



The Flame

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

Lighting the Way for Jewish Women

Issue 2 — Winter 2012



Mid-Winter Conference

Teen Dating — Violence, Break the Silence

Guest Speaker: Barbi Hyman, Educational Coordinator for CHANA

Thursday, January 12, 2012 — 9:45 a.m. to Noon

(snow date: Thursday, January 26)

Light breakfast will be served

Co-hosts: Beth Tfiloh Sisterhood and Levindale Auxiliary

Beth Tfiloh Congregation, 3300 Old Court Road

The mission of CHANA: Counseling, Helpline & Aid Network for Abused Women to aid individuals in the Jewish community who are victims of domestic violence by providing support, counseling and assistance - empowering women to create a safe environment for themselves and their families.

Social Action Project: Please bring unused Rosh Hashanah, Chanukah and Passover cards with matching envelope to be mailed by the Chesed Committee of Beth Tfiloh Sisterhood to assisted living, nursing home and homebound patients.

Reservations: You must RSVP to: Hilda Yankelov at 410-655-4942

Deadline: January 9, 2012

Dietary Laws will be observed.



Dinner Meeting

It's Not Your Bubbie's Missionary Anymore

Guest Speaker: Ruth Guggenheim, Director of Jews for Judaism

Thursday, March 15, 2012 — \$18 — 6:30 p.m. to 8:45 p.m.

Catered Dinner will be served

Moses Montefiore Anshe Emunah, 7000 Rockland Hills Drive

Ruth Guggenheim helped establish the groundwork for Jews for Judaism and has always maintained a strong commitment to their work. The Mission of Jews for Judaism is to strengthen and preserve Jewish identity through education and counseling that counteracts deceptive proselytizing targeting Jews for conversion.

Social Action Project: Please bring toiletry items to be distributed to Chana

Reservations: Rochelle Bohrer (410-922-9672),

3703 Brentford Road, Randallstown, MD 21133

Reservation Deadline: March 7, 2012

Dietary Laws will be observed.

Federation
Officers and
Board Members
wish you and
your families a
Happy and
Healthy New
Year
2012

Message from our President



Winter is a wonderful season to look forward to as we plan for our Chanukah celebrations with family and friends and is always exciting and enjoyable.

For those who were able to join us in September, Izzy Patoka spoke on "Best Practices of Community Engagement." Mr. Patoka is the Executive Director, Office of the Governor, Intergovernmental Affairs Community Initiatives." He offered a lot of insight on how Governor O'Malley started initiatives to engage the community at all levels from social action needs, prioritizing what needs to be accomplished, and setting goals and how to attain them. These examples will help our organizations' leaders to reach their goals and promote their missions. I thank Baltimore Hebrew Congregation Sisterhood for hosting this opening meeting.

The Information Session in November was presented by Annette Saxon, Baltimore Hebrew Congregation's Director of Development. She spoke on "How to Create a "Wow" Fundraising Event on a Shoestring Budget." The discussions were lively, and everyone learned what was needed for hosting a successful event. I thank Oheb Shalom Sisterhood and Miriam Lodge for co-sponsoring this meeting.

Please join us for our Mid-Winter Conference in January to hear Barbi Hyman's enlightening presentation on teen dating and how to be advocates for recognizing and preventing violence.

In March, Federation will present a dinner meeting, so please encourage your members who work and are unable to attend day programs to join us. Ruth Guggenheim, Director of Jews for Judaism, will speak. Please take advantage of our wonderful programs.

I again thank all the organizations and individuals who have helped sponsor our events. Presidents, when you prepare your newsletters or board meetings, please promote our programs. All of your members are members of Federation, and we look forward to welcoming them to our meetings.

Since our bylaws do not permit us to fundraise, our Friends make it possible to meet our obligations. Please encourage your members to become a Friend. A Friend of Federation form can be found on our informative website.

Carol J Caplan and Ann Cohen, co-chairs of the 96th Annual Convention, have had many planning sessions to ensure a wonderful event this year. Save the date on your organization's calendar. May 3, 2012 at BHC will be the place to be!

I wish to thank the officers and past presidents of our Federation who continue to support us as well as our Friends of Federation and our organizations. I thank Jane Davis and Eve Vogelstein for our 2011-2012 Federation Directory that was sent to our presidents and Friends.

I also wish to thank Elissa Ness, Chair of the Nominating Committee, and the committee for their efforts to ensure continued growth and leadership of The Federation of Jewish Women's Organizations of Maryland. The future of an organization is in the hands of the nominating committee.

We look forward to seeing you at our wonderful events. Please take advantage of all we have to offer.

May your Chanukah lights shine good fortune on you and your loved ones. When you make your New Year resolutions, remember the words of Eleanor Roosevelt: "You must do the things you think you cannot do."

Happy New Year, *Lynda*



Federation Calendar

- ◆ January 12, 2012. Mid-Winter Conference (snow date Jan. 26), Beth Tfiloh Congregation, 9:45 a.m. to Noon
- ◆ March 15, 2012, Moses Montefiore Anshe Emunah Congregation, Dinner meeting, 6:30 to 8:45 p.m.
- ◆ May 3, 2012, 96th Annual Convention, Baltimore Hebrew Congregation, Registration 9:30 a.m. Program 10 a.m. to 2:30 p.m.
- ◆ June 14, 2012, President's Reception, Baltimore Hebrew Congregation. Time will be announced.

To Your Health — Vaccinations for Adults You're NEVER too old to get immunized

by Harriet L. Meier, M.D.

Vaccines are not just for kids. Getting immunized is a lifelong, life-protecting job. Recent immunization rates published by the National Center for Health Statistics reveal that only about 50% of adults over the age of 65 receive influenza vaccine; less than 10% of people over 60 have received the Shingles vaccine; around 50% of adults over 65 have received Pneumococcal vaccine. The following are some of the ACIP recommendations for adult immunization.



Influenza vaccination is recommended annually for everyone over the age of 6 months. LAIV, live attenuated vaccine, is an option for healthy non-pregnant adults under age 50. TIV, trivalent inactivated vaccine, is made from vaccine virus that has been inactivated or killed. A high-dose formulation of TIV option for seniors age 65 and older was introduced during the 2010-2011 influenza vaccine season. It contains four times more hemagglutinin per dose than the standard vaccine. It costs more and has increased injection site reactions.

Pneumococcal vaccine is recommended for everyone at age 65 for the prevention of invasive pneumococcal disease due to the strains included in the vaccine. People under age 65 who have chronic or immunosuppressing medical conditions, including asthma, or those who smoke should also receive a dose, with a booster at age 65 or five years after their first dose. The chronic medical conditions include chronic heart disease, chronic lung disease, diabetes, chronic liver disease, alcoholism, cerebrospinal fluid leaks, and cochlear implants. Immunosuppressing conditions include Hodgkin disease, lymphoma or leukemia, chronic kidney disease, nephrotic syndrome, multiple myeloma, HIV infection or AIDS, splenic dysfunction or splenectomy.

Tetanus, diphtheria, pertussis (Tdap) is recommended as a one-time dose if you are younger than 65, are 65+ and have contact with an infant, are a healthcare worker, or simply want to be protected from whooping cough. Even if you had pertussis infection in the past, reinfection can occur. The duration of protection induced by pertussis disease is unknown, and wanes after several years. You will need a Td booster every ten years.

(continued next column)

To Your Health — Vaccinations for Adults *(continued)*

Zoster (shingles) vaccine is recommended at age 60. Recently, the FDA extended the indication to include people ages 50-59. The vaccine reduces the overall risk of acquiring shingles by 51% and the incidence of post herpetic neuralgia by 66% in patients 60 and older. Contraindications include a history of immune system diseases including leukemia, lymphomas, and other malignant bone marrow or lymphatic system cancers and individuals with AIDS, and patients on immunosuppressive therapy. Having a previous history of shingles is not a contraindication since shingles has a 3% recurrence rate.

As we pediatricians like to say, children are not just little adults. Well, conversely, adults are not just big kids and need their own immunizations.

12 Perks of Leadership

by Helene Waranch

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!

Mark Your Calendars Federation Convention May 3, 2012

We are busy planning our 96th Annual Convention which will be held at Baltimore Hebrew Congregation.

If you would like to join the committee, please contact co-chairs Carol J. Caplan at 410-484-6112 (email: caroljca@comcast.net) or Ann Cohen 410-653-2420, (email: acohenc@aol.com).





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

On Monday March 5, 2012, BHC will host its 52nd Annual Interfaith Day. This year's topic is "Religious Responses to Economic Realities." Three keynote speakers will talk about how the economy has met the growing needs in our community and what social services agencies provide. There will be responses from clergy members on how the economy has affected their congregants. The speakers include Barbara Levy Gradet, Executive Director of Jewish Community Services; Major Barry Corbitt, Baltimore Area Commander, Salvation Army; Rev. R. Kevin Hooks; and Rabbi Andrew Busch, Baltimore Hebrew Congregation. Registration: 9:30 a.m. Program: 10:00 a.m. to 2:00 p.m. The cost of \$12.00 includes a bag lunch. Continuous educational credits are available for appropriate participants. Reservations to: Ann Fishkin, 6501 Trotwood Court, Baltimore, MD 21209. For information, call 410-764-1587, ext. 270. or www.bhcong.org.

On Sunday, March 18th from 10 a.m. to 11:30 a.m. the Family Concerns Committee presents a program by attorney Ellen A. Callegary, "Education of Disability and Health Law." There is no charge. Light breakfast will be served. RSVP 410-764-1582, Ext. 270 (email: carolcja@comcast.net).

Beth El Sisterhood

Unique Boutique will be held on 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

Mah Jongg Cards: Orders for 2012 cards are being taken by Beth Tfiloh Sisterhood. Both regular print (\$7.00) and large print (\$8.00) are available. Please contact Linda Barron (410-486-1985) or Harriet Silverstein (410-486-1660) to place your orders. Deadline is January 16th.

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 \$4.00; nonmembers \$7.00.

Multisisterhood Luncheon: On Tuesday March 20, Beth Tfiloh Sisterhood will join several other sisterhoods at Moses Montefiore Anshe Emunah for lunch,

entertainment, and fundraising boutique presentations. Festivities begin at 11 a.m.

Hadassah

On Sunday, March 4th Hadassah is planning a multigenerational community celebration in honor of the Centennial to be held at Temple Oheb Shalom. We will be honoring Marlene Greenebaum and raising funds for the Marlene Greenebaum Mutidisciplinary Breast Center at HMO. Volunteers are needed to help with this event to be chaired by Sarajane Greenfeld, and Michele and Debbie Brill. For information, please call Hadassah at 410-484-9590.

Miriam Lodge

Order 2012 Mah Jongg cards. Regular print (\$7.00) and large print (\$8.00) are available. Contact Beverley Kahn, 410-653-9669.

Please join us on the following trips: World Premier of "Jonah," at the Sight and Sound Theater in Lancaster County, PA on Wednesday, March 28th. Bus, lunch and performance is \$115. Call Sylvia Nathanson at 410-764-7766. Bolshoi Ballet at Kennedy Center on Sunday, June 3rd. Orchestra seats and bus transportation included is \$155. Call Elinor Stein, 410-586-1945. "Memphis" at the Kennedy Center on Sunday, June 24th. Orchestra seats and bus transportation included is \$135. Call Eileen Caplan, 410-484-1453.

Moses Montefiore Anshe Emunah

Join us for a Lombard Street Party on Saturday evening March 3rd for delicious food catered by Alan Weiss with wonderful entertainment. Ticket price TBD.

Multi-sisterhood Luncheon is on Tuesday, March 20th at 11:00a.m. Join us for a catered lunch, entertainment and several fundraising boutique presentations.

On Tuesday April 17th at 1:00 p.m., Sisterhood presents "Ben Ezra Synagogue of Old Cairo and Cairo Geniza," a fascinating history of medieval Jewish communities with Amy Landau, curator of Walters Art Gallery. She is the curator of Islamic Arts at the Walters and will discuss their current restoration project through a slide presentation. There is a \$5.00 charge for the lecture and dessert meeting.

For all M.M.A.E. events, please contact Rochelle Bohrer, 410-922-9672.

Women's Health

In 1916, in Brooklyn, NY, Margaret Sanger opened the country's first birth control clinic, an action that led to her being arrested and sentenced to thirty days in jail. Today just blocks away, the Planned Parenthood health center in Brooklyn, one of almost 800 around the country, occupies ten thousand square feet and last year 17,000 patients received medical care there. Two-thirds were insured by Medicaid, or paid reduced rates or received free treatment. They were treated for total women's reproductive health from contraception and pregnancy information, cancer screening, testing and treating S.T.D.s to abortion services. You must go through a metal detector and a guard behind bulletproof glass inspects your bags. Now in the halls of Congress and in almost every statehouse, legislation is being introduced to limit a woman's access to reproductive care (not just poor women). Military women do not have access to contraceptive information or abortion. There is legislation to block the Healthcare Plan to cover contraception for all women by allowing employers to opt out. Recently in Mississippi legislation was defeated that would have given an ovum "personhood" making everything from in-vitro to contraception to abortion illegal and even criminal. This is only a small victory as this type of legislation will be re-introduced in many states. The issue dominating Congress today is, of course, the budget. It is inconceivable to me that a small group of very rich people who benefitted from everything this country had to offer and were elected mostly by "special interests" can refuse to give up what amounts to pennies to see that the basic needs of every American are taken care of. I can only say that we must stand up for what we believe in the most organized and educated way. We must support candidates that we believe in and vote 100%. **What a difference that could make.**

Gilad Shalit is Home

On a happier note, it was wonderful to see Gilad Shalit return home. However, there is much discussion in Israel and in the Jewish community about the price of releasing 1,000 anti-Israel criminals/terrorists being too high and

even dangerous. We will have to see. This discussion is part of a greater discussion about American Jewish support for Israel. For a very long time, the position of the organized American Jewish community was publicly to support the democratically elected government of the State of Israel. Today there is in the American Jewish community disagreement about the policies of the Israeli government from "J Street" to AIPAC. While this discussion is probably healthy and increases involvement, the dilemma is how it is viewed by elected officials when we "lobby" for support for Israel, especially foreign aid, with different voices. This is now our greatest challenge. How it is resolved is up to each of you. **You must make your voice heard . . . Federation can show you how.**

Iran

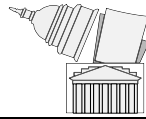
Iran continues to be of great concern to Israel and to Jews everywhere as well as our United States government.

There is much legislation being introduced on federal and state levels calling for economic sanctions. In Maryland the legislation that will be introduced in the upcoming General Assembly, "The Iran Certification Act," would simply present businesses with a clear choice: conduct business with Iran or conduct business with

the great state of Maryland. There is some concern in the Jewish community about sanctions, boycotts and divestment. When it comes to Iran, who leads in the state sponsorship of terrorism, it seems justified.

Maryland News

In January the Maryland General Assembly will convene for its 2012 session. High on the agenda will be the budget and legislative redistricting, which will have a major impact on our community. In addition, there will be a piece of legislation to allow businesses a tax credit (not a tax deduction) for donations to private/parochial schools within certain limits and also to public schools for certain activities. Whether this is a good idea will require a lot of discussion, as some of the Jewish community supports this legislation. **Stay Informed . . . Speak up . . . You will make a difference . . . Federation will lead the way.**



Legislative Update
by Sheila K. Derman

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.

Characteristics of a Good Board Member

By Helene Waranch

1. Makes a commitment to and believes in the organization, its mission and activities.
2. Demonstrates enthusiasm about the organization and her leadership role and responsibilities.
3. Has knowledge of the structure and bylaws of the organization and its relationships with its stakeholders.
4. Attends most meetings and events—board, general and committee meetings, projects and fundraisers—and is prepared to participate.
5. Supports the organization financially to the best of your ability.
6. Praises publicly and offers advice privately.
7. Talks positively about the organization.
8. Encourages others to participate.
9. Identifies and mentors potential leaders.
10. Realizes that one person can not do the job alone; it takes many working together to be successful.
11. Identifies areas that need to be improved and assists in making the needed changes.
12. Helps keep the organization on a firm, steady path.
13. Respects members opinions, even if you disagree.
14. Focuses on issues that are important to the organization, not on personalities.
15. Is willing to learn and to expand knowledge and skills.
16. Uses initiative and creativity.
17. Has fun while participating.

Another fresh new year is here . . .

Another year to live!

To banish worry, doubt and fear,

To love and laugh and give!

This bright new year is given me

To live each day with zest . . .

To daily grow and try to be

My highest and my best!

I have the opportunity

Once more to right some wrongs,

To pray for peace, to plant a tree,

And sing more joyful songs!

~ William Arthur Ward

Social Action Committee

By Karan Engerman, Chairman

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 helped distribute food to CARES Food Pantry and Tova House. Members also volunteered through the Jewish Volunteer Connection. Be part of this effort and perform a *mitzvah*.

At our opening meeting on September 15th, items for the school children were collected. We received heartfelt thank you notes for the much needed supplies for the children. Also as members of GEDCO, we collected non-perishable foods for the homeless at this meeting. In these bad economic times, GEDCO is especially in need of these items.

Temple Oheb Shalom Sisterhood and Miriam Lodge hosted the November 10th meeting, where we received many supplies for the residents at the Hackerman-Patz House as well as donations of winter hats, gloves and scarves for the homeless shelters. Your generosity helps those in the homeless shelters to keep warm during the coldest months of the year.

Sisterhood at Beth Tfiloh is asking for our help with a long standing project. They send cards three times a year to nursing homes and assisted living residents as well as those with long-term illness to wish them a happy new year, Chanukah, and Passover. We all have cards we purchased and didn't send out, so now is the time to bring them to the January 12th Federation meeting (see front page).

On March 15th (see front page), we will think of our displaced women who are served by Chana. They can use toiletries we have from our travels, or those we purchase for them. These women have often left their homes with just the clothes on their backs and are in need of many of these items which we take for granted.

Karan is happy to answer your questions or take any suggestions. She can be reached at 410-664-8244.



Tu B'shvat, January 8, 2012

Serv-A National Memorial Honors Jewish Chaplains

by Betty Seidel

In time for observing Veterans Day, a very exciting, momentous, historical event occurred! The Jewish Chaplains Memorial was dedicated at Arlington National Cemetery on Monday, October 24, 2011. Speeches and prayers in Hebrew and English honored the Chaplains during the two-hour ceremony. In the Jewish tradition, memorial stones were placed on the monument.



The Memorial, a bronze plaque on a granite headstone, sits on Chaplains Hill next to three others: one honoring chaplains who died in World War I, a second honoring Catholic Chaplains from World War II through the Vietnam War, and a third honoring Protestant Chaplains killed in the two World Wars. The impressive plaque is engraved with the names of fourteen Chaplains, a Star of David, the Ten Commandments and Lions of Judah. The original inspiration for the Memorial was the historic event when the USAT Dorchester was torpedoed by a German submarine in the frigid waters off Greenland early on February 3, 1943. The heroic sacrifice of Rabbi Alexander Goode and three other army chaplains gave up their life jackets to save enlisted men. Witnesses later reported seeing the four Army lieutenants, arm-in-arm, praying and singing together on the deck as the ship sank. Rabbi Goode was the only one of the four whose name had not been inscribed on a monument at Arlington because there was no monument to Jewish Chaplains who had died on active duty.

The oversight has now been corrected. "This tale of faith now has an ending we can all be proud of," said Rep Debbie Wasserman Schultz (D-Fla.), who helped push legislation authorizing the memorial through Congress in May.

Federation can be especially proud, as we are linked to the chaplains through the Chaplains Council of the Jewish Welfare Board.

The traditional holiday treats and prayer books provided by Federation are greatly appreciated by Jewish servicemen and women, away from home and family, protecting us throughout the world. We can all have a very happy Hanukkah, in the knowledge that our holiday gifts enhance the lives and raise the spirits of our American Jewish Armed Forces.

Quint Temple Sisterhoods Meet

The Baltimore area Reform sisterhoods, Quad Temple has enjoyed an annual fall luncheon since 1940. The sisterhoods of Baltimore Hebrew Congregation, Har Sinai, Oheb Shalom and Temple Emanuel have alternated hosting this event. This year, the sisterhood of Bet Aviv, Columbia Maryland, joined us making this a Quint affair. These are the five sisterhoods of Area 3 in our WRJ Mid-Atlantic District.

In the 1040s the NFTS (National Federation of Temple Sisterhoods) formed a Peace and World Relations Committee. This Committee urged local sisterhoods to take a stand on various issues. The three reform synagogues (BHC, Har Sinai and Oheb Shalom) called a joint meeting and decided to meet once a year, in alternating venues. The purpose of these meetings was to educate ourselves, become aware of world problems, and take stands on present day issues. Temple Emanuel Sisterhood joined 56 years ago to form "Quad Temple," and in 2011, Bet Aviv Sisterhood joined to form "Quint Temple."

Har Sinai hosted the Quint Temple luncheon on November 7, 2011. The guest speaker was WRJ Vice President Sharon Benoff. Sharon is Vice President of Services to Sisterhoods and Districts, Sharon's topic was "A Century of Accomplishments: WRJ Centennial Celebration." She offered a preview of the wonderful events to look forward to for the 100th birthday of WRJ which will culminate in San Diego California in 2013.

Co-chairs of this event were Janice Gold and Joanne Goldsmith. Har Sinai co-presidents Fran Bernstein, Eileen Cohen and Marsh Klein were our gracious hostesses.

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. Send questions or comments to info@jewishwomensfed.org or Eve Vogelstein, Webmaster, at 443-744-1060.



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