

A FAITH IN THE FUTURE.
A BELIEF IN ACTION.®

October 2011

www.ncjwaz.com

National Council of Jewish Women Arizona Section



L'SHANA TOVA TIKATAVU

לשנה טובה תכתבו 5772



Domestic Violence Month

Monday October 24, 2011 7 PM

Temple Solel 6805 East McDonald Drive, Scottsdale, Arizona

No RSVP required, refreshments available, FREE

What would you do if your daughter or close friend was a victim of Domestic Violence?

Are there ways you could save her?

Don't miss the play "Control, Assault, Delete", presented by John and Linda King in observance of Domestic Violence Month.

John and Linda who lost a daughter due to domestic violence, allow us to experience their tragedy through the eyes of their daughter and her abuser and through their eyes as parents.

PRESIDENT'S MESSAGE



Americans are unhappy with Washington. The elections of 2010 showed a real shift in the thinking of the majority of voters who came out to vote for the candidate of their choice. The new legislatures of many states (AZ included) became more conservative in nature and for the most part; do not share the political views of most of the NCJW members. The only power we have to change the mood of the US House of Representatives, strengthen the US Senate and completely turn around the Arizona State Legislature is our VOTE! Not only do we have to VOTE, we have to get others to VOTE. Talk to everyone you know about the importance of their VOTE! Don't accept the usual excuses of, my vote doesn't count, I don't know who to vote for, all politicians are the same, or I'm not registered to vote. Discuss an issue or candidate that you are most familiar with, go into detail and explain that not voting is unacceptable. With this in mind, I would like to start another interest group in order to educate ourselves, exchange ideas, advocate for the issues we care about and hopefully, register new VOTERS. I suggest we start with a once a month meetings, day or evening and we can rotate homes. If you are interested please call me, 480-860-8887 to determine what would work for those who are interested. Carol Consalvo
President

Fund Raising

Our latest fund raising activity was a success! NICK'S Italian Restaurant sent us a check for our lunch/dinner outing in Scottsdale and in Paradise Valley on September 19. We are busy planning our next restaurant activity. Hope you like Chinese food! More to come when we have all of the



details in place.

Remember to buy and sell those Gas Raffles. This fund raising activity can be successful for NCJW only if we sell a lot. SHELL is a national gas company. Buy them as gifts for friends and family across the U.S. The cost is \$10 a piece, 3 for \$25. Prizes are: \$100 gift card to SHELL, \$200 gift card to SHELL, and \$300 gift card to



SHELL.

We have a concert on February 18 at the Phoenix Symphony at 8 P.M. The concert is "The Grand Canyon Suite" by Ferde Grofe. Tickets are \$50 each. They are located in Section A , Main Floor, Row 23, seats 16 through 25. Please contact michele at event@ncjwaz.org for questions, or in purchasing tickets for this incredible concert. It is part of the Phoenix Symphony's celebration of the Arizona



Centennial.

INTEREST GROUPS

Book, Movie Mavens, International Dining, Canasta, Bridge Knitting and Scrapbooking will be starting soon. Go to our website to register your interest in joining an interest group or even starting a new group event@ncjwaz.org

TRIBUTES

FROM	TO	REASON
Fran Richter	Barton and Sandy Eptstein	loving memory of Bart's dad
Fran Richter	Mort Bernstein and family	loving memory of Linda
Irene Magerman	Mort Bernstein and family	loving memory of Linda
Bunny Berkowitz	Michele Gusdorff	Mazel Tov on becoming grandparents
Lynn Schmelzer	Harriet Bartick	loving memory of your sister
Carol Consalvo	Michele Gusdorff	Mazel Tov on becoming grandparents
Carol Consalvo	Larry, Beth and Paul Hoffman	loving memory of Lynda
Claire Bickel	Stan Morganstern	Special Birthday

Program Chair Message

Linda Mack Ross

Both our August program which was a potluck and shower for Natalie's House and our September program regarding separation of church and state, were well attended. In addition to our NCJW members the programs drew people from throughout the valley. Our domestic violence program this month promises to be a unique approach to this topic. Please bring friends and relatives to learn more about this topic which is a priority for National Council of Jewish Women

COMMUNITY ACTION

On **October 13th** we will be supporting other groups in our Teen Dating Abuse Awareness Collaborative at the Capitol.

On **November 9th** we will be part of a conference on Gun Violence.

Our **September** project was a success. We will continue to try to have a monthly Done in a Day activity that highlights important needs in our community.

So far, **October** will be dedicated to showing up at the Capitol to support Peer Solutions demonstration of Respect as the Norm for our legislators. We will have a table to provide information on our Teen Dating Abuse Awareness Program.

November we are scheduled to do our Teen dating Abuse Awareness program for BBYO.

Our big opportunity to help stop the cycle of violence in our community will be our **Domestic Violence Brunch**. This year its topic will be Dating Violence. It will be on Sunday, January 29th. Since February is Teen Dating Abuse Awareness month this will kick off activities in our community to raise awareness of this important issue. For all of these activities we need your participation. If you are interested in helping with our brunch, becoming a part of the Teen Dating Abuse Awareness Project, or have an idea for a special project or activity needed in our community please contact Hannah Kaplan at



event@ncjwaz.org

done in A Day

One of the unique things about NCJW is that we do things in our community to make life better for women, children and families. On Monday night, our Done in a Day group joined with members of Temple Chai to feed the homeless at the Watkins Center. It was a very rewarding experience and we all came away just a little more aware of how really lucky we are to be able to give back to our community.

If you wish to join us for our next Done in a Day activity or have an idea for another way we can provide support in our community, please contact Hannah Kaplan, Community Action, Vice President at event@ncjwaz.org



MONDAY BOOK GROUP

The next meeting of the NCJW Monday Book Group will be at the home of Ellen Widoff on Monday, October 3, from 1:30-3:30.

Please RSVP to ebwidoff@gmail.com or call at 602-513-3138.

We will be discussing **The Paris Wife** by **Paula Mclain**.

The following two books are:

November - **The Devil's Highway** by Luis Alberto Urrea

December - **The Good Daughter** by Jasmine Denzuck



NEW MEMBERS WELCOME

Linda Feldman

Estelle Lazell

Linda Mitchell

Susan Schesnol

Lois Von Halle

Marci Green

FOOD BANK FOOD BANK

With a record number of people on food stamps, food banks face bare shelves unless donations pick up. Bunny Berkowitz is collecting any type of canned food, packaged food, toiletries, baby food and diapers (all sizes) even cat food for the Paradise Valley Emergency Food Bank. Please bring all donations to our General Meeting. If you would rather make a check donation or deliver the food in person the food bank is located at 10862 N 32 Street, Phoenix. If you have donated in the past your fellow Arizonians thank you.

**FREE DAILY CLICKS SIGN UP
FOR DAILY REMINDERS**



Free Mammograms for women in need

www.thebreastcancersite.com

Cup of Food for the hungry www.thehungersite.com

Make health services possible for children living in poverty. www.thechildhealthsite.com

Save an area of imperiled land

www.therainforestsite.com

Help a homeless

and hungry veteran get a free meal, at no cost to you.

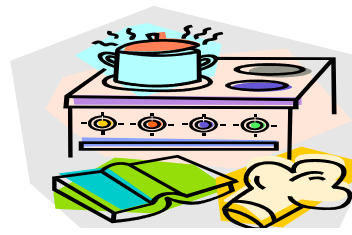
http://www.theveteranssite.com/tpc/ERV_072911_VET

Help provide therapy for children living with autism and their families, at no cost to you.

http://www.theautismsite.com/tpc/ERU_072911_AUT

PLAY AND DONATE RICE FOR FREE www.freerice.com

for each right answer they donate 10 grains of rice through the World Food Program to help end hunger.



MONTHLY RECIPE

White Chocolate Double Cranberry Blondies



Nonstick cooking spray

1/2 cup margarine or butter, softened

1/2 cup granulated sugar

1/2 cup packed brown sugar

3/4 tsp. baking powder

1/4 tsp. baking soda

1/4 tsp salt

2 eggs

1 tsp. vanilla

1 cup flour

1/2 cup dried cranberries (Plump 5 minutes in hot water)

1/2 cup white chocolate morsels

1 cup fresh cranberries (Washed and drained)

Hawaiian turbinado sugar

Preheat oven to 350 degrees. Line an 11x7x1/2 inch baking pan with foil. Coat foil with spray. Set aside.

Beat butter in large bowl until softened. Beat in sugars, baking powder, soda, and salt. Beat in eggs and vanilla.

On low speed, beat in flour. Stir in dried cranberries and white chocolate

morsels. Spread batter in prepared pan. Lightly press in fresh cranberries with

fingers. Generously sprinkle turbinado sugar on top. Bake 40 minutes or until toothpick inserted near

center comes out clean.

Cool on wire rack 1 hour. Lift with foil to remove from

pan. Cut into bars.

Wrap leftovers in aluminum foil.

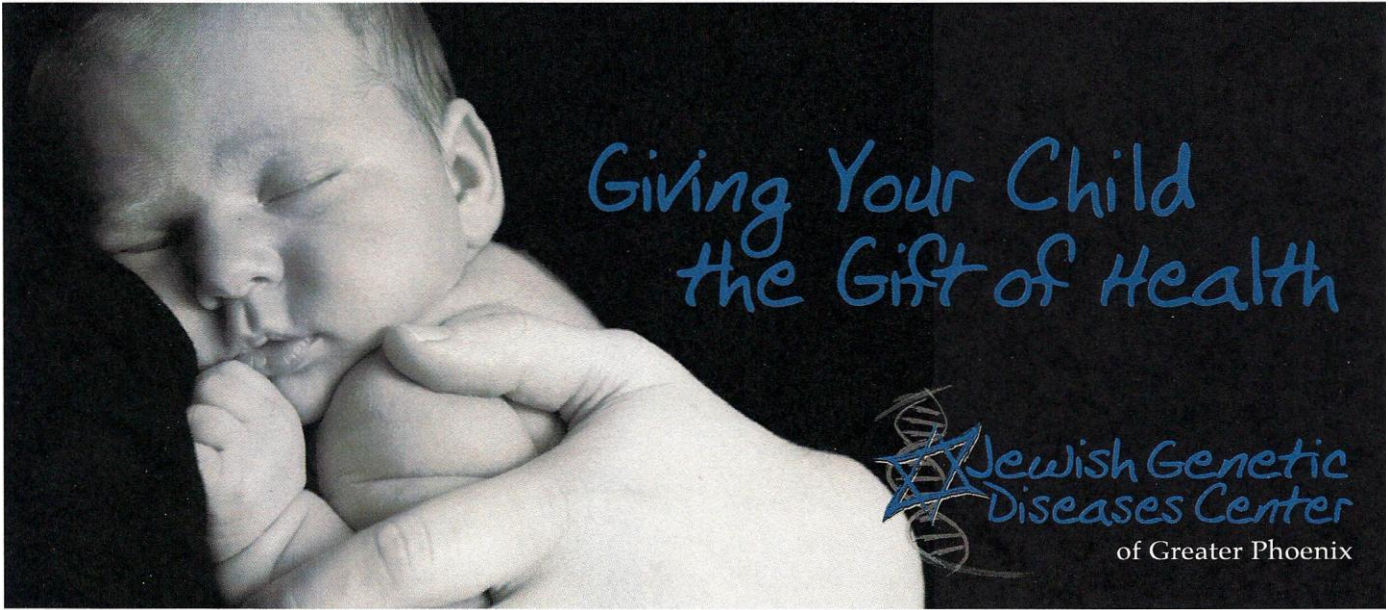
FACEBOOK

Our section is now on Facebook




Please go to www.facebook.com and in the

search box type nciwaz and our site appears. join and become a member



Giving Your Child
the Gift of Health

 Jewish Genetic
Diseases Center
of Greater Phoenix

Jewish Genetic Diseases Education and Screening Event

Genetic carrier testing for Phoenix area residents.

- Individuals ages 18-to~ 45 \$65.
- Individuals over age 45 \$325.~
- The usual cost of these tests exceeds \$3,000.

Call for non-resident rates.



Ina Levine Jewish
Community Campus
12701 N. Scottsdale Road

Sunday

October 30, 2011

10am-4pm

Pre-Registration Required

Know your genetic risk before you start your family.

One in five Jewish individuals of
Ashkenazi/ Eastern European
descent is a carrier for one or
more Jewish genetic diseases.

Your family may be at risk for a tragic disorder.

- Bloom Syndrome
- Canavan Disease
- Cystic Fibrosis
- Familial Dysautonomia
- Fanconi Anemia
- Gaucher Disease
- Mucopolysaccharidosis IV
- Niemann-Pick Disease
- Tay-Sachs Disease

Please note: Women who are pregnant or may become pregnant by the time of this event
should have carrier testing through their private physician.

www.jewishgeneticsphx.org » phone (480) 668-3347

Test Results are Confidential

On the Cutting Edge . . . Today's Jewish Woman”

Advance Your Mind ~ Enhance Your Well-Being A Symposium for Women of all ages In the Jewish Tradition of Learning and Growing

Location: [Ina Levine Jewish Community Campus](#) 12701 N. Scottsdale Road, Scottsdale, AZ

Sunday, November 6, 2011

8:30 - 9:00 Registration

9:00 - 9:45 Welcome/Keynote Speaker

9:55 - 10:50 Session 1

11:00 - 11:55 Session 2

12:00 - Luncheon/Fashion Show/Raffles

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Bureau of Jewish Education Valley of the Sun Jewish Community Center Brandeis National Committee Hadassah Valley of the Sun

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* A.M. Keynote: IRIS KRASNOW

Iris Krasnow was born and raised in Oak Park, Illinois. A graduate of Stanford University, Iris was the fashion writer for the Dallas Times Herald, national feature writer for UPI in Washington, D.C. where she wrote lifestyle stories and celebrity profiles, including Yoko Ono, Billy Graham, Ted Kennedy and Elie Wiesel. Iris authored SURRENDERING TO MOTHERHOOD, the NY Times bestseller SURRENDERING TO MARRIAGE, and SURRENDERING TO YOURSELF, I AM MY MOTHER'S DAUGHTER and her newest book, THE SECRET LIVES OF WIVES. She Iris Krasnow was born and raised in Oak Park, Illinois. A graduate of Stanford University, she became the fashion writer for the Dallas Times Herald, then moved to United Press International in Washington, D.C. for the position of national feature writer. In her several years at UPI, Krasnow specialized in lifestyle stories and celebrity profiles, including Yoko Ono, Billy Graham, Ted Kennedy, Elie Wiesel and Queen Noor of Jordan.

Krasnow is the author of SURRENDERING TO MOTHERHOOD, the New York Times bestseller SURRENDERING TO MARRIAGE, and SURRENDERING TO YOURSELF, all published by Miramax Books, as well as the newly-released I Am My Mother's Daughter (Basic Books). Her writing has been featured in many national publications, among them Parade magazine, The Wall Street Journal, SELF magazine and The Washington Post. Krasnow is the relationship correspondent for the Fox Morning News in Baltimore, and has been a guest on numerous national radio and television programs including Oprah, Good Morning America, The Today Show, CBS Early Show, Fox & Family and several times on CNN. Interviews with Krasnow, and reviews of her work, have appeared in Time, O The Oprah Magazine, Glamour, The New Yorker, U.S. News & World Report and Redbook.

A longtime journalism professor at American University, Krasnow lives in Maryland with her husband and four sons. She speaks on marriage, childrearing and "female generational angst" to groups across the country.(less)

<http://www.goodreads.com/author/show/49013.Iris_Krasnow###> Sh has been a guest on national radio and television programs and is a professor of journalism at American University in Washington, D.C.

Advance Your Mind

SESSION 1 - 9:55 – 10:50 a.m.

A. THE CAMPAIGN TO DELEGITIMIZE THE STATE OF ISRAEL Flotillas and the BDS (Boycott, Divestment and Sanction) movement are part of the campaign to delegitimize Israel. What is this campaign? Who is behind it and Why? What is an effective tactic for countering it?
Devin Sper

B. JUDAISM & BIOETHICS –

Stem cell research, genetic testing, gene therapy, cloning - these fields of application have been raising ethical and theological questions: When does human life begin? Should human beings be allowed to interfere with natural procreation or to manipulate the genome of their own species? Is genetic engineering tantamount to 'playing G-d'? Understand Jewish thinking and Judaism's role in addressing these questions.

Professor Joel Gereboff, PhD

C. EMERGING TECHNOLOGIES - WHAT IS AHEAD– Our world of nanotechnology, biotechnology, robotics, information & communication technology and applied cognitive science has a ground-breaking effect on humans. Let's explore these systems and their effect on our future.

Professor Brad Allenby, PhD

D. WOMEN OF VALOR . . .IN MIDRASHIC LITERATURE

Of all the women mentioned in the Tanakh, only 22 were called, in Midrashic literature, "women of valor", after the subject of Proverbs 31. How does a woman express valor? How critical is her association, by birth or marriage, with men of renown? Why were some heroic women, among them -- Tamar, Devorah, Avigail, and Huldah, excluded from the list? Who are these women and why are they important to us today?

Claire Kasden, PhD

E. CONNECTING IN CYBERSPACE: NAVIGATING IN A SOCIAL WORLD

Social Media (ie. Facebook, Google+, LinkedIn, Blogs, Apps, etc.) has transcended connected teens and online games. Why should you care and how much do you really need to know about it. We will explore it's place in our world from revolutions to the banal. What you need to know even if you don't want to know it all-- a primer on navigating social networks.

Penny Ann Dolin, MA

Enhance Your Well-Being

SESSION 2 - 11:00 – 11:55 a.m.

A JEWISH WOMEN, JEWISH FOOD AND BODY IMAGE

Honoring and respecting our bodies is a fundamental belief in Judaism. Yet, many Jewish women may forget about this principle, especially in an environment that is saturated with cultural messages about ideal body shape and size. By understanding more about body dissatisfaction and its relationship to self-criticism, perfectionism and weight, Jewish women can begin to challenge cultural thinness norms and food-related practices that are incompatible with honoring our bodies --- and our selves!

Marjorie Feinson, PhD.

B. EVERYTHING YOU WANT TO KNOW ABOUT SLEEP, BUT WERE TOO TIRED TO ASK.

Sleep-- we know what it is, but it evades many. Discuss what is "normal sleep", the causes of insomnia, and approaches to a better night's sleep.

Mark Gotfried, M.D.

C. UNDERSTANDING WOMANHOOD-- WHAT WOMEN BRING TO THE TABLE.

Learn what the feminine is, how it functions differently than the masculine, and how the two weave together to create the fabric of our lives. Discover what women uniquely offer society and gain insight into what women symbolize and what they inherently can teach humanity as we head further into the 21st Century.

Jennifer Brown, PhD

D. THE CYCLES OF WOMEN'S LIVES

Journey through early marriage and motherhood, through empty nest and mothering aging parents. Examine several important issues for women – work vs. family responsibilities; relationships with elderly parents, time for oneself, etc.

Iris Krasnow, Keynote Speaker

E. BLESS YOUR HEART - A HEART HEALTHY SESSION

Learn the latest information about women's heart health from the Department of Cardiology of the MAYO CLINIC.

Physicians of the Mayo Clinic

LUNCHEON & FASHION SHOW - JOIN US FOR A DELICIOUS "SPA CUISINE" LUNCHEON AND FABULOUS RAFFLES.

Registration Form –

"ON THE CUTTING EDGE . . . TODAY'S JEWISH WOMAN"

Sessions & luncheon all inclusive: \$40.00 - Not tax deductible.

~Dietary Laws Observed~

*YOUR \$40.00 HELPS SUPPORT EACH ORGANIZATION. Registration is required by November 1, 2011

Full-time college student with photo ID: \$15.00 Early Bird Discount: \$35.00 Registration Fee payment MUST BE RECEIVED BY October 15, 2011

Name _____

Address _____

City, State _____ Zip _____

Email _____

Indicate 1st, 2nd & 3rd choice topic for each session. Sessions fill as responses are received. Seating is limited.

***Session 1: 9:55 – 10:50 a.m.**

_____ 1st Choice _____ 2nd Choice _____ 3rd Choice

***Session 2: 11:00 – 11:55 a.m.**

_____ 1st Choice _____ 2nd Choice _____ 3rd Choice

*FOR INFO ON CHILDCARE, CALL THE BJE BY NOV. 1, 2011

PAYMENT INFORMATION Please return form & payment to:

By Mail:

Women's Symposium Bureau of Jewish Education 12701 N. Scottsdale Road, #206 Scottsdale, AZ 85254

By Phone: 480-634-8050

By Fax: 480-634-8051

Check enclosed payable to the Bureau of Jewish Education

(for credit card registration, please complete the following)

Mastercard or Visa Please charge my: Card # _____

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~No Refunds~

Linda Feldman
Director of Family Education
Bureau of Jewish Education of Greater Phoenix
12701 N. Scottsdale Road, Suite 206
Scottsdale, AZ 85254

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www.ncjwaz.org

SAVE THE DATE

October 7 Erev Yom Kippur

October 8 Yom Kippur

October 12-21 Sukkot

October 13 Day at the Capitol

October 24 General Meeting Temple Solel

October 30 Jewish Genetic Diseases Testing



November 6 Women's Symposium

November 26 General Meeting Temple Solel



December 24 Christmas Eve Game Night

January 29, 2012 Teen Dating Abuse Brunch

The National Council of Jewish Women (NCJW) is a grassroots organization of volunteers and advocates who turn progressive ideals into action. Inspired by Jewish Values, NCJW strives for social justice by improving the quality of life for women, children and families by safeguarding individual rights and freedoms.





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