look up any holiday to see what day it falls on for the current year, and many years into the future.

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



Nominating Committee

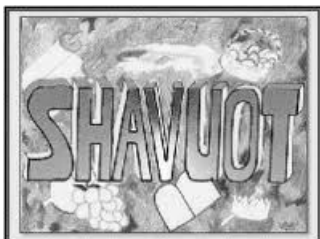
The Nominating Committee for the Federation of Jewish Women's Organizations of Maryland was held Thursday, February 28, 2013. I wish to thank the members who served on this committee. They were Elissa Ness, PP. Chair Nominating Committee 2010-2012; Karan Engerman, Board member; Faye Klempner, Carole Needle, Joyce Ottenheimer, P.P. and Betty Seidel, Board member.

The positions we were charged to fill were First Vice President 2013-2014 and Treasurer 2013-2015.

We are happy to announce that Sheila Derman has accepted the position of First Vice President and Arlene Mazer has accepted the position of Treasurer. Mazel Tov ladies. The slate will be voted on at our annual convention, on May 2, 2013.

Our bylaws do not permit nominations from the floor.

Thank you, Lynda S Weinstein, Chair



May 15, 2013



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Federation Calendar

May 2, 2013

97th Annual Convention, Temple Oheb Shalom, 9:30 a.m.
Registration. Program 9:45 a.m. to 2:30 p.m.

June 6, 2013

President's Reception, Baltimore Hebrew Congregation,
9:45 a.m.

October 3, 2013

Levindale, Speaker: Dr. Dan Morhaim, 9:45 a.m.

November 14, 2013

Beth Israel Congregation, Speaker: Marvin Pinkert, 9:45 a.m.

January 9, 2014

Baltimore Hebrew Congregation, Speaker: Rabbi Jessy
Gross, 9:45 a.m.

March 6, 2014

Moses Montefiore Anshe Emunah, Evening Dinner Meeting,
Speaker: Heather Lapidario, 6:30 p.m.

June 2014

President's Reception. Information to be announced.

*The Federation of Jewish Women's Organizations
announces the
Annual President's Reception
Sponsored by Federation Past Presidents
and invites*

*2013 to 2014 Presidents and First Vice Presidents
of Federation's Constituent Organizations,
and Federation Officers and Past Presidents
to attend a Leadership Presentation by
Martha Weinman*

"Dilemmas and Difficulties — Now What?"

Baltimore Hebrew Congregation

Thursday, June 6, 2013

9:45 a.m. to 1 p.m.

Cunch will be served (dietary laws observed)

RSVP to: Sheila Derman.

410-486-8877 or sdermanbalthadassah@hotmail.com



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