

Bulletin

Winter 2009 Volume 44 Number 2

Life Changes. We Can Help.

the Linda and Rudy Slucker NCJW Center for Women Expands its Horizons to Meet a Changing World

Has it been thirtysomething years already? Believe it or not, the Linda and Rudy Slucker NCJW Center for Women has been providing women, children and families with innovative community services and programs for nearly three decades!

We've always been proud of our commitment to be in tune to the changing needs of the people we serve, regardless of race, religion or economic status. On any given day, you'll see the Center for Women buzzing with activity – women learning how to use computers... children huddled around a table talking, playing, and expressing their feelings...job seekers strategizing to find work...women learning how to cope with the loss of a loved one...and so much more.



Well, the **times they are a-changin'...and needs are greater than ever!** In these economically challenging times, many women are out of work and need to be financially secure. Job hunters are seeking computer skills and job search strategies. Children are feeling anxious. The media is exposing teens to more and more dating violence. The elderly population is growing. Simply put, people are stressed!

As needs grow and change, the Center for Women strives to respond by developing new and expanded avenues to meet these emerging needs.

Turn to page 3 and take a look at are some of our newest, most innovative programs!

UPCOMING EVENTS

LUNCH & LEARN



FBI: FOR BETTER INFORMATION – HATE CRIMES, SCARY TIMES

January 20, 2010; 12:00 - 2:00 p.m.
Temple Emanu-El
264 Northfield Road, Livingston

Two agents from the Newark office of the FBI will speak about a variety of hate crimes and answer questions from the audience.

Preregistration is **REQUIRED!**
Registration deadline is January 13.
Cost: Members \$15, Nonmembers \$25

Call NCJW at 973-740-0588 or ncjwessex.org

Lunch & Learn is sponsored in honor of Ellen Lynette through a contribution to the *Legacy for the Future* Endowment Fund.

MITZVAH NIGHT 2010 “Tuck-In” Time

Sunday afternoon, March 14 & Monday evening, March 15

Help provide much-needed items such as pajamas, books, blankets, diapers and more to underserved babies and young children.

A wonderful opportunity for the whole family! See page 5 for more details.

WATCH FOR THE NEW NCJW COOKBOOK!

Coming this Spring!

Filled with delicious, tantalizing recipes for every occasion...

See page 12 for a sample recipe from one of our favorite “celebrity chefs!”

MESSAGE FROM THE PRESIDENT



Since its inception in 1893, National Council of Jewish Women has been pioneering in its commitment to improve the quality of life for women, children, and families. NCJW's National Resolutions state that in order to advance the well being and status of women, "we endorse and resolve to work for the elimination of, and protection from, all forms of harassment, violence, abuse and exploitation against women."

Nationally we monitor legislation concerning domestic violence and make recommendations for action through Action Line at ncjw.org. NCJW sections throughout the United States report involvement in community service, educational or advocacy related projects to combat this far-reaching problem.

Our Essex County Section is no exception. We entered this arena twenty-five years ago when we established a task force to explore the incidence of domestic violence within our community. An outgrowth of this initial taskforce and its findings became the Domestic Violence Support Services, housed at the Linda and Rudy Slucker NCJW Center for Women. Its goal was to offer peer support groups and a crisis hotline for victims. Ultimately we found our calling by establishing the Teen Dating Abuse project, a proactive educational module for presentation in high schools.

The Teen Dating Abuse project reflects the latest research and approach to the issue. It is our belief that by going into classrooms, educating teenagers, and teaching them the signs of healthy versus abusive relationships, they will be able to make informed relationship choices for themselves. In addition, our trained presenters speak to youth groups,

parent groups, and domestic violence intervention teams.

We collaborate with the Rachel Coalition, our local response to domestic violence, as both a founding partner, and as "on the ground" trainers in the field. Using our nationally acclaimed curriculum and our NCJW, Essex County Section award-winning video, *Matters of Choice*, we believe that this project can change and save lives.

Through our advocacy efforts, February has been proclaimed Teen Dating Abuse Awareness Month and we are launching our new *Love Shouldn't Hurt* campaign. Underwritten by the generosity of Audrey and Norbert Gaelen and grants from Target and The Healthcare Foundation of New Jersey, and partnering with local high school students, teachers, administrators, and town officials, our Section will not only be teaching in high school classrooms, but will be out in the community bringing awareness of this issue to Essex County residents old and young through a major advertising effort.

Join us in our effort to break the cycle of violence so that all women can thrive in relationships that offer mutual comfort and respect.

Sharon Falkin



President

THANK YOU BOBBE!

The NCJW Essex County Section board, members, volunteers and staff extend their deepest appreciation to **Bobbe Pomp** for 46 years of devoted service!



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 and by safeguarding individual rights and freedoms.

NCJW[®]

National Council of Jewish Women
Essex County Section

(Story continued from page 1)

The times may be a-changin', but at the Linda and Rudy Slucker NCJW Center for Women, we are changing with them. The Center for Women is a full-service agency - ready, willing and able to be here for YOU. It's good to know you're not alone because... Life Changes. We can help.

CAREER QUEST

"I need to go back to work, but it has been years since I was in the work force. I don't even know how to begin a job search."

Are you recently unemployed? Are you re-entering the workforce after being a stay-at-home mom? We can assess and update your skills and help you figure out how to go back to your career or switch to something new.

Our new **CAREER QUEST** program is designed for any woman who is returning to the workforce, women who are entering the job market for the first time, women who are contemplating a career change, as well as for those women who simply want to improve their job search skills.

For a one-time fee of \$75, participants will meet with a career professional and receive guidance in areas such as career planning, resume writing, and job search strategies.

Career Quest compliments our existing Job Readiness Program which serves the displaced homemaker (a woman who is widowed, divorced, separated, or living with a disabled spouse) and is available at no cost.

For information, call Barbara Sunberg at 973-994-4994.

Career Quest is a joint effort with Jewish Vocational Service (JVS) of MetroWest and has been made possible by a generous grant from the Jewish Women's Foundation of New Jersey.

PEER SUPPORT GROUPS

"My elderly mother lives in the South Orange Senior Housing complex and calls me constantly – except all of sudden, she doesn't call on Tuesdays! I don't get it. She said it has something to do with an NCJW group she's involved with, but that's all I get from her. Thank you for whatever you're doing, but could you tell me exactly what's going on?"

In response to the growing needs of the senior community, we've introduced our Peer Support Groups at two senior housing locations – one in West Orange and one in South Orange. Led by two trained

facilitators, these current events groups provide stimulating conversation and thought-provoking discussion among the men and women participants and the volunteers. It's a win-win for all!

"My mother AND my husband are both ill and I really don't know how to cope with the situation. I have things somewhat under control for them, but I need to talk to someone about ME."

We are now offering a free Caregivers Support Group, in conjunction with Daughters of Israel, on-site at their facility in West Orange. This program is open to ALL men and women in the community whether their loved one is in a facility or being cared for at home. Participants in this group, led by trained facilitators, will discuss

their feelings of frustration, confusion and distress in a comfortable atmosphere. The group will meet once a week for six consecutive weeks at the Daughters of Israel Plafsky Family Campus, Cooperman Family Building in West Orange. Registration is required; call 973-994-4994.



Meet the staff at the Linda and Rudy Slucker NCJW Center for Women. Standing, from left to right are Jill Kapleau, Center for Women Coordinator; Barbara Sunberg, Career Quest Coordinator; Andrea Silvershein, Director of Community Services; and Sue Fass, Computer Specialist. Seated is Carol Kenny, Case Manager. Not pictured is Eileen Bruck, Job Developer.

THE TEEN DATING ABUSE PROJECT

"My daughter is involved with an after-school youth group and after seeing all the press about the Rhianna and Chris Brown case, I think these girls need to learn more about preventing teen dating abuse and violence. Can you help me bring more information to the group?"

Absolutely! Our nationally recognized **Teen Dating Abuse Project** brings information to more than 3,000 teens in Essex County high schools and other groups such as parent associations, youth groups, after-school programs and church and synagogue groups each year.

This year, the TDA project is expanding beyond the classroom and reaching out into the community via billboards and other ways to tell the community that **Love Shouldn't Hurt**. Watch for this awareness blitz the first week of February, scheduled to coincide with National Teen Dating Violence Awareness and Prevention Week.

If you're interested in becoming involved, or in having one of our trained presenters speak to your group, call us and we will set a plan in action!

The Love Shouldn't Hurt initiative is made possible through grants from the Healthcare Foundation of New Jersey, Target, and Audrey and Norbert Gaelen. TDA is sponsored by Audrey and Norbert Gaelen through a gift to the NCJW Legacy for the Future Endowment Fund.

For more information about our Center for Women programs, see page 6. For a complete listing of our programs and to register, you can reach us at www.CENTERFORWOMENj.org or 973-994-4994.

COMMUNITY SERVICES

ATTENTION NCJW MEMBERS! WE WANT TO SHARE A GREAT SECRET!

Did you know that there's an amazing selection of workshops, computer classes, and support groups available for YOU at the Linda and Rudy Slucker NCJW Center for Women! We've selected some for you to consider....

WOMEN'S WORKSHOPS

Wednesday, January 6; 7:15 p.m.

Twitter, Facebook, LinkedIn: Networking in the 21st Century

We're going to Twitter for Information, Flickr our pictures, go face to face on Facebook & get linked up on LinkedIn. Rich Jacobs, owner of CompuDoc Services in Millburn, will cover setting up accounts, how much and what info you need to supply, uploading pictures, and any other pertinent computer questions.

Wednesday, January 13; 7:15 p.m.

Organizing Your Life—Get Rid of Clutter

Learn to create an organized soothing atmosphere in your home. Ellen Palestine will have valuable information on how you can de-clutter and organize your home in a low stress way and keep it that way with minimal hassle.

Wednesday, January 27; 7:15 p.m.

Handling Finances Before, During and After Divorce

Stephanie Barbuto and Associates from New England Financial, will address the financial concerns of anyone contemplating or in the final process of separation and divorce. Topics will include estate, retirement, insurance and college savings issues. Question & answer period will follow.

Wednesday, February 3; 7:15 p.m.

A Women's Journal: Writing Techniques to Promote Wellness

Learn how to effectively journal your experiences with Ayesha Gallion, a published writer and English instructor. It can be fun, therapeutic and improve your well-being.

Wednesday, February 24; 7:15 p.m.

Divorce Options: Mediation vs. Litigation

Nick DeMetro, Esq., a divorce mediator at Montclair Divorce Mediation, will explain the divorce process with emphasis placed on finding the best solution using mediation or litigation.

Workshops are \$7 per session; workshops are free for NCJW members who sign up in advance. Call the Center for Women at 973-994-4994.

Women's Workshops are sponsored by Susan and Walter Schenker through a gift to the NCJW *Legacy for the Future* Endowment Fund.

COMPUTER CLASSES

DO YOU WANT TO KEEP UP WITH YOUR GRANDCHILDREN? NOW IS THE TIME TO BITE THE BULLET AND LEARN HOW TO USE THE COMPUTER!!!

We offer a whole range of computer classes. Our small groups and friendly instructors always receive rave reviews. Here is a sample of what's coming up this winter:

Intro to Windows, the Internet & Email

Become familiar with computer terminology. Learn to create, reply to and forward e-mails, surf the Internet and more.

Six sessions:

- Starts January 7, Tuesdays and Thursdays from 9:00 – 11:00 a.m.
- Starts February 1, Mondays and Wednesdays from 9:00 – 11:00 a.m.

Intro to WORD:

Create and save documents, move and copy text, set margins, reformat and more.

Six sessions:

- Starts January 6, Mondays and Wednesdays from 9:00 - 11:00 a.m.
- Starts February 2, Tuesdays and Thursdays from 9:00 – 11:00 a.m.

Basic EXCEL:

Pre-requisite: Intro to WORD or WORD experience

Learn to create, edit and format worksheets; enter and edit data and text; perform calculations; create and copy formulas and more.

- Six sessions starting January 7, Tuesdays and Thursdays from 11:15 a.m. - 1:15 p.m.

Registration is required for all activities. The cost is \$85 for each course. Classes are also offered for Intermediate WORD, Intermediate EXCEL, PowerPoint and QuickBooks. To register and for a complete list of classes, call 973-994-4994 or www.CENTERFORWOMENnj.org

The Computer Lab is sponsored by Sylvia and Saul Seltzer through a gift to the NCJW *Legacy for the Future* Endowment Fund.

PEER SUPPORT GROUPS

If you are looking for a place to share your feelings with other women in similar life circumstances, our PEER SUPPORT GROUPS can help.

NEW GROUPS FORMING!

- **Mothers of Children who are Socially Isolated**
- **Women Coping with a Family Member Who has an Eating Disorder**

Each group is six sessions and begins at 7:30 p.m. If you are interested in joining a group, or learning about other groups forming, please call the Linda and Rudy Slucker NCJW Center for Women at 973-994-4994 or www.CENTERFORWOMENnj.org

For information about all of our programs, please visit us at www.centerforwomennj.org

TELEPHONE REASSURANCE FOR HOMEBOUND SENIORS

The Telephone Reassurance Program, originally a project of Jewish Family Service of MetroWest, has found a new home at NCJW. This program provides support through volunteers who offer a warm and friendly voice to homebound seniors on a regular basis.

If you would like to make a difference in the life of a homebound senior, training is being offered to volunteers; the staff of JFS will be available for additional support if a client needs more attention and care.

To volunteer for this program or if you know of a homebound senior who could benefit from this program, call Sue Wasserman, Coordinator of Volunteers at 973-740-0588 or swasserman@ncjwessex.org.

NCJW WELCOMES NEW STAFF MEMBERS

BARBARA SUNBERG

Coordinator of Career Quest

Career Quest is NCJW's new program to assist women who are returning to work or entering the workforce for the first time.

An attorney who practiced criminal law for 14 years, Barbara Sunberg is also a certified civil and matrimonial mediator. Subsequent to practicing law, Barbara opened her own legal staffing company, Prestige Careers, where she has been successful in guiding people to attain new employment.

Barbara is thrilled to be a part of NCJW's Career Quest program where she can put her skills to work and assist clients to become "job ready." She feels that being able to help women in the community with career planning and job search strategies is incredibly rewarding.

Barbara loves the theater, movies, walking, reading and spending time with her family. She is married to Kenny, an attorney and is mother to Eric, 24, and Alexandra, 21.



SUE WASSERMAN

Volunteer Coordinator

Sue Wasserman is the new Volunteer Coordinator for The NCJW Volunteer Network. Prior to working at NCJW, Sue was a legal editor in Washington, D.C. More recently, she was an active volunteer for NCJW, serving as a past president of the Young Women's Group as well as on the Section Board.

Sue is thrilled to be able to make her avocation her vocation by working at The Volunteer Network and making matches between women in the community and the perfect volunteer job. She hopes that she will be able to bring more members to NCJW through volunteerism. She is also excited that going back to work doesn't mean losing touch with her friends at NCJW.

When not working, Sue enjoys biking, playing golf and being actively involved in her boys' lives. Sue is married to Jon and mother to Ben and Jack.



MITZVAH NIGHT 2010 "Tuck-In" Time

Two days:

Sunday afternoon, March 14

Monday evening, March 15

Imagine not being able to buy diapers for your baby or toddler. Or not having a special toy or blankie for "tuck-in" time.

Join a compassionate group of NCJW women and families who will help provide these much needed items – pajamas, books, blankets, diapers and more – to underserved babies and young children.

On Sunday afternoon, March 14, families will gather to help sort through the collected items. On Monday evening, March 15, adult volunteers will pack the items for delivery to the local social service agencies.

Here are some sample volunteer opportunities:

- Shop for clothing, baby necessities and diapers
- Coordinate volunteer teams
- Work the days of the event
- Donate or purchase needed items
- Make it part of a mitzvah project for your child
- Join our planning committee and be involved from the beginning

For more information, call Sue Wasserman, NCJW Volunteer Coordinator, at 973-740-0588 or swasserman@ncjwessex.org

VOLUNTEER

AT THE LINDA AND RUDY SLUCKER NCJW CENTER FOR WOMEN

Winter is here! Do you have some free time for volunteering?

Whether you have an hour a day or an hour a week, we can help you find a project or volunteer job that fits your schedule and interests.

WE NEED YOU!

Our Center for Women has a myriad of opportunities:

- Make follow-up calls to local businesses for our clients who are seeking work there. We provide the script and contacts
- Schedule client meetings or workshop programs
- Welcome clients and assist workshop leaders
- Facilitate a current events peer support group for the senior community.
- Help women choose clothing for interviews
- Enter client lists into the database
- Teach a computer class

Work with children or adults.

Evening or daytime options are available.

Training and supervision will be provided.

For more information, call Sue Wasserman, NCJW Coordinator of Volunteers at 973-740-0588 or visit us at VOLUNTEERnj.org





228 CHILDREN 194 VOLUNTEERS ONE AMAZING DAY!

This past September, 228 underserved children from the Essex County community walked into their classrooms with big smiles, new clothing and backpacks filled to the brim with school supplies!

National Council of Jewish Women, Essex County Section extends its heartfelt thanks to everyone who made the inaugural Back 2 School Store an overwhelming success!



Sharon Falkin
President, NCJW Essex County Section

Cathy Silverman
Executive Director, NCJW Essex County Section

BACK 2 SCHOOL STORE STEERING COMMITTEE
Penina Barr, Janet Berger and Deborah Schatz
Co-Chairs



Lila Bernstein • Susie Botwinick • Karen Cherins • Mara Friedman • Jill Johnson • Stacey Laken • Ellen Legow • Joan Lowy • Ellen Lynette Isabel Margolin • Andrea Mintz • Natalie Peck • Elyce Perlstadt • Leah Schneier • Deborah Schultz • Marlene Tepper • Lynn Wald • Sue Wasserman

GOLD STAR SPONSORS

ANONYMOUS

B'nai Shalom, Morris and Miriam Hammer Campus

Audrey and Norbert Gaelen

Jill and Alan Johnson

Ellen and Donald Legow

Miller Family Foundation

Ethel and Joel Sharenow

SILVER STAR SPONSORS

Almar Party & Tent Rentals • Marlene and David Tepper

BRONZE STAR SPONSORS

Karen and Robert Cherins • Nancy and Robert Eskow

BLUE STAR SPONSORS

Eagle Rock Self Storage • Mitzi and Warren Eisenberg • The Montclair Foundation
The Montclair Fund for Women • PROMOS LLC

GREEN STAR SPONSORS

Anonymous • Creative Hands, a project of NCJW • Gurwin Photography
Investors Savings Bank Charitable Foundation • Recreation Picnic Service, Inc.
United Supply Corp. • Wal-Mart Stores, Inc., Cedar Knolls

A GREAT DAY FOR EVERYONE!!!



BACK 2 SCHOOL
Store
a project of NCJW



MARK YOUR CALENDARS!

Sunday, August 1, 2010

Back 2 School Store

At B'nai Shalom, West Orange

Volunteer opportunities will be announced in Spring 2010!
For more information and to find out how you can get involved,
go to www.ncjwessex.org.

For sponsorship opportunities, call Cathy Silverman,
NCJW Executive Director, at 973-740-0588.



THROUGH THE EYES OF A BACK 2 SCHOOL STORE VOLUNTEER

Of course with many years come many wonderful memories. For me, few are as cherished as Sunday, August 2nd, 2009. That was the NCJW Essex County Back 2 School Day.

When I walked into the "store" and recognized the careful precision and organization that preceded this event, I was totally overwhelmed. Excitement and joy can easily provoke tears for me. When I viewed the wonderland packed full of necessary clothing, school supplies, and toilet articles afforded 228 needy children, I literally cried.

What vision, strength and courage Essex County's NCJW leadership had to make this fabulous dream become such a spectacular reality. The precision and coordination was truly amazing.

Best of all was my vantage point at check-out. I saw the

broad grins of not only the recipients but the personal shoppers as well. And what fun it was to have a recipient show me a favorite article among a giant cache of special treasures. My favorite story is the one of the young boy who proudly announced he finally had his very own toothbrush.

Although I've been fortunate enough to have many great experiences in my life, rarely have I experienced the high pitch emotion Back 2 School offered.

The kids were so thrilled with their new and perhaps first-time acquisitions. I, as a volunteer, experienced one of the greatest gifts of my lifetime. I am very lucky to have played such a small part in giving. Thank you for affording me that very special privilege.

Nan Samons

Celebrate the Dream...



Honoree Marsha Atkind with UJC of MetroWest Executive Director Max Kleinman



Honorees Greg and Penny Sherry

A sold-out crowd of 288 people came out on Thursday, October 29 for an amazing evening of great jazz, sizzling conversation and fabulous food at the Maplewood Country Country Club.

Our honorees Marsha Atkind & Penny and Greg Sherry were saluted for their outstanding leadership and dedication to NCJW.



Gail and Mark Sample, left, and Ellen and Andy Lynette



From left, Janet Berger, NCJW Executive Director Cathy Silverman, and Natalie Peck



From left, Marilyn Mark, Judy Schwartz, and Judy Perlmutter



Marshall and Michele Freidus, left and Lauren and Rob Jacobson



Linda Slucker, center, with Jaimee and Bruce Baumgarten

... And All That Jazz!



The prestigious Helen D. Schwartz Crystal Award was presented to The ShopRite Stores of Essex for their contributions to NCJW and the community.

The evening included a special musical performance by renowned jazz recording artists Vic Juris and Kate Baker.



Event co-chairs Linda Slucker, second from right, and Linda Jacobs, far right, with honorees Marsha Atkind, left, and Penny Sherry.



Dan and Barbara Drench



The Helen D. Schwartz Crystal Award was presented to representatives of The ShopRite Stores of Essex



Larry and Susan Claman, left, and Barbara and Arnold Janofsky



Mel and Linda Jacobs, left and Rita Blasberg



From left, Marion Medow, Cynthia Geller and Beth Levithan



Leah and Alan Schneier



Marsha Atkind, left, Lisa Block, Marcy Felsenfeld and Carol Marcus



Jill Johnson, left, and Sue Rudd

ADVOCACY

ISRAEL ADVOCACY

EYE ON NCJW IN ISRAEL

The first of a series of columns focusing on NCJW's involvement in Israel

Gender Equality

NCJW has two non-governmental observers who represent NCJW at the United Nations and a director in NCJW's Israel office. One of the most successful Israel-based advocacy campaigns NCJW carried out was the effort to support Israeli women as they pushed for greater gender equality with UN Resolution 1325. In 2005, the Israeli Knesset passed Amendment 4 of the 1951 Equal Representation of Women Law, calling for increased presence in all peace and conflict resolution negotiations and implementing UN Resolution 1325. With this momentous victory comes a new challenge since this amendment has yet to be enacted. NCJW continues to monitor this issue as well as other issues concerning the rights of women – including marriage and divorce, trafficking and economic empowerment through our Israel Granting Program and advocacy work.

Jewish Conversions

the Center for Women's Justice (CWJ) is an Israel Granting program grantee for 2008 and 2009 and has become a significant force in the court systems of Israel, both civil and religious. When Israel's High Court of Justice ruled recently that the State must fund private conversion classes

operated by the Reform and Conservative movements as well as the traditional Orthodox conversion classes, it was stated that "religious pluralism is a foundation stone of any democratic state." The Rabbinic Court was called upon to justify its annulment of several Jewish conversions made by the government-appointed National Conversion Authority. CWJ questioned this authority not only because it makes conversion uncertain but also because conversion plays such an important part in the divorce and marriage status of women in Israel.

Gender Segregation

Gender segregation on Israeli buses is now the subject of a suit brought by the Israel Religious Action Center (IRAC) urging the Israel High Court of Justice to compel the Transportation Ministry to investigate the need for any segregated service and, if deemed necessary, to require a desegregated alternative. Presently, bus companies running these lines receive government dollars to support a service that discriminates against women by forcing them to enter from and sit at the rear of the bus and wear "modest" clothing. When women do not comply, it results in intimidation and harassment by men on the bus. NCJW members urged putting an end to this discriminatory practice which "infringes on women's fundamental rights to equality and dignity."

Dianne Chirls, Israel Affairs Chair

TEEN ADVOCACY PROGRAM GIVES HIGH SCHOOL STUDENTS THE SKILLS TO SPEAK OUT ON ISSUES OF CONCERN



Is your teenager concerned about the violence in Darfur? Does he or she want to know more about the threat of a nuclear Iran and what can be done about it?

If you know of a high school student – a family member, a neighbor, a friend – who wants to learn more about the tough issues of the day, their impact on America's future and how they can help influence these events, NCJW's Teen Advocacy Program is the place to start.

This initiative will bring together a core group of students, teach them how to express their opinions about significant current issues and learn the strategies to develop social action plans that will make a difference in the lives of others.

If you know of a high school student who would want to be part of this exciting opportunity or if you would like more information, call 973-740-0588.

The Teen Advocacy Program is made possible by a grant from Lesley and Neil Greenstein through The *Legacy for the Future* Endowment Fund.

SAVE THE DATE!

NCJW Washington Institute
March 21-23, 2010
Omni Shoreham Hotel
Washington, DC

JOIN US IN OUR NATION'S CAPITAL!
This spring, make history at NCJW's premier public policy event, Washington Institute.
At the event, you will:

- ▶ Learn about NCJW's key issues from outside experts and elected officials
- ▶ Develop persuasive advocacy skills to advance social change
- ▶ Put your advocacy skills to use in meetings with your members of Congress
- ▶ Network with NCJW leaders from across the country

For more information contact action@ncjw.org or call 202 296 2588

NCJW
National Council of Jewish Women

WHAT WOMEN NEED FROM HEALTHCARE REFORM

By Nancy Ratzan

With healthcare reform efforts reaching a critical stage, the stakes couldn't be higher for women. Women are the victims of a healthcare system that treats most people badly at one point or another, but that treats women badly all the time.

Women suffer the double blow of both legalized insurance discrimination and lack of affordable access to needed healthcare. According to the National Women's Law Center, seven in 10 women are either uninsured or underinsured, struggling to pay a medical bill or experiencing another cost-related problem in accessing needed care. More than half have been unable to get care because of cost. They haven't filled a prescription; they skipped a medical test; or they failed to see a doctor when they had a medical problem. The situation is most dire for African-American, Hispanic, and Native-American women, who suffer such problems two to three times as often as white women.

Women are less likely than men to qualify for their employer's insurance program, because they are more likely to work part-time and to have lower-wage jobs. Instead, since they are more likely to depend on their spouse's policy than men, they are more susceptible to losing insurance because of divorce or widowhood.

In 38 states, it is legal to discriminate on the basis of gender when selling insurance. Policies sold to women or their employers can cost 40 percent more than insurance for men -- even when maternity benefits are excluded. Currently permissible practices, such as denying coverage for pre-existing conditions or charging more for those with a history of health problems, disproportionately affect women, who are more likely to seek help from a doctor and to need ongoing care. One of the most egregious current practices allows insurance companies in eight states and the District of Columbia to deem domestic violence a "pre-existing condition" and deny coverage to its victims.

For women, healthcare reform must embrace principles and practices that will end gender discrimination and provide affordable quality healthcare for all, including access to the full range of reproductive health options. Tinkering around the edges and adding stopgaps won't be enough. Relying on the insurance industry alone to accomplish what it has been unable or unwilling to do for the last 50 years will only prolong an untenable situation.

New solutions must involve innovation and imagination, including creation of a public health insurance plan option to lower costs and ensure universal affordable coverage. Such an innovation has the support of three-quarters of Americans according to a recent SurveyUSA report -- a result that hasn't changed since 2003. A new poll published in the *New England Journal of Medicine* finds that 73 percent of all doctors favor a public option. Yet the public option is repeatedly dismissed out of hand in the back rooms on Capitol Hill, even by supposed moderates.

It's up to us to ensure that our elected representatives understand that half-measures won't do. The dire consequences of our patchwork healthcare system are both morally and fiscally indefensible. The 2006 estimate of "excess deaths" attributed to being uninsured was between 22,000 and 27,000 among all adults age 25-64. Our system's failures earned us a ranking of 35th among countries with a national healthcare system, while we pay the most for poorer results.

Discrimination against women must be rooted out, and we must insist on a public option. Only then will all of us enjoy a standard of health care that Congress itself takes for granted.

*This op-ed entitled **What Women Need From Healthcare Reform** by NCJW President Nancy Ratzan was published by **The Miami Herald**.*



Lunch & Learn: My Mother My Mirror

Dr. Laura Arens Fuerstein, second from left, author of *My Mother, My Mirror*, was the guest speaker at the October 21 Lunch & Learn event held at Temple Emanu-El in Livingston. An analytic therapist, Fuerstein spoke about relationship issues and distorted self images that are influenced by family and culture. With Fuerstein are Lunch & Learn co-chairs Barbara Janofsky, left, and Barbara Rosenheck, third from left; and Karen Feinblatt, NCJW vice president of advocacy.

MEMBERSHIP

OPENING EVENT

LIFE CHANGES IN AN INSTANT With Special Guest Lee Woodruff

The 500 women who filled the banquet room of The Wilshire Grand to capacity were enthralled as Lee Woodruff eloquently and intimately described the challenges her family faced after her husband, Bob, the ABC news anchor, was wounded by a roadside bomb in Iraq. After the event, Lee, who was equally as smitten with us as we were with her, sent us a recipe (see box) for our new cookbook coming out in the Spring!



Frannie Woodruff's Holiday Fudge

Submitted by Lee Woodruff for the upcoming NCJW COOKBOOK, available next Spring!

4 ½ cups sugar
Pinch of salt
2 TBS butter
1 can evaporated milk
Boil these ingredients for six minutes, stirring constantly.

Then pour the contents over the following ingredients:

12 oz. pkg chocolate chips
3 bars German Sweet chocolate
1 pint marshmallow fluff
2 cups chopped pecans

Beat until chocolate is melted:
Pour into 10 x 13 pan.
Let stand (not in refrigerator) several hours before cutting.

NEW FACE AT THE FRONT DESK

GAIL SAMPLE

As NCJW's new Administrative Coordinator, Gail Sample already has a deep understanding of the workings of the organization. For the last two years, Gail was the Volunteer Coordinator of the NCJW Volunteer Network, and she views her familiarity with the many NCJW members and her knowledge of the organization as a great asset.

When the phone rings at NCJW or someone walks in the front door, Gail is the first contact and she's ready, willing and able to answer any question. She especially likes being able to interact with so many members and she enjoys the variety of her job responsibilities whether it's keeping track of registration for NCJW's many events and programs or making sure that every facet of NCJW runs smoothly from operating the database to secretarial support.



Gail says that she "always believed in the value of using volunteers" and she has continued to utilize volunteers in her new position by having them assist with mailings, entering data and sending out information to prospective members.

Before she joined the professional staff of NCJW, Gail had been a happy stay-at-home mom for twenty years. After the tragedy of 9/11 she knew she had to find a way to help others. She started by volunteering at the Red Cross which soon turned into a full-time professional position as Director of Volunteers.

Gail lives in West Caldwell with her husband, Mark. They have three children – Peter, an attorney in New York who just became engaged to Jessica Schwartzberg; Anna, an elementary school teacher in Massachusetts; and Thomas, who recently graduated from college. In her free time, she enjoys spending time hiking, playing tennis, painting, playing her fute and meditating.

SAVVY SOLOS

NCJW's Savvy Solos group for Active Single Women meets regularly to enrich our lives with a variety of social and cultural activities and community service projects.

Our recent events included:

- A Fall Kickoff at Mo Fiddles in Livingston, attended by 32 women, featuring a fun afternoon of great music, friends and food.
- Dinner before the NCJW Opening Event
- Bowling Night
- A trip to the Montclair Museum to see the Cezanne exhibit
- Attending the NCJW Wonder of Women Film Festival together
- A Holiday Craft Project for a local women's shelter

Upcoming Events:

- Savvy Solos Potluck Dinner on Saturday evening
- Glassworks in Morristown.

Join our growing roster of over 100 women for an eclectic array of weekend and evening programming.

For information, call 973-740-0588 or look online at ncjwessex.org for our Savvy Solos web page.

CALLING ALL VOLUNTWEENS!

Tweens Who Want to Make a Difference

WHO IS A VOLUNTWEEN?

You are a VolunTween ...

- If you are a student in grades 5 – 8
- If you have free time after school
- If you like working with young children
- If you want to earn community service credit
- If you want to make a BIG difference!



This wonderful after-school opportunity is guaranteed to bring a smile to the faces of young children in our Essex County Community. VolunTweens will be mentoring younger children in an after school program at the Carrina School, part of the East Orange Child Development Corporation, where they will be partnered with a teacher in a supervised classroom of children aged three-to- five-years old. The afternoon activities include playtime, arts & crafts projects, reading time, circle time and music. The VolunTweens will also be helping with holiday parties, National Reading Month project, and a Bring-a-Friend event.



The program will run on pre-determined Wednesdays and Thursday afternoons of each month from November through March. Drop off is between 3:00 and 3:30 p.m. and pick up is at 5:00 p.m. Parents will be responsible for all transportation to and from the school. There will be two staff members in the classroom, at all times, who are both familiar and welcoming to students participating in the classroom.

To symbolize their commitment to this program, VolunTweens will be required to become NCJW members. Membership is \$45. As a special benefit, the VolunTween's parent will be entitled to a complimentary first-year NCJW membership.

For a VolunTween brochure or for more information, contact Sue Wasserman, NCJW Volunteer Coordinator, at 973-740-0588 or swasserman@ncjwessex.org.



NCJW WELCOMES NEW MEMBERS AND NEW LIFE MEMBERS

NEW MEMBERS

Cathy Abrams
Denise Abramson
Bonnie Ackerman
Sarah Barrack
Linda Bauman
Robin Bellicha
Carol Berman
Rebecca Bialick
Lynne Cohen
Pauline Condon
Shelley Connell
Tracy Dannis
Miriam Y. Eddleman
Judith Eisner
Trudy Elwood
Faina Fasteau
Felicia Fdyfil

Debra Fink
Gale Freireich
Rita Friedman
Ellen Friedman
Terri Friedman
Paula Fruchtmann
Barbara C. Gilford
Leslie Gitterman
Linda Mass Henkle
Della Honig
Rhoda Horn
Stacey Horowitz
Marilyn Kaplan
Jane Kaplan
Leslie Katz
Nancy Kislin Flaum
Stacey Koplitz
Barbara Krauskopf

Beryl Leffer
Barbara Leinwand
Louise LoMonaco
Elena Meinhardt
Sherri Meyer-Hanover
Dana Miller
Susan Mooallem
Ricki Morrison
Susan Mullen
Betty Newman
Shari Nyman
Cynthia Paul
Debra Pearlson
Janice Reisner
Sharon Rogovin
Susan Rosen
Muriel Rosenberg
Barbara Rosenblatt

Susan Rosenblum
Judith Roth
Laura Rubin
Nan Samons
Heather Sherman
Selma Suna
Jocelyn Swanwick
Norma Tassy
Bonnie Tauber
Hyla T. Weiss
Norma Weiss
Miriam Wolf
Marlene Young
Anne Gozonsky Zaccardo
Andrea Zeligman

NEW LIFE MEMBERS

Gail Amsterdam
Stephanie Bonder
Jane Ehrenkranz
Hope Feldman Glassgold
Susan Goldstein
Alison Halper
Ilene Jacobs
Rita Katz
Michele Lederman
M. Margot
April Meyers
Arlene O'Connell
Ada Parness
Sondra Sabin
Eve Wasserman

VOLUNTEER OF THE MONTH: A New NCJW Special Feature

This new bulletin feature gives NCJW the opportunity to pay tribute to the outstanding volunteers who lend their hearts and souls as well as their time and talents to make our programs and activities run so smoothly!

Phoebe Greenfield is Our Very First Volunteer of the Month!



Phoebe was married in 1946 and joined NCJW a few years later. She served in many capacities, including Treasurer. When her husband passed away six years ago, she took a hiatus from her volunteer work. At that point, her cousin, Hélène Dreskin, suggested that she come back and get involved again. Phoebe said, "I am so appreciative that I was treated as an equal, as a peer." She especially enjoyed her work in the Center for Women which utilized her training as a former social worker.

THREE THINGS IN HER POCKETBOOK:

- 1) Photos of her great-grandchild
- 2) Money
- 3) Keys

Phoebe recently sold her home and moved to Rockville, Maryland to be closer to her daughter. We wish Phoebe lots of happiness and good health in her new home. Thank you, Phoebe, for everything you have done for NCJW Essex County Section!

THE NANCY & ROBERT ESKOW NCJW COMMUNITY SERVICE AWARD WINNERS

This past Spring, three Essex County high school students were named recipients of the NCJW Nancy and Robert Eskow Volunteer Award in recognition of their commitment and dedication to making life better for others, whether locally or globally.

Over forty applications were received and three winners were chosen, each receiving a check for \$500 and a certificate announcing their many accomplishments. The three winners have shown initiative and perseverance to make this world a better place.

JENNIFER MAY



A 2009 graduate of James Caldwell High School, Jennifer May has a passion for helping others. She combined her interest in medicine with her interest

in community service by joining the West Essex First Aid Squad, a local ambulance and rescue company. She has undergone extensive training within the organization and taken a 120-hour state certification and licensing exam. A knowledgeable and confident first responder, she goes above and beyond her required duties, accepting extra shifts. In addition, she has a full-time summer job and a part-time job during the school year. She also participates in musical activities and achieves scholastic honors. Jennifer will be attending Lock Haven University in the fall. When she turns 18, Jennifer is planning to join her local fire department.

ABIGAIL WESSEL



Abigail Wessel, a recent graduate of Glen Ridge High School, founded Change for Change, a charity dedicated to preserving the National Arbor Day's Rain

Forest Rescue Program. She spoke to her principal and started a contest to see which class could raise the most money. All the proceeds were donated towards training farmers, teaching people how to control poachers and buying the necessary materials to keep the rain forest safe.

Abigail has extended this program to the elementary school level. She hopes it will continue to grow in the capable hands of her younger brother as she heads off to Cornell University, where she will introduce Change for Change on the college level.

JOSHUA SAUER



Joshua Sauer, a 2009 graduate of Solomon Schechter Day School of Essex and Union in West Orange, conceived of a medical aid organization called Citizens of the World Society (COWS) after having learned

about areas in the world where people have little access to appropriate and necessary health care. The organization also functions as both an educational and fundraising project for students in his school. Not only has this organization taken off in his school, but other schools have also expressed interest in establishing COWS in their schools. A resident of Franklin Lakes, Joshua is currently developing a plan to aid them in their efforts. In the meantime, he has trained underclassmen to continue the efforts of COWS at Solomon Schechter. He will study medicine as a freshman at the University of Maryland, and plans to implement a new chapter of COWS at college.

SPECIAL GIFTS CAMPAIGN

Compassionate Courageous Powerful



You can make a difference in the lives of women, children and families with a contribution to our Special Gifts Campaign.

Any donation, in any amount, will help NCJW, Essex County Section, to continue working to support grieving children, provide job readiness skills to single mothers, and advocate for reproductive choice. New and increased gifts will be matched by a Special Angel. Please give generously!

For more information, please call the NCJW office at 973-740-0588 or visit ncjwessex.org.

CAREER CLOSET

Help replenish our much-needed Career Closet for women returning to work. We need costume jewelry, blouses and shells in all sizes (clean and in good condition), and large size clothes - size 16 and up.

For more information, call the Center for Women at 973-994-4994.

LEGACY FOR THE FUTURE TRIBUTE FUNDS

By becoming a member of The *Legacy for the Future* Endowment Fund (\$10,000 minimum commitment) you have the opportunity to create a personalized tribute fund. Call the NCJW office at 973-740-0588 or ncjwessex.org

Judith Abrams
 Sylvia Amster
 Penina and Matt Barr
 Harriet & Max Bass
 Jaimee & Bruce Baumgarten
 Dianne & I. Allen Chirls
 Susan & Jeffrey Claman
 Nancy & Eric Cohen
 Cathy & Lenny Dinnerstein
 Barbara & Daniel Drench
 Hélène & Jerry Dreskin
 Nancy & Robert Eskow
 Sharon & Stuart Falkin

Mimi & Sanford Feld
 Barbara & Joel* Feldstein
 Joan & Paul Gabin
 Audrey & Norbert Gaelen
 Susan & Alan Gallinson
 Lesley & Neil Greenstein
 Judith P. Gordon
 Anita & Franklin Hanoach, Jr.
 Mimi & Howard Hirsch
 Ellen & David Hyman
 Linda & Mel Jacobs
 Barbara & Arnold Janofsky
 Jill & Alan Johnson

Ellen M. & Peter M. Klein
 Susan & Richard Kogan
 Betty & William Krupkin*
 Naomi & Philip* Kruvant
 Adele & Herman Lebersfeld
 Ellen & Donald Legow
 Margo & Arnold Lidsky
 Ellen & Andy Lynette
 Isabel & Paul Margolin
 Ruth & Arthur Maron
 Marion & Howard Medow
 Susan & Michael Miller
 Maxine Myers

Natalie & Richard Peck
 Laurie & Albert Richman
 Bertha Rudd*
 Sue & David* Rudd
 Susan & Walter Schenker
 Leah & Alan Schneier
 Deborah & David Schultz
 Diane* & Jimmy Schwarz
 The Schofel Family
 Poppy & Richard Segal
 Sylvia & Saul Seltzer
 Penny & Greg Sherry
 Robin and Richard Singer

Linda & Rudy Slucker
 Judy & Larry Stern
 Valerie Sternberg Smith
 Judy & Mark Tabak
 Marjorie & Matt* Weil
 Margo & Michael Weill
 Joanne & Arthur Weinbach
 Betti & Morton Weisman
 Myrna & Marvin Wertheimer

*deceased

NCJW TRIBUTES

A SPECIAL WAY OF SHARING CONGRATULATIONS, GET WELL WISHES OR SYMPATHY THOUGHTS

NCJW tributes are now available on line at www.ncjwessex.org. There are a variety of tributes for every occasion, and now you can easily order as many as you need on the NCJW website. Call NCJW at 973-740-0588; Andrea Leff at 973-379-8936 or Myrna Wertheimer at 973-994-2252.



Section Tributes

- Birthday cards: \$15 for 10 cards
- Blue and white tributes: \$5 each or 6 for \$25
- Silver tributes: \$10 each or 3 for \$25
- Gold tributes: \$18 each or 3 for \$50
- Diamond tributes: \$36 each



Center for Women Tributes

- Blue and white tributes: \$5 each or 6 for \$25
- Copper tributes: \$10 each or 3 for \$25



Hannah's Sisters Tapestry

- \$100 for the initial patch and tribute
- \$50 for jewel embellishment and tribute

FUND DEVELOPMENT

CASH SAVINGS CARD

Only \$20 per card...SAVE ALL YEAR LONG!

The new Cash Savings Card is here and it's loaded with some exciting first-time vendors and lots of old favorites. Enjoy savings at Willow St. Boutique, Cosi, Zaydas Kosher Meats and Deli, La Strada, Bardot Lingerie, Roxy, Paper Capers, Livingston Car Wash, Tony's Shoe Repair and MANY MORE!

The Cash Savings Card is available at the NCJW office at 513 West Mt. Pleasant Avenue, Livingston, or by calling NCJW at 973-740-0588.

COAT DRIVE

(Hats, Gloves, and Mittens, too!)



Please donate your gently used, clean coats, hats, mittens and gloves for children and adults. The items will be distributed through the Carrina School which is a part of the East Orange Child Development Corporation (and our partner school for the new VolunTween program – see page 13). Coats can be brought to the NCJW office at 513 West Mt. Pleasant Avenue.



NEWS FLASH FOR FLORIDA MEMBERS!

If you are a “snowbird” or “snowflake” and you would like to attend an NCJW, Essex County Section Florida Reunion to be held in January please submit your email address and/ or your Florida address and phone number to Susan Claman at sclaman1@yahoo.com, 973-379-1233 (till mid December) or 305-361-7399 (after mid December).

SAVE THE DATE!



NCJW ANNUAL GOLF INVITATIONAL

Monday, June 7
Preakness Hills Country Club
Wayne, NJ

Buffet Brunch, Contests, Prizes, Cocktails,
Silent Auction, and Elegant Dinner

More details coming soon!

GETTING A NEW CELL PHONE?



Ring up a great mitzvah!

Your old phone is worth \$\$\$ to NCJW. Don't toss it out – bring it to the NCJW office. Spread the word among your family, friends, neighbors, and co-workers that NCJW earns dollars for every cell phone we collect – dollars that enable us to service women, children and families in our community and in Israel.

Address Correction Requested

National Council of Jewish Women
Essex County Section
513 West Mt. Pleasant Avenue
Livingston, NJ 07039
973-740-0588
www.ncjwessex.org

NCJW®

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