

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

National Council of Jewish Women
Arizona Section

November 2011

www.ncjwaz.com

Understanding the World of Social Media.



Learn how social media is being used, what is available, what are the benefits and liabilities, and how you can support and protect your children and grandchildren.

PRESENTER BACKGROUND INFORMATION: Abbie S. Fink is vice president/general manager of Phoenix-based HMA Public Relations. A long-time communications professional, she is a recognized authority on media relations and social media/digital communications. She is a graduate of Arizona State University, with a BA in Journalism and a Master's Degree in Mass Communications.

MONDAY NOVEMBER 28, 2011

7 PM

TEMPLE SOLEL

6805 E. McDonald Drive, Scottsdale, Az.

No RSVP required, refreshments available FREE

PRESIDENT'S MESSAGE



“Change” and “Stay the Course” are two ways to approach life in our times. This week, our Bulletin Editor Claire Bickel and myself, attended a workshop on the use of FACEBOOK in today’s business world. We learned the basics of the FB and then the specifics in negotiating in the business world using FB. Many organizations such as NCJW are using FB to publicize the goals and aspirations as well as communicating with its members, nationally and locally. Currently, the Arizona Section has a FACEBOOK page, under Groups but soon we will be upgrading to an organization page. I urge anyone with an internet connection to search FACEBOOK and sign up as a “friend” and start getting used to this format. Along with Sandy Blumenfeld, our webmaster and local computer “maven”, we will be linking both the website and the FACEBOOK page before the first of the year. We are still in the investigating stage but soon we will be in the 21st century, technology-wise. This is a “change” we have to embrace to stay up with our National organization, as well. To help us understand the importance of this phenomenon, please try to attend our November general meeting where we will be discussing “social media” to our members and friends who understand that this is a way to embrace “change”. Next we will have to tackle “Twitter”...oye!

And on the other hand “stay the course” is how we need to approach fighting for our rights. The “war on women” through more and more bills that are being brought up to both state and the federal legislatures are staggering. Some states have voted and passed the most restricted laws on abortion rights; they have cut health benefits for women and children, and have continued to assault education funding. Federally, the process for approving judges to federal courts has virtually slowed to a standstill. All these situations points to a continued need to advocate, to never stop fighting for the causes we stand for. Please continue to answer NCJW Action Alerts and come to our General Meetings to keep informed and energized by our objectives and mission.

Thank you,

Carol Consalvo



TEEN DATING ABUSE

On Thursday, October 13th, we participated in the STAND & SERVE Day at the Capitol as one of several community resources on Domestic Violence. STAND & SERVE gave awards to legislators and educators who have helped to cultivate safety, equality and respect as norms to prevent relationship violence before it begins. This was our first action against abuse during October.



Taking Action against abuse is one of our cornerstone missions. We will continue our efforts to help stop the cycle of violence in several ways as this year proceeds. Our October 24th meeting was dedicated to understanding Domestic Violence with the play Control, Assault, Delete. On October 27th we will mark the 17th anniversary of the Violence Against Women Act by gathering at my home to call school districts to request that they establish a policy on Teen Dating Violence. We will also assist the Stand and Serve coalition by sending letters to Jon Kyl to make him aware of the importance of renewing the Violence Against Women Act. Watch your email for a sample letter to Jon Kyl and our representatives to assure the renewal of this important law. November 13 will be our first presentation of our Teen Dating Abuse Awareness program as we address the BBYO Shabbat weekend. This will hopefully be the first of many presentations in the coming year. We will mark the beginning of February as Teen Dating Awareness Month on January 29th with our Teen Dating Abuse Awareness brunch. Be sure to put January 29th on your calendars now so that we can have the most successful brunch ever. We will be having an inspiring speaker, Bobbi Sudberry who established Kaity’s Way, an organization that was spawned by a horrible tragedy but has been an inspiration to those of us who try to advocate for legislation that will make life better for women, children and families.

TRIBUTES

FROM	TO	REASON
Debby Finkel	Jon Sabol	Mazel Tov on passing the Il. State Bar
Debby Finkel	Lynn and Larry Schmelzer	Speeding recovery
Debby Finkel	Mort Bernstein and family	Loving memory of Linda
Debby Finkel	Michele Gusdorff	Mazel Tov on becoming grandparents
Debby Finkel	Sondra Mesnik	Speeding recovery
Fran Richter	Sondra Mesnik	Speeding recovery
Claire Bickel	Dr.Al Silberman	Congratulations on your special birthday
Claire Bickel	Sari Safrin	Congratulations on your special birthday
Freda Pine	Louis Fefferman I	Loving memory of beloved wife, Eleanor

NEW MEMBERS

Suzy	Alpern
Robin	Balon
Marilynn	Cohen
Linda	Feldman
Natalie	Glicksman
Marci Ann	Green
Elaine	Grobstein
Estelle	Lazell
Linda	Mitchell
Susan	Schesnol
Lois	von Halle

FOOD BANK

With a record number of people on food stamps, food banks face bare shelves especially before the holidays. Bunny Berkowitz is collecting any type of food, for the Paradise Valley Emergency Food Bank. Please bring all donations to our General Meeting.

MONTHLY RECIPE

5 MINUTE CHOCOLATE MUG CAKE

- 4 tablespoons flour
- 4 tablespoons sugar
- 2 tablespoons cocoa
- 1 egg
- 3 tablespoons milk
- 3 tablespoons oil
- 3 tablespoons chocolate chips (optional)
- A small splash of vanilla extract
- 1 large coffee mug (MicroSafe)

Add dry ingredients to mug, and mix well. Add the egg and mix thoroughly.

Pour in the milk and oil and mix well...

Add the chocolate chips (if using) and vanilla extract, and mix again..

Put your mug in the microwave and cook for 3 minutes at 1000 watts.

The cake will rise over the top of the mug, but don't be alarmed!

Allow to cool a little, and tip out onto a plate if desired.

EAT ! (this can serve 2 if you want to feel slightly more virtuous).

And why is this the most dangerous cake recipe in the world?

Because now we are all only 5 minutes away from chocolate cake at any time of the day or night!

INTEREST GROUPS



Every Friday at 1 PM our knitting interest group meets at Pueblo Norte to knit and/or crochet afghans with resident members of the Knit Wit group led by our member, Freda Pine. The blankets are given to Project Linus to distribute to children leaving Children's Hospital or residing at shelters. This week Freda delivered 11 new blankets to Project Linus at their 13th anniversary Blanket Bee in Fountain Hills.

As a [Done in a Day](#) activity we will be making easy blankets at the home of Bunny Berkowitz on November 9th. We have a light lunch first then make flannel blankets edged in an easy slip stitch. If you know how to crochet, or even if you don't we hope you will join us for this fun way to help our community. RSVP to Bunny @event@ncjwaz.org, if you wish to take part in this Done in a Day activity.



SCRAPBOOK NEW GROUP

Would you like the pictures of your family or a trip to be put in an organized book with descriptions of who, what, when, and where?

Then you need to come and see how it is done. Friday Nov. 4, 2011 from 10 till 12 at my home. I will be happy to get you on the right track. The first meeting will be to see what it is all about and discuss materials that will be needed to complete this quest. The next meeting on Dec. 2, 2011 will actually be a working day from 1:00 till 4:00.

e-mail me at event@ncjwaz.org, if you are interested.


MONDAY BOOK GROUP

The next book group will meet on November 7th, from 1:30-3:30 at the home of Sydell Mayer.

@event@ncjwaz.org.

The Devils Highway: A True Story by Luis Alberto Urrea



Movie Mavens: Group meets monthly to view a movie and discuss it over dinner. For more information please contact Carol Lieber @event@ncjwaz.org 

Writing Group : This group will stretch your creative imagination. Your interpretation of life is what matters as you sit before a blank page and write. For more information please contact Diana Schmidt @ncjwaz.org.

Knit Wits and Happy Hookers: Knitting and crocheting blankets and donating them to Project Linus who gives them to children seriously ill or traumatized. Please contact fredapine@event.ncjwaz.org

International Dining: Meets monthly to enjoy delicious food and learn about different cultures. Please contact Lindamackross@event@ncjwaz.org

Canasta Group: Meets weekly beginners as well as experienced players. Beginners will be taught to play. Please Contact Cheri@event@ncjwaz.org

Done in a Day: Volunteer projects that can be completed in one day. Please contact Hannah Kaplan @event@ncjwaz.org.

Book Group: See above or contact Ellen Widoff @event@ncjwaz.org

[Look for information on new groups forming](#)**Advocacy:** meet monthly to review what our State is doing legislatively and take action to support programs important to NCJW Please contact Eleanor Eisenberg@event@ncjwaz.org and **Current Events and Issues Group:** Please contact Carol Consalvo @event@ncjwaz.org.



FUND RAISING

After a successful, fun filled, and delicious dining event at NICK'S Italian Restaurant, we will be dining again on Monday, November 14 at FLO'S in the AJ Shopping Center. You must bring the attached flyer with you for NCJW to receive 18% of each check. Bring an appetite,



the food is great.

Remember to sell those SHELL Gas Card raffles. The more raffles we sell, the bigger the



profit for your NCJW Chapter.

We have available a limited number of tickets to the Phoenix Symphony on Saturday, February 18 at 8 PM. They will be playing "The Grand Canyon Suite." Michael Christie will be the conductor. The seats are located in Section



A, Main Floor, Row 23.

They are priced at \$50. Please contact ...Michelle @event@ncjwaz.org if you are interested.

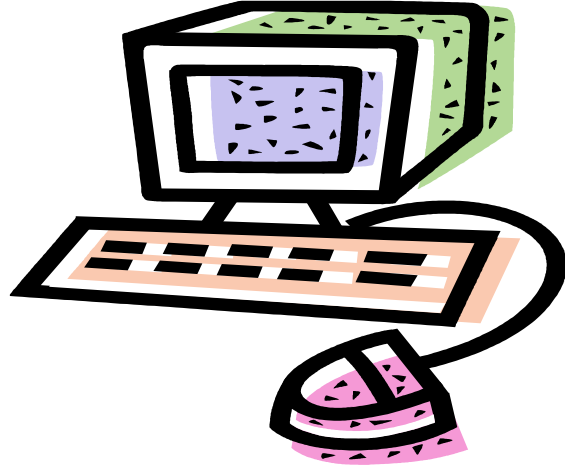
OCTOBER MEETING

Our October domestic violence program, Control, Delete, Assault was very moving and well attended. In keeping up with the spirit of social action and education, I invited residents of Dignity House, a diversion program for women arrested for prostitution. The play really hit home to them as well as the rest of the audience. I always feel good when our programs touch people and I felt like mission accomplished. If you missed the play and ever notice it is being performed, I encourage you to see it. Next month our world will really be open when we learn about social media. Hope to see you all there.

Linda Ross
Program Chair

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.therainforestsitesite.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.



National Council of Jewish Women

NATIONAL COUNCIL OF JEWISH WOMEN, ARIZONA SECTION

Invites you to enjoy lunch, dinner or take-out at



15027 North Thompson Peak Parkway, Scottsdale

**(Frank Lloyd Wright and Thompson Peak Parkway in the AJ's
Shopping Center)**

Monday, November 14, 2011

Lunch! Dinner! Take-Out! 11am-10pm

***Bring this flyer and FLO's will donate 18% of each check before taxes to
NCJW, AZ Section***

YOU MUST PRESENT THIS FLYER

NCJWAZ is co-sponsoring this event



SAVE THE DATE!

Gun Violence: Myths, Realities, and Policy Choices

A half-day conference to educate, inspire, and promote involvement in gun violence prevention

Wednesday, November 16, 2011

8:30am - Noon

Central United Methodist Church

1875 N. Central Avenue

Phoenix 85004

Hear the Perspectives of:

- * Gun violence survivors
- * Law enforcement
- * Faith-based leader
- * Trauma surgeon
- * Arizona legislator

And more...

Includes a Networking Reception

Don't miss this event -- spread the word. Together, we can make a difference!

Sponsored by Arizonans for Gun Safety with support from the Brady Campaign to Prevent Gun Violence, National Council of Jewish Women-Arizona Section, Students Against Guns in Education, Kaity's Way, Peer Solutions

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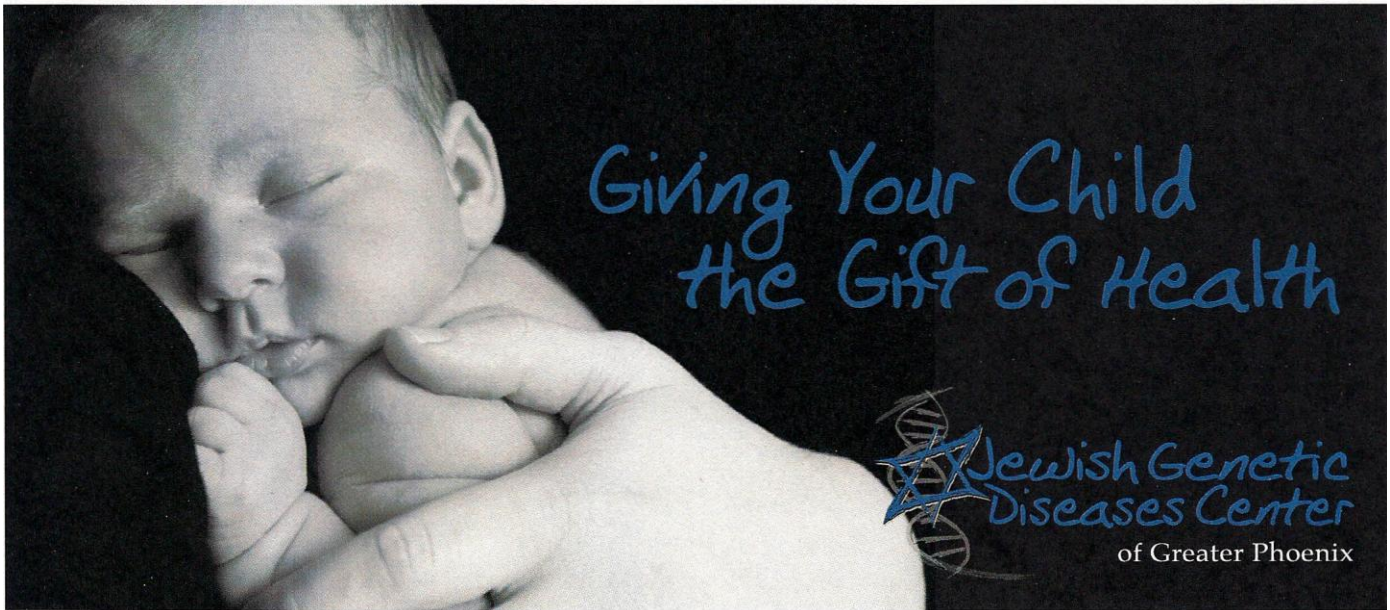


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Jewish Genetic Diseases Education and Screening Event



Ina Levine Jewish
Community Campus
12701 N. Scottsdale Road

Sunday

October 30, 2011

10am-4pm

Pre-Registration Required

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.

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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National Council of Jewish Women Women's Philanthropy of the Jewish Federation

* 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 o **Bureau of Jewish Education**

(for credit card registration, please complete the following)

Mastercard or Visa o Please charge my:Card #_____

_____ Amount Enclosed:_____

Exp. _____ CCV Code_____

Signature: _____

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City, State, Zip _____

Phone:_____

~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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event@ncjwaz.org
www.ncjwaz.org

SAVE THE DATE

October 30 Jewish Genetic Diseases Testing

November 6 Women's Symposium

November 14 Flo's Fund Raiser

November 16 Az for Gun Safety Conference

November 24 Thanksgiving

November 28 General Meeting Temple Solel

December 20-28 Hanukkah

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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