



# The Flame

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

*Lighting the Way for Jewish Women Leaders*

*Issue 2 — Winter 2013*

HAPPY  
NEW  
YEAR  
2013

## **Alef, Bet, Gimmel — Jewish Alphabet Soup Everything You Wanted to Know About Jewish Organizations**

**Speaker: Rafi Rone**

*Director of Jewish and Israel Initiatives,  
Joseph and Harvey Meyerhoff Family Charitable Funds*

**January 10, 2013 — 9:45 a.m. to Noon**

(snow date January 17, 2013)

Baltimore Hebrew Congregation, 7401 Park Heights Avenue

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

Sponsored by Baltimore Hebrew Sisterhood

Rafi Rone has served at the Joseph and Harvey Meyerhoff Charitable Funds since 2010. Mr. Rone has had over fifteen years of community relations and community development experience working on behalf of the Jewish community, covering four continents and dozens of Jewish communities.

Social Action Project: Your donations of hats, gloves and scarves are requested. Please bring these donations to the meeting (see page 2 for details).

**Reservations Required to:**

**Karan Engerman @karansander@comcast.net or 410-664-8244**

**(Deadline: January 2, 2013)**

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

## **Can You Hear Me Now? Effective Listening and Communication Speaker: Heather Lapidario**

*Leadership Classroom Leader, Gerstell Academy*

**Thursday, March 7, 2013, 6:30 p.m., \$18**

**Dinner will be served** (*dietary laws observed*),

Ner Tamid Congregation, 6214 Pimlico Road, Baltimore, MD 21209

Sponsored by Ner Tamid Sisterhood and Federation

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

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

**Reservations and \$18 check required. Send to:**

**Irma Pretsfelder, 6608 Chelwood Road, Baltimore, MD 21209**

**(Deadline: February 25, 2013)**

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

Dinner  
Meeting



## President's Message

Dear Friends of Federation,

I'm happy to report about our first two successful meetings of this year. Our opening meeting, co-sponsored by Oheb Shalom and Miriam Lodge, featured Baltimore County Councilwoman Vicki Almond. She spoke eloquently on her topic, "Inside the County Council." She was well versed and elucidated several problems facing county citizens. The many questions from the audience were thoughtful and showed interest in our government, and Vicki graciously stayed to answer them. After hearing about our Serv-A fund, she made a donation to it. Thanks again to Oheb Shalom Sisterhood and Miriam Lodge for the hospitality and delicious breakfast.



In November, Bob Martin, president of RM3 Enterprises, spoke at our Information Session. His dynamic style made his presentation of "How to be a Leader of Change in a Changing World" interesting to all. His handout and up-to-date presentation will give us something to think about in the months to come. Thanks to Beth El Sisterhood and Har Sinai Sisterhood for co-sponsoring this meeting. Check this issue of *The Flame* for our upcoming meetings.

### Social Action Committee

Karen Engarman says: "The best part of being Social Action chairperson of this Federation is seeing the happy faces and hearing their most sincere thanks for the donations I deliver on your behalf. Be it school supplies, food, toiletries, books or warm weather items, they are always welcome items to our less fortunate neighbors."

For our January 10th meeting at Baltimore Hebrew Congregation, we are requesting mittens, scarves and headgear to keep the children of clients at Govens Food Pantry warm throughout the winter months.

At the dinner meeting at Ner Tamid Congregation on March 7th, we request your bringing toiletry items for the children and their families who are staying at the Hackerman-Patz House at Sinai Hospital. These items are a pick-me-up to many who are experiencing many trying times.

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

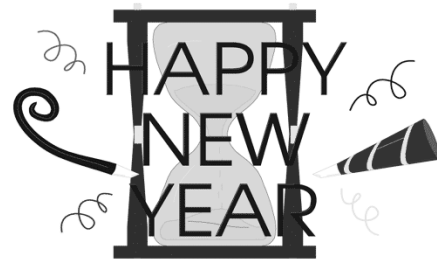
The Convention committee has been meeting and planning for another wonderful event. Convention marks the end of our organizational year and allows each organization to recognize the hard-working, unsung heroes who often take the back seat. What a nice way to honor these ladies. We will also be presenting the E.B. Hirsh Lifetime Achievement Award this year.

We've had outstanding attendance at the first two meetings, and I hope to see our returnees as well as some new faces at future meetings. As I said in my opening remarks at the last meeting, just as our forefather Abraham was known for his trait of hospitality, I hope you will think of Federation in the same way. Our meetings, except for the President's Reception, are open to any member of our constituent organizations. Our purpose is to serve you so help us fulfill our mission.

As we usher in the new year, let us remember the past while we re-dedicate ourselves to what we find important. Starting with ourselves, and spreading out to our families, our organizations, our community and our commitment to Israel, let us take strength from each other to do the important work in life.

May we all have a year of peace and blessings.

*Harriet L. Meier, M.D.*



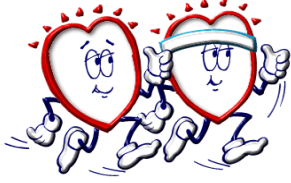
*A small group of thoughtful people could change the world. Indeed, it's the only thing that ever has.*

*Margaret Mead*

## To Your Health — The Skin We're in

by Harriet L. Meier, M.D.

Skin is the largest organ in the human body, making up approximately 20% of its weight and with a total area of about 2 square meters.



At birth, vernix caseosa, a waxy, cheese-like white substance coats the skin of newborn babies. It is produced in utero by the sebaceous glands and protects the infant's skin from the liquid it

soaks in for nine months.

Eczeema, or atopic dermatitis, is due to a hypersensitivity reaction in the skin. Atopic dermatitis is most common in infants, starting as early as 2-6 months of age. Many people outgrow it by early adulthood.

As you age, skin becomes thinner and loses fat, making it less plump and smooth. It may take longer to heal. Skin changes are related to environmental factors, genetic make-up, nutrition and other factors. Cigarette smoking also contributes to wrinkles, which increases with the amount of cigarettes and the number of years a person has smoked. The greatest single factor, though, is sun exposure.

In 2011, the US FDA issued new rules for sunscreen products. The final regulations went into effect December 2012. Sunburn is primarily caused by UVB (ultraviolet B radiation), while both UVB and UVA (ultraviolet A radiation) can cause sunburn, skin cancer and premature

skin aging. Many common phrases such as "sunblock," "waterproof," "prevents skin cancer" are no longer permitted. Now, only products that protect against all types of sun-induced skin damage will be labeled "Broad Spectrum." Also, SPF (Sun Protection Factor) must be 15 or higher to be labeled "Broad Spectrum." Manufacturers cannot make claims that their sunscreens are "waterproof" or "sweatproof."

So, in order to maintain the health of our largest organ:

- Protect your skin from the sun by using sunscreens with broad spectrum SPF of 15 or higher as directed
- Limit time in the sun, especially between the hours of 10 a.m. and 2 p.m.
- Wear clothing to cover skin, sunglasses and broad-brimmed hats
- Reapply sunscreen at least every 2 hours, more often if you're sweating or jumping in and out of the water
- Eliminate or decrease cigarette smoking
- Bath in cool (not hot) water for brief periods of time, avoiding strong soaps and detergents
- Do not scrub or dry the skin for too long or too hard
- Apply lubricating creams or ointments to skin while still damp
- Avoid extremes of temperature as the reduction of subcutaneous fat and decreased production of sweat from sweat glands can lead to hypothermia in cold weather, and overheating or developing heat stroke in hot weather.



### Mark Your Calendars — Federation Convention, Thursday, May 2, 2013 Strong Women: Know Them, Raise Them, Be Them

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.

Plan to attend this educational and inspiring program which also features a catered luncheon.

For information: contact Sheila Stern at 410-363-3514, sheilastern1@verizon.net or Joanne Goldsmith at 410-998-9077, jtgold9911@comcast.net.



Happy Purim  
February 24, 2013



## 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](mailto:rochellebohr@yahoo.com) or at 410-922-9672.

### Baltimore Hebrew Congregation Sisterhood

Program at Baltimore Hebrew Congregation — Memory Disorders with Dr. Jason Brandt, Professor of Psychiatry and Behavioral Sciences. March 10, 2013, 9:30 a.m., light breakfast. No charge. For information and RSVP: email to [carolcjca@comcast.net](mailto:carolcjca@comcast.net) or 410-764-1587, ext. 270.

53rd Annual Interfaith Institute, "Addressing Race: What We Learn from Science and Religion," March 18, 2013. Speaker: The Right Rev Eugene Taylor, Episcopal Bishop of Maryland. Responders: Rabbi Aram Reisner, Chevei Taedek; Iliia Delio, Senior Fellow Woodstock Theological Center, Georgetown University; Aravinda Chakravarti, Director, Center for Complex Disease Genomics and Professor of Medicine, Johns Hopkins University School of Medicine. Moderator: Rabbi Andy Busch, Baltimore Hebrew Congregation. Cost: \$15 (includes lunch). Mail checks to: Ann Fishkin, 6501 Trotwood Court, Baltimore 21209.

### Brandeis

Please join us for the following:

January 24th, 1:30 p.m., Hadassah meeting room, "When the Emperor was Devine," by Julia Otsuka. Book review. No charge.

March 14th, 1:30 p.m., Hadassah meeting room. Randi Benesch, Artistic Director of JCC. No charge.

May 23rd, 1:30 p.m., Closing Luncheon and Installation. Woodholme Country Club. Speaker: Richard Gorelick, Sunpapers Food Editor. Charge TBA.

### Miriam Lodge

Trip to "Le Corsaire, American Ballet Theatre, April 14, 2013, Kennedy Center. Cost: \$125. For information call Evelyn Landau, 410-653-3415.

Trip to United States Naval Academy, Erev Shabbat services and Oneg Shabbat, April 29, 2013, Cost: For information call: Marcia Singer, 410-484-4240.

### Co-Sponsors Needed

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 from 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.

### Thoughts on Leadership

To know what to do is wisdom

To know how to do it is skill

To know when to do it is judgment

To strive to do it best is dedication

To do it for the benefit of others is compassion

To do it quietly is humility

To get the job done is achievement

To get others to do all the above is leadership

~~Anonymous~~

As I write this article on the eve of Thanksgiving, we reflect and ask what we are thankful for. For me, on a personal note, it is that my family continues to stay healthy and well. On a more global note, I am thankful that as a Jewish woman, I live in the United States of America. We have just come through a very close very diverse national election with strong feelings and convictions on all sides. Yet, we will make the transition without violence or revolution and resolve to be the best country in the world. This is very special and is much to be grateful for. So let's take a look at what the results might mean for us as Jewish women.

### **Election 2012**

The country is still very divided and the question is now who decides. There appears to be less influence for white men, especially if rich. There are more women than ever in Congress and that means that white men will no longer dominate the Democratic caucuses. There also appears to stronger influence from the Hispanic and Latino communities. We will see how this plays out for women's issues and the issues surrounding immigration.

First, let's talk about the election process. What was the effect of early voting and do people like it? We will see. Also is it time to do away with the electoral college and how would the campaigns change without the "swing" States? But for me the real issue is to evaluate how much money is spent. President Barak Obama and Mitt Romney each spent over one billion dollars. Obscene? In addition, hundreds of millions were spent on ads from various PACs with no accountability. How do we reform the process? Can a person be stopped from spending their own money? Let's have discussion and perhaps input...WE CAN MAKE IT HAPPEN....

### **Referendum**

Let's take a moment to talk about legislation that is taken to referendum. While I believe that ultimately in theory voters should have the last say, the current process really does not accomplish that. The petition process is vague and often paid workers are the ones soliciting signatures with little knowledge of the issues. Often the ballot wording is confusing. Voters must rely on the ads where several hundred million dollars are being spent; such as happened in Maryland by special interests. In my opinion, it undermines our representative form of government and does not improve the situation--- something to think about.

### **"Fiscal Cliff"**

Now we have to deal with the "fiscal cliff" with more

questions than answers. Who are the rich? Are they truly small businesses that should be free from regulation and pay less taxes? Do they really create jobs and do their jobs pay a living wage? Is it about health care and who pays? Personally I don't want Social Security and Medicare turned into a voucher system with regulations at the whim of each state. They are not entitlements since we worked and paid-in and should not be lumped in with Medicaid and Welfare.

### **Women's Issues**

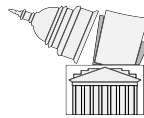
I think that it was the women's issues that tipped the scale for the Democrats, especially pay equity and reproductive health, not only abortion but also

contraception and access to total health care for women. The real turning point came after two men (Republicans) running for re-election made outrageous statements about rape — the first "that if the rape is legitimate,

a woman's body will not allow a pregnancy to occur" and second "that a pregnancy resulting from rape was truly a gift from G-d". Both of these men refused to step-down and were overwhelmingly defeated. This truly supports the fact that women are ethical, moral and intelligent human beings, and one's religious beliefs should not be the law of the land.

### **Israel**

The most critical issue for American Jews is Israel, especially now as bombs are falling on Tel Aviv and Jerusalem, and Israel is prepared to go to war. Although support for Israel in the United States Congress and among the American public is higher than ever, many in our community feel that President Obama and his administration are not as pro-Israel as we would like. Even though foreign aid to Israel is at an all-time high and we provided the "Iron Dome" in southern Israel, which has saved hundreds of Israeli lives, many feel it is not enough. President Obama's failure to visit Israel and his seemingly indifference to Prime Minister Netanyahu seems to be cause for great concern. Now that Israel appears to be at the brink of war, Secretary of State Hillary Clinton is on her way to Israel and President Obama seems prepared to broker a cease fire. Will this be the turning point for the Administration's relationship with Israel and truly bring peace? Now not only must we pray for the safety of Israel and her people but also make our voices heard loud and clear that the American Jewish community expects full support from President Obama and the United States in every way to stand strong with Israel...WE CAN MAKE IT HAPPEN.



Legislative Update  
by Sheila K. Derman



### **We're On The Web!**

#### **Check Us Out — [www.jewishwomensfed.org](http://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](http://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](mailto: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.***

*The ultimate measure of leaders is not where they stand in moments of comfort and convenience, but where they stand in times of challenge and controversy.*

### **Nominating Committee — 2013-2014**

In accordance with the bylaws, the Nominating Committee is to meet annually prior to the first board meeting following Convention. The president is charged with appointing seven members to serve on this committee. They are to prepare a slate of nominees to be presented for election at the Annual Convention. The committee is charged to notify members of the Board and presidents of constituent organizations at least six weeks prior to the Annual Convention.

The following committee has been appointed: Lynda S. Weinstein, Chairman; Jane Davis, Faye Klempler, Elissa Ness, 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](mailto:missmagothy@aol.com) or call her at 410-484-3576.



### **Speakers Bureau**

Our Federation leaders are often asked to present a speaker for our constituent organizations. We are pleased to offer a new selection of speakers to address your organization. Please take advantage of this opportunity.

Speaker topics include Bylaws and Policies, Leadership Skills, Mission Statements, Programming, Fundraising, Membership, Volunteerism, Roberts Rules of Order, Nominating Committee, Strategic Planning, Surveys, Board Training, Computer Organization, Conflict Resolution, Planning Budget/Treasurer Report, and Leadership Development.

If you have an area of expertise and are interested in becoming a speaker, a request form is available at our web site [jewishwomensfed.org](http://jewishwomensfed.org).



**Serv-A  
Serving  
Jewish  
Servicemen  
and Women**

*Chairman:  
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.

Our Jewish servicemen and women, who are protecting us throughout the world, know that we deeply care and that they are not forgotten. Thanks to our many Serv-A donations, we were able to provide Hanukkah gifts to them.

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.

**Officers — 2012-2013**

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

Vice President: *Sheila K. Derman*

Vice President: *Sheila Mentz*

Vice President: *Hilda Yankelov*

Corresponding Secretary: *Rae Shalowitz*

Corresponding Secretary: *Sheila Stern*

Recording Secretary: *Rochelle Bohrer*

Treasurer: *Arlene Mazer*

Auditor: *Lynne Lichtig*

Community Representative:

*Lynda S. Weinstein, P.P.*

**The Flame**

Editor: *Jane Davis*

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

**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](http://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.

**Flame Deadline**

The deadline for the next issue of *The Flame* will be on March 21, 2013. This Spring issue will cover events from March 2013 through May 2013.

Please send your email copy to Jane Davis at [savta5@verizon.net](mailto:savta5@verizon.net) or mail to: 3415 Woodvalley Drive, Baltimore, MD 21208. We are happy to include your organizations' events.



**Federation Calendar**

- ◆ 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 Congregation, 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.

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***The Flame***

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[info@jewishwomensfed.org](mailto:info@jewishwomensfed.org)