

Bulletin

Registering Now!

Lunch & Learn

Wednesday, May 4

See page 13 for details.

Spring Trip to Culinary Institute of America

Thursday, May 5

See page 11 for details.

Spring House Tour of Summit, N.J.

Wednesday, May 11

See page 8 for details.

Books and Bagels

Tuesdays, May 17 & June 7

See page 11 for details.

Politics & Pastry

Tuesdays, May 31

and June 28

No registration required!

See page 13 for details.

Installation and

Awards Brunch

Wednesday, June 1

See page 3 for details.

Golf Tournament –

Tennis Too!

Non-Golfer Day

at the Club!

Monday, June 13

See page 8 for details.

Back 2 School Store

Sunday, July 31

See page 6 for details.

Linda Slucker Becomes President of NCJW, Inc.

Reflections on the National Convention

By Sharon Falkin



Linda Slucker gives a rousing speech as she accepts the position of president of the NCJW national organization.

I am sitting in a darkened ballroom in Dallas with 300 of my NCJW sisters and a good number of men. Walking up to the stage is our own Marsha Atkind -- past president of both Essex County Section and NCJW, Inc. -- who had the great privilege of being the installing officer at the NCJW 45th National

Convention. My hair is standing on end as Marsha introduces Linda Slucker as the incoming president of the country's most powerful and relevant Jewish women's progressive organization. Linda is standing tall, or as tall as she can. She gives a smile to the audience and presents the speech of her life with all of the grace and fluidity of a pro. Linda tells us many things, but what rings clearest is her desire to create a more supportive structure to the NCJW Sections, where all of our grassroots power lives.

But I have gotten ahead of myself because the installation took place on Saturday evening, the last night of a gathering that was exquisite—to borrow a word from Nancy Ratzen, immediate past president of NCJW. “Exquisite” was her power word for this convention. And exquisite it was.



Marsha Atkind presents Linda Slucker with the president's gavel. Both women are past presidents of Essex County Section. In addition, Marsha is a past president of NCJW, Inc.

Nancy K. Kaufman, the new and first CEO of NCJW, was introduced, and without taking one stutter step assured us that our work will only be enhanced as we take our place with coalition partners and allies around the globe. Our collective strength will lead to powerful action and progressive change.

“Coalitions” became the buzz word, and nearly every speaker encouraged us to put aside small differences among us and to find commonality and work together to advance our progressive agenda. In order to do that, one speaker said, women must make a financial commitment and “give till it feels good.”

The workshops covered a full range of topics. I



The Essex County Section delegation. L to R: Linda Jacobs, Nancy Eskow, Sharon Falkin, Marsha Atkind, Jill Sorkin Johnson, Linda Slucker, Hélène Dreskin, Penny Sherry, Sue Rubinfeld, Ellen Lynette, Cathy Silverman

took the opportunity to educate myself more fully about the realities of life in Israel and NCJW's place in our Jewish state. *The Delegitimization of Israel: What That Means and What You Can Do About It* was fascinating. It put in perspective the frightening voices of the enemies who feel that Israel does not have the right to exist. Let us not allow the loud noise of those radicals to obscure the reality that Israel has many powerful friends and is here to stay. We must be ever watchful and constant in our efforts to educate people about Israel, its contributions, and its people.

At the Women Who Dared Luncheon a warm and wonderful feeling filled the room as Nancy Pelosi, house minority leader, and her 40-year-old

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BULLETIN

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NCJW

National Council of Jewish Women
Essex County Section

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.

MESSAGE FROM THE PRESIDENT

Spring: A time or season of growth and development; to leap up or forward; to come into being. Finally this long, cold, snowy winter has come to an end, and spring, using any of those definitions, has arrived and is welcomed. Although some of NCJW's programs, including several Women's Workshops and the January Lunch and Learn session on Embracing Aging were cancelled due to the weather, most of NCJW's work to better the lives of women, children and families in our community continued.

This winter, record numbers of local high school students participated in our Teen Dating Abuse program and learned the warning signs of abusive dating relationships. Please read in this Bulletin how volunteers from the TDA and advocacy committees worked together to help educate legislators on the importance of passing a bill that would require dating violence education to be taught, as part of the health curriculum, in New Jersey middle and high schools.

In March, at our annual Mitzvah Event, the intergenerational spirit of volunteerism was on display as young children worked side by side with parents and grandparents filling hundreds of layette bags for infants in need.

Later in March, we were captivated as we viewed the documentary *Ahead of Time* at the New Jersey Jewish Film Festival. This film told the life story of the nearly hundred-year-old Ruth Gruber and her seven-decade career as an international foreign correspondent and photo journalist. During her career, she covered Holocaust refugees coming to America, the Nuremberg trials, and the British attack on the boat Exodus, as it was entering Haifa with 4,500 Jewish refugees. After the film, Ruth Gruber spoke to the mesmerized audience and answered questions about her courageous life journeys. Ruth Gruber clearly represents the spirit of an NCJW woman.

The highlight of the winter for me was NCJW's 45th National Convention in Dallas. Please read the cover story where our Section's immediate past president, Sharon Falkin provides a first-hand account. During this convention, I participated in numerous workshops, attended Shabbat services, and listened to inspirational speakers. But the highlight was witnessing Essex County Section's own Linda Slucker get installed as President of NCJW, Inc.

At convention, the NCJW emergency action campaign, Voices for Reproductive Choices, was launched to safeguard women's reproductive health and rights. During the month of March, Essex County Section members and friends signed petitions, participated in conference calls, and attended rallies locally and in Washington DC to show that NCJW supports access to reproductive health services, including safe, legal abortion and family planning. The recent federal budget agreement cut billions in spending, but protected these crucial women's health services.

Another convention highlight for me was participating in Ongoing President's training, where Presidents from NCJW Sections across the country shared ideas and best practices. I learned about other Sections' creative community service projects, unique fund development ideas and membership tools that reach women across the generations. While some of these NCJW Sections are quite small, others like Essex County are, in NCJW-speak, "large-large". Some Sections employ staff members to support volunteer efforts, while others do not. But what is significant, is that each NCJW Section may implement differently, but works toward achieving the same goal of improving the lives of women, children and families in their community. I look forward to continuing these relationships with fellow NCJW Presidents to gather information on how to improve upon what we do here in Essex County and to share our Section's many successes.

I hope to see many of you at our spring events and programs described in this Bulletin. Let us all spring forth, renewed with great energy, to support and continue the good work of NCJW.

Jill Sorkin Johnson, *President*



INSTALLATION AND AWARDS

NCJW, Essex County Section, is proud to announce the slate of officers for 2011-2012



Jill Sorkin Johnson
President



Karen Cherins
Executive Vice President



Beverly Trust
Vice President
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Vice President
Advocacy



Penina Barr
Vice President
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Leslie Winograd
Assistant Treasurer



Deborah Legow Schatz
Recording Secretary



Shari Harrison
Corresponding Secretary



Susan Miller
Financial Secretary



Marion Wolf
Assistant Financial
Secretary

Authentic moments, beautifully captured.
Thank you to Ira Casel of Ira Casel Photography for donating some of the headshot photography in this Bulletin
and for photographing the 2010-11 Opening Meeting. www.iracaselphotography.com

Celebrate the Women of NCJW

at the Installation and Awards Brunch

Wednesday, June 1, 2011, 9:30 a.m. – 11:30 a.m.

Mountain Ridge Country Club, 713 Passaic Avenue, West Caldwell, New Jersey

\$45 per person

Please enjoy boutique shopping following the brunch, until 1:00 p.m.

The Installation and Awards Brunch is sponsored by Ellen and Donald Legow through a generous donation to the NCJW Legacy for the Future Endowment Fund

INSTALLATION AND AWARDS

NCJW Henrietta Weiser Emerging Leader Award Goes to Lesley Greenstein



Lesley has been involved with NCJW for 11 years. She started in the Young Women's Group, where she chaired Mitzvah Night and served on the executive board for two years. After playing in the 2007 NCJW Golf Invitational, she accepted the position as one of three golf chairs for the 2008 Invitational. During that year she also served on the Section Board and

attended the National Convention in Chicago. "It was life changing for me," Lesley said. "I knew I wanted NCJW to be my thing."

She went on to chair the Golf Invitational for a second year, served on the Strategic Planning Committee, helped start the VolunTweens program, and cochaired the acquisition subcommittee for Back 2 School Store. In addition, Lesley has served on the executive committee as recording secretary. Currently Lesley is the Vice

President for Fund Development and will continue in that role for the 2011-2012 year.

Lesley resides in Summit, where she is the Vice President of the Summit Middle School PTO and will be taking on the presidency during the 2011-2012 school year. She also serves as the Parent Committee chair for the endowment committee of the Summit Education Fund. Lesley is the proud mother of three boys – Matthew, 14, Michael, 11, and Jeffrey, 8. She has been married for almost 18 years to her husband and best friend Neil. She says she couldn't do any of her volunteering without the continued support of her family.

"I am honored to receive the Emerging Leader Award this year," Lesley said. "I also want to congratulate Rosalie Reimer and Ellen Legow on their awards. The women of NCJW are successful, talented, brilliant doers, and I am so thankful to have the opportunity to work closely with many of these women. When you are honored by your peers there is no greater compliment."

Ellen Legow is Honored with the Hannah G. Solomon Award

Ellen Legow was a Councilette. That was the 1950's NCJW adjunct group for teenage girls. Ellen joined the Councilettes in high school, and there began her introduction to the organization and planted the seed for what was to become a lifetime of volunteerism.

Ellen's "full-grown" NCJW career began when she joined the West Orange Division of NCJW in 1965 and became a life member. Four years later, she had to scale down her participation because she started working as a teacher and therefore was not available during the day. Several years later she was able to fully participate again because a new division was formed – the Business and Professional Division – which met in the evenings.

Everything changed again in 1986 when Ellen retired from teaching. She served as president of the B&P division, which gave her a seat on the section executive committee and section board. Ellen then served in three different section vice-presidencies before being installed, in 1994, as president of Essex County Section – which Ellen describes as a "dream job."

Following her tenure as president, Ellen was a commissioner of the national NCJW organization for three years while still remaining active in Essex County Section. Some of her positions post-presidency have included Center for Women Chair, Benefit Chair, Strategic Planning

Committee Chair, and Special Gifts Chair. Fast forward to the present – Ellen is a cochair of the 100th Anniversary Celebration, an active member of the Back 2 School Store committee, a member of the Budget and Finance Committee, a member of the Personnel Practices Committee, and the Monday morning fixture at the Center for Women desk.

Ellen is proud to be a charter member of the section's Legacy for the Future Endowment Fund and of Chai Circle.

In addition to her involvement with NCJW, Ellen has served several terms on the B'nai Shalom Board of Trustees and was a member of the United Way Livingston Division committee. She currently serves as a vice president on the Board of Trustees of the Jewish Family Service of MetroWest.

Ellen's family – husband Don, daughters Deborah and Lisa, and granddaughters Anne and Sydney – are all NCJW life members. Her wish is for the "volunteerism gene" to continue through the generations.



INSTALLATION AND AWARDS

Rosalie Riemer is Accorded the Service to Section Award



When people ask Rosalie about her tenure at NCJW, she typically responds that she's been a member for more years than she can remember. Her involvement with NCJW began around 1991, after a 16 year stint with the Maplewood First Aid Squad, when Nancy Denburg talked her into becoming a volunteer for the W.I.S.H. program.

"I am so glad I did," Rosalie said.

"Being a part of that call-in help line was especially rewarding, as I got to experience a deep connection to a needy portion of our community. Knowing that it was one program of many offered by NCJW convinced me that this was an organization that I would be a part of for many years to come."

It's 20 years later, and Rosalie is still actively involved in NCJW. She continued as a W.I.S.H. cochair until the program ended. She went on to become a cochair of the Peer Support Groups and a volunteer for RAINBOWS. She also has served as Special Gifts Cochair and

Assistant Financial Secretary. Rosalie has been a section board member for many years and is currently serving as a cochair of the Raffles committee.

"I have had the good fortune to work with so many wonderful women and I have seen the impact of our organization on many, many people -- from the squeals of glee when a child gets a new outfit at the Back 2 School Store to the gratitude in the eyes of women and children after they participate in Rainbows," she remarked. "I feel extremely honored to receive this award, and a little overwhelmed by it. I do not see myself as having done any more than anyone else in this organization, for truly, this is an organization that shines -- I am only a reflection of the light that it offers to the larger community."

Rosalie enjoys playing cards with a group of women that has been together for 35 years. She also enjoys working out regularly and volunteering for hospice, where she has been involved for 20 years. Most of all, she loves spending time with her husband, Gary; children, Andrea and Richard Ribakove, Beth and John Schachtel, Geri and Mark Singer, and Jennifer and Keith Allen; and her grandchildren, Stephanie, Robyn, Jeffrey, Lindsey, Mallory, Brianna, AJ, and Brian.

Honor the Honorees, Slate of Officers and Section Board for 2011-2012 Contribute to the Installation Tribute Journal

Installation and Awards Brunch

Wednesday, June 1, 2011

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Deadline for ad copy and contract: May 1, 2011

All ads must be paid in full at the time of contract submission.

You can submit an ad that consists of text only or text and art. Please submit any art/photo as a jpeg file. We are not responsible for typographical or grammatical errors. Submit ad and payment via:

Email (only if paying by credit card): adjournal@ncjwessex.org

Fax (text only – no art; only if paying by credit card): 973.740.0955

Mail (cc or check): NCJW, Essex County Section,

513 W. Mt. Pleasant Ave., Suite 300, Livingston, NJ 07039

Name _____

Telephone # _____

Email Address _____

Mailing Address _____

Check payable to NCJW, Essex County Section is enclosed

Please charge to (circle one)

 Visa - MasterCard - American Express

Card # _____

Expiration Date _____

Security Code _____

Print name of Cardholder _____

Signature of Cardholder _____

Contributions are tax deductible as provided by law.

Thank you for your support.



Back 2 School Store is Sunday, July 31, 2011

It's April, and Back 2 School Store is only three months away! On July 31, nearly 450 economically disadvantaged children will proudly walk through the doors of the one-day-only store that NCJW, Essex County Section sets up just for them. The children are identified and invited through nearly 30 different social services agencies. With the help of volunteer "personal shoppers," participants "shop" for brand new clothes, school supplies, and personal care items to start the school year on the right footing. The chairs of this year's event are Penina Barr, Marion Medow, and Natalie Peck.



VOLUNTEER SIGN UP

B2SS takes place on Sunday, July 31, 2011. You can volunteer to help set up, help during the store hours, help break down, or all three! Mail to Sue Wasserman, NCJW Volunteer Coordinator, 513 W. Mt. Pleasant Ave, Suite 300, Livingston, NJ 07039, or fax to 973.740.0955. Volunteers must be at least 18 years old.

Name(s) _____

Address _____

City/ZIP _____

Home Phone _____ Cell Phone _____ Email _____

How did you hear about the Back 2 School Store? _____

Check all that apply:

- I would like to be a Personal Shopper and help the children pick out their new items. (Must be able to help carry heavy bags of clothing and school supplies and be on your feet during most of the shift.)
- I have a special skill that might be useful (e.g.: photography, Spanish facility, shoe fitter, experience with special needs children, etc.)
My skill is _____
- I can help restock and keep merchandise neat on racks and tables. (This is a physically demanding job.)
- I would like to be part of the security team (in dressing rooms, around the site, etc.)
- I need a sit-down job that doesn't require running around the store. (limited number available.)
- I will set-up/break-down the store during the week before and after July 31st.
- Please contact me as it gets closer. I will work wherever needed.
- I volunteered at the Back 2 School Store in 2009 2010
- I am an NCJW member.
- I am interested in becoming an NCJW member.

On the day of the event, I can work:

- 10 a.m. to 1:30 p.m. (Shift 1) 12:30 p.m. to 4:00 p.m. (Shift 2) Shifts 1 and 2

All volunteers will receive a letter in early July confirming job assignments with a description of duties. Sometimes last minute changes are needed on the day of the event; please understand if your assignment changes.

More than 80 Volunteers Ensure a Cozy “Tuck-In” for Infants in Need

Scores of parents, grandparents and children volunteered for this year’s Mitzvah Project on Sunday, March 27 and Monday, March 28. Our goal was to provide items needed for tuck-in time, like pajamas, pacifiers, diapers, books, and blankets, while also providing children firsthand experience with the act of giving.

On Sunday afternoon, the younger children, four years of age to six, chose and counted stuffed animals for each infant. Older children removed tags, sorted items by size, and prepared an assembly line for the next evening’s packing. On Monday evening, adults packed tote bags with all of the items and tagged them according to size and gender. The next few days were spent delivering the items to the agencies. The recipient agencies were: Children’s Family Services, Clara Maas Hospital, Harmony House, Newark Beth Israel Nursery (NBI), and NBI NICU.

The Newark Beth Israel Nursery also received crib mobiles, in addition to the tuck-in bags.

“Many of our babies spend months here waiting for a foster home,” said an NBI social worker. “The mobiles are sometimes their only form of stimulation. We are so grateful.”

NCJW wishes to thank all of our volunteers, donors, and the host of the event – Temple Beth Shalom in Livingston.

“It was a joy working with this hardworking committee and seeing so many donations being made,” said Karen Feinblatt, chair of the committee. “These contributions allowed us to purchase extra items for the tote bags.”



NCJW Mitzvah Event Volunteers delivered 60 tote bags filled with diapers, wipes, personal care bags, pajamas, onesies, socks, books, blankets, hats, and toys to the Clara Maass Medical Center Foundation in Belleville. Pictured, L to R: Jane Kessler, Vice President, Clara Maass Medical Center Foundation, Lea Rodriguez, Vice President of Patient Care Services, Clara Maass Medical Center; and Shari Harrison, CoChair of the Linda & Rudy Slucker NCJW Center for Women.



NCJW member Sandy Bayer and her grand-daughter Alexandra, age 5.

Sandy Bayer bought her grand-daughter Alex a piggy bank three years ago, when Alex was 2.

But what Sandy couldn’t have predicted at the time was that the bank would become the centerpiece of Alex’s mission to save enough money to help donate crib mobiles for the NCJW Mitzvah Event. The five-and-a-half-year-old from Manhattan dedicated herself to collecting loose change she found lying around – between the couch cushions, on the kitchen counter, and on her father’s night table – to fill that piggy bank until it could hold no more.

When she finished, it added up to \$98.50.

“Grandma, do you think the children will be happier now?” Alex asked.

“As a relatively new member of NCJW, the whole experience was so extraordinary from beginning to end,” said Sandy.

As for Alex, she’s already looking forward to Mitzvah Event 2012.

“Next year I’m going to bring my little sister and she can come with her piggy bank and we’ll have double!”

Clear Out Your Shoes!

Career Closet is Accepting Donations of Shoes and Clothes!

We need shoes! Due to a small flood at the Career Closet site, much of our shoe inventory was damaged. Please look through your closet and bring us your gently used shoes that you no longer wear! We appreciate your helping us replenish our shoe supply!

Your gently used, work-appropriate clothing helps economically struggling women re-enter the workforce. We need spring and summer attire – on hangers, please -- including skirts, dresses, blouses, and dress pants. Career Closet clients range from size 0 to 28+. We also accept handbags, belts, costume jewelry, dress scarves, and shoes. Drop off your donations on the dates listed at St. James Church, 581 Valley Road (corner of Bellevue Avenue), Upper Montclair. Or drop off at the NCJW office (please call first). Place in conference room closet.

Drop off at St. James Church:

- Thursday, April 21, 10 – 12
- Wednesday, April 27, 1 – 3
- Wednesday, May 4, 10 – 12
- Thursday, May 12, 10 – 12
- Monday, May 16, 10 – 12
- Tuesday, May 24, 10 – 12
- Wednesday, June 1, 1 – 3
- Monday June 6, 10 – 12
- Tuesday, June 14, 1 – 3
- Wednesday, June 22, 10 – 12

FUND DEVELOPMENT



Tee Up with NCJW

Golf Tournament – Tennis Too!

**Mountain Ridge Country Club
Monday, June 13, 2011**

Various levels of sponsorship still available!

New for Non-Golfers!

A Day at the Club -- \$180

Tennis Courts – Swimming Pools

Card Room – Brunch – Cocktails – Dinner

Cocktails, Dinner, and Auction Only – \$75

TRY YOUR CHANCE AT A RAFFLE!

Take a chance on an NCJW raffle
and you could find yourself staying
at the Plaza Hotel!

PRIZES INCLUDE:

\$1,500 gift certificate for Yanina Jewelers

\$1,200 gift certificate for a stay at the Plaza
Hotel and dinner for two at the Modern
Restaurant

\$800 Dine-Around* (gift certificates for area
restaurants.)

\$500 gift certificate for the Short Hills Mall

\$250 pair of theater tickets

Drawing to be held June 1, 2011
Winners need not be present.

Call the office to purchase additional raffles:
\$25 apiece or six for \$100.

*Restaurants included in the Dine-Around:

Eppes Essen, Martini's, Fairchilds, Cocco Bello, Primavera,
Nicola's, Divina, Basilico, Pal's Cabin, Epernay, Lu Nello,
Nana's Deli, Il Vicolo, Calabria, Sweet Basil's



NCJW House Tour 2011

Summit, New Jersey

Wednesday, May 11, 2011, 9:30 a.m. – 12:30 p.m.

Charming and historic, Summit is by all accounts a magnificent community with stunning residential architecture. Join us for a tour of some of Summit's most beautiful homes and support NCJW in the process!

Luncheon to follow at La Focaccia, 523 Morris Avenue, Summit

Our special guest will be Sharon Draznin, ASID, CID, owner of Sharon Draznin Interiors of Short Hills, and president-elect of ASID NJ. Learn how best to work with a professional interior designer to achieve results you love.

House Tour – minimum donation \$50 for members; \$60 for nonmembers

House Tour and Luncheon - \$150 minimum donation

House Tour and Luncheon are open to NCJW members and their guests.

NCJW House Tour 2011 Luncheon is made possible by a generous contribution from Sara-Ann and Robert Sanders



HAPPY MOTHER'S DAY!

This Mother's Day, May 8, 2011, you can honor that special someone in your life... Your mother, grandmother, sister, aunt, daughter or friend...

By making a donation to the NCJW Back 2 School Store!

Your gift of \$180 helps provide a child with new pants and a shirt, winter coat, hat and gloves, shoes and socks, and underwear plus a new backpack filled with dozens of school supplies and personal care items.

Your gift of \$36 helps provide a child with a backpack filled with school supplies and personal care items.

Your donation will also help support other NCJW community projects.

For additional sponsorship opportunities please call Cathy Silverman, NCJW Executive Director, at 973.740.0588 or go online at www.ncjwessex.org.

Volunteer Spotlight: Gail Isquith

It all adds up, as a retired math teacher brings compassion and volunteer spirit to NCJW



Gail Isquith may have retired from her career as a Livingston High School math teacher, but she has not retired her skills, interest, and passion for being an educator. As a

volunteer at the Linda & Rudy Slucker NCJW Center for Women, Gail donates her time to tutor Natalie H., a client who is preparing for the high school graduate equivalency diploma (GED) exam. Every Wednesday, Gail and Natalie — a 40-year-old, mildly dyslexic, single mother of five, with an eighth-grade education — huddle over math books and calculators in a quiet room at the Center.

Gail couldn't be happier with this volunteer position. "It gives me a lot of joy to be able to use my professional skills to help someone who is trying to better her life for herself and her children," she said.

Gail's volunteer career began in 2002, when, recently retired, she found herself with free time. A few of her friends, who also happened

to be NCJW members, referred her to the NCJW Volunteer Network. Gail soon met with the NCJW Volunteer Coordinator, and after an in-depth interview, Gail began volunteering at The Children's Institute in Verona.

A few years later Gail also began volunteering at the Center for Women desk, where she still volunteers every Wednesday morning.

She also makes time to work at the Career Closet as a personal shopper, outfitting



Tom Kranz of Chelsea Senior Living stopped by the offices of the Linda & Rudy Slucker NCJW Center for Women to drop off a donation of \$4,200. With him are, left to right, Pat Kremen, NCJW Job Developer; Andrea Silvershein, NCJW Director of Community Services; and Carol Kenny, NCJW Case Manager.



Gail Isquith, a long-time NCJW volunteer, tutors Natalie H., a Center for Women client, in preparation for the GED exam. Funds for the books, calculator, and other supplies were provided by Chelsea Senior Living, owner and operator of 10 senior living facilities in New Jersey.

women in need with gently used business attire. She enjoys working with the Career Closet clients and seeing how emotional they get from their "new" wardrobe. In addition, she keeps busy knitting and crocheting for the NCJW Creative Hands group, making scarves and lap blankets for those in need and working to improve her crocheting skills in the process.

Gail lives in Verona with her husband, Rick. When she's not volunteering with NCJW, she likes to cook, read mysteries, and spend time with her young grandchildren.

VolunTweens Book Drive



Eighth graders at the Heritage Middle School in Livingston organized a book drive that resulted in more than 500 new or gently used children's books donated to the Corrina Kay Williams Head Start Center in East Orange. It was the largest donation of books ever given to the school. The students volunteer at the Head Start Center as part of the VolunTweens program run by the National Council of Jewish Women, Essex County Section (NCJW). The books were contributed by members of Temple B'nai Abraham Early School and Religious School in Livingston. Pictured left to right: Cheryl Filipowicz, Education Coordinator at the Corrina School; Jill Sorkin Johnson, President of NCJW; Sarah Weill; Haley Prague; Ally Friedman; and Lynette Webb, Family Community Coordinator of the Corrina School.

Calling all VolunTweens!

Boys and girls in 5th grade to 8th grade can sign up to mentor preschool children after school. Earn community service credit and make a big difference in the life of a child! Program begins each fall. New in 2011 — we are starting a VolunTEENS program for 9th graders!



This year's VolunTweens, in grades 5 through 8, devoted time to children at the Corrina Kay Williams Head Start Center in East Orange. This year's VolunTweens expressed great joy and accomplishment. When asked what they had learned, VolunTweens commented:

"My presence makes a big impact on their lives."

"Making other people happy makes me happy."

"I feel like a better person."



From Avocation to Vocation ... NCJW Can Make Careers

By Isabel Margolin

But yield who will to their separation,
My object in living is to unite
My avocation and my vocation
As my two eyes make one in sight.

—Robert Frost, *Two Tramps in Mud Time*

We are living longer than all previous generations. And at any given time during our lifetime, we are employed, unemployed, volunteering, looking for employment, and not necessarily in that order. As vibrant adults who see the future as an opportunity to explore new options and bring self-satisfaction to our lives, many of us are maximizing our volunteer experiences as a means to an end, and not merely an end in itself.

Volunteering provides an outlet to utilize tried and true skills. It also provides an opportunity to explore new skill sets and fantasies or to face demons from early school experiences (like mathematics or public speaking). In today's critical economic times, with many of us seeking

new professional careers to supplement diminished nest eggs, volunteering can become the perfect vehicle to help us arrive at our professional destination.

Volunteering helps us figure out who we are, where our strengths lie, and how to make ourselves more marketable. It also situates us where employment opportunities are happening. Cases in point:

- Marsha Atkind, an NCJW volunteer, then president of Essex County Section for three years and national president of NCJW is currently the executive director of The Healthcare Foundation of New Jersey.
- Cathy Silverman was a volunteer at NCJW, and her skills led her to employment at United Jewish Communities of MetroWest. Ultimately she became the executive director of NCJW, Essex County Section -- the organization where once she was a volunteer.

- Shari Nyman is actively working at NCJW, Essex County Section, honing her grant-writing skills in order to create credentials for her desired profession.
 - Margo Weill ran the gamut of volunteer experiences while climbing the leadership ladder at NCJW. She is now a professional social worker at Jewish Family Service as coordinator of volunteer services.
 - Sue Wasserman was an attorney and legal editor who became president of our Young Women's Group. She rose in the ranks of NCJW leadership and is now employed as the volunteer coordinator of the Essex Country Section.
 - As president of NCJW, Essex Country Section, I was compelled to learn about budgets and endowment fund investments. Today I am a general partner in a hedge fund.
- Volunteer experiences are fun. They help others. And they may very well be our key to a new career.

Homebound Seniors Get Benefit of Weekly Phone Calls from NCJW Volunteers

Hello? Hello. This is your NCJW caller. How was your week?

These are simple words with a significant impact. A homebound older adult is receiving the invaluable human connection to an NCJW volunteer caller who is a friendly listener in the Telephone Reassurance project. The volunteers make regular calls to isolated, elderly clients. They serve as the older adult's connection to the community. Its intent is to help them maintain a good quality of life as they live as safely as possible in their own homes.

Originally conceived and operated by Jewish Family Service, the Telephone Reassurance project was adopted by NCJW, Essex County Section this year. The chairpersons are Joan Baumgarten, Muriel Klinger, and Robin Singer. Benefiting from a grant from the Grotta Fund for Senior Care of the Jewish Community Foundation of MetroWest, the Telephone Reassurance program is actively recruiting and providing training and ongoing supervision for volunteers. Sue Wasserman, our coordinator of volunteers, will work closely with Margo Weill, her JFS counterpart, to lend support to the project.

In February, the project trained eight men and women on the most effective methods to bring support, friendship, and joy to individuals in their own homes through telephone conversation. Fran Rod, Coordinator of University Without Walls, a program of DOROT, provided insight into communicating with homebound seniors and how to develop relationships. She then led role plays to simulate situations that volunteers might encounter.



Volunteers were trained to provide weekly telephone calls to homebound seniors in Essex County. Please refer a senior you know to Sue Wasserman at swasserman@ncjwessex.org

The Telephone Reassurance program has openings for new clients. The program is open to the community at no cost. Clients do not have to be NCJW members – nor do they need to be Jewish. If you know somebody who might benefit from the program, please contact Sue Wasserman at 973.740-0588, x 22.

Welcome, Pat Kremen

In November we welcomed Pat Kremen as our new Job Developer at the Linda & Rudy Slucker NCJW Center for Women. Pat is responsible for helping our CFW clients who find themselves suddenly and unexpectedly with no means of support, and thus need to re-enter the workforce after a long hiatus. Pat provides job coaching, assists in drafting resumes, and helps clients prepare for job interviews. In addition, she is responsible for reaching out to the community to let employers know that the CFW is a no-fee, full-service source of qualified job candidates. Pat was instrumental in creating a job bank database, which keeps track of employment opportunities, available candidates, and job placements. As part of her responsibilities Pat is reaching out to underserved communities in Essex County, informing them of our services.

Pat has more than 15 years of experience in human resources recruiting, staff development, and succession planning. She also has been a campus recruiter, traveling to universities around the country to identify graduating seniors and graduate students for positions with large companies. She has worked at Salomon Brothers, Prudential Securities, and Pershing.

Pat holds a master's degree in organizational psychology from Columbia University, Teachers College. She lives in Maplewood with her husband David and daughters Baylee and Nina. Pat is also actively involved in Autism Speaks and Autism New Jersey.

PROGRAMMING

You've Got Webmail

Several months ago we launched our new, regularly scheduled e-blast: Webmail from NCJW Essex County Section. Members who have provided an email address will receive, every two weeks, the most up-to-date information on programs, events, and volunteer opportunities. If you have not received NCJW Webmail, that's because we don't have your email address! To subscribe to NCJW Webmail and receive announcements from us every other week, send an email to Gail Sample at gsample@ncjwessex.org with the subject line, "Subscribe to NCJW Webmail." If you have been receiving it but would like to be removed, send an email to Gail Sample with the subject line, "Unsubscribe from NCJW Webmail."

Spring Trip to Culinary Institute of America



Thursday, May 5, 2011
\$65 members; \$75 nonmembers

Tour the world famous culinary school, where many of the world's top chefs train. Enjoy a delicious lunch at the on-campus American Bounty Restaurant, an award-winning, student-staffed eatery.

Bus departs at 8:30 a.m. from Temple B'nai Jeshurun (back parking lot), South Orange Avenue, Short Hills. Estimated return time is 5:00 p.m.

Books & Bagels



Tuesday May 17, 10:00 a.m.

"Girl in Translation" By Jean Kwok

The author's first novel, this is the story of a young girl who comes to the United States from China with her mother.

Tuesday June 7, 10:00 a.m.

"The Bookseller of Kabul" By Asne Sierstad
In Afghanistan, just after the fall of the Taliban, a bookseller named Sultan Khan allowed the author to move into his home and experience his family's life in the newly liberated capital city of Kabul.

National Convention - continued from page 1

daughter, one of her five children, received awards. Again, the mantra "coalition" was heard, and we were reminded that NCJW is so well known and respected on Capitol Hill. Ms. Pelosi asserted that, as advocates, we must continue to serve the "least, last, and lost."

Shabbat is always a warm and bonding day at NCJW gatherings. Following dinner there was a tribute to Debbie Friedman -- world renowned singer, songwriter, and music arranger of all things Hebrew -- who recently died at the age of 59. It seemed that everyone who ever went to Jewish summer camp had Debbie Friedman as a music counselor. The 'J' in NCJW was so prominent at this event, where songs and dances familiar to Jews from every part of the country had such a spiritual richness.

So now we return to the fabulous installation evening. The Slucker family was there in force, and all of us from Essex County felt like family too. Marsha Atkind and Linda Slucker shone like the stars that we know they are, both in our section and on the NCJW national stage. We can be so proud of our Section for its ability over the past

century to build stellar leaders and be at the forefront of this extraordinary organization. We all went home with an "exquisite" warmth and respect for the women and the work of NCJW, Inc. There is something so bonding and magical about a NCJW national convention. St. Louis will be the site of the next national convention, in three years. Do not miss this rare opportunity to meet and network with your sisters from across the nation.

Participation of NCJW Essex County Section in the NCJW National Convention is sponsored by Linda and Mel Jacobs through a generous gift to the Legacy for the Future Endowment Fund



The Essex County Section exhibit shows off our many programs and services.

MEMBERSHIP

Savvy Solos

Our pot luck dinner was fabulous! About 20 women attended, and all had a good time. Next we were going to go to the Lunch and Learn, but that was canceled due to snow. We are looking forward to the spring-weather events such as the NCJW House tour in Summit on May 11th, and our end-of-year pool party on June 26 or 27. We are also looking forward to volunteering at the Back to School Store on July 31.

Savvy solos is a group of more than 90 dynamic, interesting women who are single. We join for the fun and stay to become involved in NCJW.

For more information or to join Savvy Solos, contact Gloria Schwartz at glocatz@gmail.com or 973.467.9432.

NCJW WELCOMES NEW MEMBERS AND NEW LIFE MEMBERS

New Annual Members:

Liz Blazer
Keira Boertzel-Smith
Virginia Brody
Maria Camerino
Sarit Catz
Greta Cohen
Helen D'Alessio
Ellen Dash
Jane Eisler
Sophia Eptamenitis
Roz Fink
Lynne Finkel
Karen Friedman
Lori Gelman
Eta Gershen Cohen

George Gluck
Jill Greenspan
Frank Grisolia
Gail Hecht
Barbara Heller
Bonnie Jarman
Sarah Jane Jelin
Sheryl Katz
Karen Kaufman
Cathy Klein
Stacey Klinger
Roberta Lerner
Ellen Loventhal
Dana Lustbader
Michelle Napell
Debra Nevas
Amy Noble

Debbie Phillips
Debra Pianin
Susan Reiter
Julia Riker
Lisa Robbins
Ellen Robinson
Enid Rothchild
Wendy Sabin
Susan Schreiber
Carol Simon
Amy Stein
Gayle Stein
Ami Talkow
Marilyn Tayler
Gary Trust
Nancy Victorine

New Life Members:

Lauren Rubinfeld Barkan
Barbara Davis
Jill Edinburg
Darren Eskow
Leslie Katz
Heather Mitchell
Shari Nyman
Sandra A. Roth
Stacey Rubinfeld
Carol Simon

AN IMPORTANT NOTE ABOUT SENDING MAIL TO NCJW!

The post office is now REQUIRING that all mail to us include our suite number: Suite 300.

They will not deliver any postal item that does not include it. Our full address is:

NCJW, Essex County Section, 513 West Mt. Pleasant Avenue, Suite 300, Livingston, NJ 07039.

Please make a note of it.

FUND DEVELOPMENT

NCJW TRIBUTES

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

NCJW tributes are now available online at 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

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



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.

Phones only, please. No chargers or instructions.

FOCUS ON FOOD

Our fabulous new cookbook features more than 500 recipes from our NCJW members and friends. You'll find delicious recipes for holidays and special occasions as well as zesty dishes for any time of day!

Cost: \$20;

Call the NCJW office at 973.740.0588 or buy it online at ncjwessex.org

Eye on Israel

By Dianne Chirls, Israel Affairs Chair

A major victory for women’s rights was won recently when the Israeli High Court declared segregation on public transportation to be illegal. NCJW has long opposed this practice which was endorsed by a group of religious extremists who demanded that women sit in the back of certain buses while traveling through Haredi neighborhoods. They also demanded that women be dressed in a modest fashion as determined by their “modesty patrols.” Shari Eshet, Director of Israel Office, together with author Naomi Ragen, who was subjected to harassment while riding a bus to her Jerusalem home, and Sharon Shenhav, Director of the International Jewish Women’s Rights, a program funded by the International Council of Jewish Women, of which NCJW is the largest affiliate, are organizing a nationwide campaign entitled “Freedom Riders,” to encourage women to ride previously segregated buses. They will monitor the campaign through a hotline and clearinghouse run by volunteers.

NCJW’s Israel Granting Program sustains diverse, pioneering projects via its grassroots grants that teach, support, and empower women,

children, and families throughout Israel. Grants are allocated in two categories: literacy programs designated for at-risk populations — specifically women and children, and development and empowerment programs for at-risk women. Together, they support important social change efforts in Israel, strengthen communities, help ensure the well-being of Israel’s people, and carry on NCJW’s legacy of education and empowerment work abroad.

NCJW Essex County is proud to support Machshava Tova, dedicated to narrowing the digital gap in Israeli society. The program provides computer literacy courses for the unemployed, new immigrants, single mothers, the elderly, children and youth at risk, minorities, and those with disabilities and special needs. The grant will help fund courses for underprivileged women in Jerusalem and Lod, for unemployed women and new immigrants who have never worked or can only find menial jobs with low compensation.

Lunch & Learn Wednesday, May 4, 2011

Temple B’nai Abraham
300 East Northfield Rd., Livingston, NJ 07039
Members, \$15; Nonmembers, \$25
Includes a delicious buffet lunch
Preregistration required

Be Welcoming or Wary:

A Discussion of Islam in the United States and Europe

Two distinguished guests will discuss their views, point/counterpoint style, about the growing Islamic presence in the United States and Europe.

Dr. M. Ali Chaudry, a former mayor of Bernards Township, is the first Pakistani-born mayor in the United States. He is a lecturer in the Division of Continuing Studies at Rutgers University, the founder of the web development company Citechs, and a former member of the Bernards Township Board of Education.

Dr. Herbert I. London, a noted social critic, is President of the Hudson Institute, professor emeritus at New York University, and former Conservative Party candidate for governor of New York.

The discussion will be moderated by **Dr. Christopher Taylor**, Professor of Islamic Studies and Chair of the Department of Religious Studies at Drew University. Participants will have the opportunity to submit questions to the panelists.

Lunch and Learn programs are sponsored in honor of Ellen Lynette through a generous gift to the Legacy for the Future Endowment Fund

NCJW Volunteers Testify in Trenton

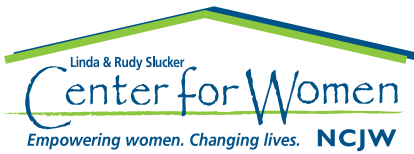
Hanie Warshaw, accompanied by Michelle Bobrow, went to Trenton on January 31 to testify in support of S.2114, directing the Department of Education to develop a school district dating violence policy and requiring school districts to provide dating violence education in the health curriculum. The Senate education committee heard the bill and called on Hanie to speak. She eloquently described the incidence of teen dating violence, NCJW’s involvement with the issue, and development of a working curriculum. She and NCJW were commended by Senator Whelan who was pleased to learn that a program already is in place to address this need. The second and last speaker was affiliated with Love Shouldn’t Hurt, and has a counseling practice in Morris County dealing with dating violence. After hearing the testimony, the committee voted unanimously to release the bill to the Senate. Since that date, both the Senate and Assembly have passed the bill. It now awaits Governor Christie’s signature to become law.

Politics & Pastry

Tuesdays: May 31 and June 28

11:30 a.m. to 1:00 p.m., NCJW Conference Room

The place to discuss current events and politics!
Bring a dairy Kosher-style brown bag lunch;
we provide coffee and a nosh.
Members only. No fee.
No advance registration necessary.



LIFE CHANGES...WE CAN HELP

at the Linda and Rudy Slucker NCJW Center for Women
Empowering Women. Changing Lives.

Now Registering ... at the Linda & Rudy Slucker NCJW Center for Women

Register online or by phone. No fees will be returned unless the program is canceled

Online: centerforwomenNJ.org • Phone: 973.994.4994

Women's Workshops Free to NCJW members (with advance registration); \$7 per workshop for nonmembers.

Redecorating with Style: Learn to Shop and Decorate like a Designer

Wednesday, April 27, 2011, 7:15 pm

Karen Wolf, owner of Between Spaces LLC

Learn about current market and color trends and creating a personal color palette. Gain tips for shopping and thinking like a designer.

Reducing Stress Through Meditation

Wednesday, May 4, 2011, 7:15 pm

Pat Stein, meditation teacher at the Carol Simon Cancer Center at Morristown Hospital

Learn to relieve stress and pain through mindful meditation.

Using the Internet for your Job Search

Wednesday, May 11, 2011, 1:15 pm-3:15 p.m.

Lynne Olver, Director, Morris County Library, Whippany

Learn how to use the Internet as a job search tool, whether you are a first-time job-seeker or are looking to change your current job or career.

Making Sense of the Digital World: Featuring Facebook, Twitter, LinkedIn & You Tube

Wednesday, May 11, 2011, 7:15 p.m.

Ken Spingarn, Computer Science Instructor, Fairleigh-Dickinson University

A discussion and demonstration on the use of social media.

Job Search Strategies

Thursday, May 12, 2011, 1:00 – 3:00 pm

Lynne Robbins, M.A., Career Counselor, Jewish Vocational Service

Discover effective ways to find a job in today's challenging market.

Dealing with the Ex In-Laws – Family Matters

Tuesday, May 17, 2011, 7:15 p.m.

Neal Litinger, Ph.D. and Daniel Gallagher, Ph.D.

Dealing with ex-in-laws is one of many remnants of a bygone marriage. Are they still my family?

Why do I need to deal with all of them? How do I keep my kids out of the middle of battles?

Learn a framework and methods for showing your kids yet another example of conflict-resolution,

reconciliation, and teaching respect – while taking care of yourself in the process.

Navigating the Maze of Eldercare: What Children of Aging Parents & Older Adults Need to Know

Wednesday, May 25, 2011, 7:15 pm

Yale Hauptman, Esq.

Learn how to keep loved ones at home as their long-term care needs increase. Banking, financial, and legal expertise will be provided.

Divorcing in this Economy

Wednesday, June 1, 2011, 7:15 pm

Pam Cerruti, Esq.

Discussion will cover custody/parenting, child support, alimony, and the division of assets and debts. Learn what to be aware of if there is loss of employment, lower income, depressed housing values, and depressed retirement account values. Learn how to reduce the cost of divorce.

Effective Strategies for Raising Healthy Children

Wednesday, June 15, 2011, 7:15 pm

Dr. Jennifer Weberman, Licensed Clinical Psychologist

Are you feeling overwhelmed by your child's difficult behavior? Do everyday tasks turn into a battle of wills? Are tantrums, whining, and back-talk leaving you exhausted? Learn how to apply techniques to manage any behavior and be in control. Increase positive behaviors and reduce negative ones. Geared to women with children ages 3 to 12.

Divorce: Financial, Emotional and Legal Ramifications

Wednesday, June 22, 2011, 7:15 p.m.

Eric Greenebaum, CFP, Financial Adviser and Jean Campbell, Esq.

Eric will explore financial topics such as budgeting, financial choices, and how to find a financial adviser you can trust & with whom you can feel comfortable. Jean will answer questions about your legal concerns.

Don't Call Your Son on his Cell Phone and other Sins of a Mother-in-Law

Wednesday, July 6, 2011, 7:15 p.m.

Linda Zamer, Retired Director of Career Counseling and Placement Jewish Vocational Service

This workshop will deal with mother-in-law/daughter-in-law and son issues (and daughter and son-in-law issues). She will also touch on grand-parenting and ways to improve family communication. Come with questions and situations. Confidentiality will be respected.

Women's Self-Defense Clinic

Wednesday, July 13, 2011, 1:00 p.m.-2:30 p.m.

Susie Greenfeig, NSCA-CSCS, Physical Development Coach, Millburn-Short Hills Athletic Club

This workshop, for women of all ages and physical abilities, will demonstrate Israeli Krav Maga -- an easy-to-learn self-defense system that relies on natural instincts and reflexes and is taught to women in the Israel Defense Force.

Legal Aspects of Divorce

Wednesday, July 27, 2011, 7:15 pm

Ellen Seigerman, Esq., of Einhorn, Harris, Ascher, Barbarito & Frost.

A frank discussion about divorce issues, including alimony, equitable distribution, child support, and custody. Come to this open forum and bring your questions with you.

Looking for a new job? Want to go back to work? Career Quest can help!

Our Career Quest program is designed for any woman who is looking to go back to work or considering a career change.

Career Quest helps with: Goal-setting and career-planning, Resume writing and interview skills, Computer training, Job search strategies

Fee: \$75. If you are a displaced homemaker – a woman who must return to work due to separation, divorce, widowhood, or a spouse's disability – please contact us about our no-fee Job Readiness program.

The NCJW Center for Women programs sponsored through contributions to the NCJW Legacy for the Future Endowment Fund are as follows: LAW & TDA - Audrey and Norbert Gaelen; Additional funding for TDA is provided by the Healthcare Foundation of NJ and Target; Women's Workshops - Susan and Walter Schenker; Career Closet - Jill and Alan Johnson, additional funding is provided by United Way of North Essex; Job Readiness Program - The Schofel Family; Computer Lab, Sylvia and Saul Seltzer; RAINBOWS is underwritten by Susan and Richard Kogan; Career Quest is made possible by grants from the Jewish Women's Foundation of NJ, Montclair Women's Fund and is in partnership with JVS of MetroWest. Additional funding is provided by the State of New Jersey, Division on Women.

Computer Classes

Available to all women. Fee \$85 per class.. Reduced fees for displaced homemakers (please inquire)

Intro to Windows, the Internet & Email:

Become familiar with computer terminology. Learn to use email, send attachments, and create your online address book. Surf the Internet and learn about important websites.
 Session 1: May 2, 4, 16, 18, 23, 25, Mon/Weds 9:00 a.m.-11:00 a.m.
 Session 2: June 2, 7, 14, 16, 21, 23, Tues/Thurs, 9:00 a.m.-11:00 a.m.

Intro to WORD:

Pre-requisite: Intro to Windows or previous experience
 Learn to use the word processing software Microsoft WORD.
 Session 1: May 3, 17, 19, 24, 26, 31, Tues/Thurs, 11:15 am-1:15 p.m.
 Session 2: June 6, 13, 15, 20, 22, 27, Mon/Weds, 9:00 am-11:00 a.m.
 Session 3: July 7, 12, 14, 19, 21, 26, Tues/Thurs, 9:00 am-11:00 a.m.

Intermediate WORD:

Pre-requisite: Intro to WORD or WORD experience
 Topics covered include mail merge, templates, styles, tables, headers, footers, tabs, etc.
 Session 1: July 11, 13, 18, 20, 25, Mon/Weds, 11:15 a.m.-1:15 p.m.

Basic EXCEL:

Pre-requisite: Intro to WORD or WORD experience
 Learn to use the spreadsheet program,

Microsoft EXCEL. Create, edit, and format worksheets; enter and edit data and text; perform calculations; create and copy formulas.

Session 1: May 3, 5, 10, 12, 17, 19, Tues/Thurs, 9:00 a.m.-11:00 a.m.
 Session 2: July 6, 11, 13, 18, 20, 25, Mon/Weds, 9:00 a.m.-11:00 a.m.

Intermediate EXCEL:

Pre-requisite: Basic EXCEL or EXCEL experience
 Become more proficient in the use of EXCEL. Topics covered include graphs, database capabilities, and advanced calculations. Date to be Announced

PowerPoint:

Pre-requisite: Intro to WORD or WORD experience
 Learn to create slide presentations. Add graphics, sound, and animation.
 Session 1: June 2, 7, 14, 16, 21, Tues/Thurs, 11:15 a.m.-1:15 p.m.

QuickBooks:

Pre-requisite: Familiarity with accounting terminology and principles; computer literacy
 Learn to use this financial software to help manage your small business or home in an organized, efficient way.
 Fall Date to be Announced,
 Tuesdays, 7:00 p.m.-8:30 p.m.

Know of any job openings?

Send them to our Center for Women!

At the Linda & Rudy Slucker NCJW Center for Women, we have ready and available job candidates for a variety of positions and industries. If you are aware of any job openings please forward them to our job developer, Pat Kremen, at pkremen@ncjwessex.org

We recently placed clients in the following positions: law firm receptionist, medical coder and biller, CPA at an accounting firm, administrative assistant at a financial services company, dietary manager at a long-term care facility, and a program manager at a facility for disabled people.

Our job placement services for women have recently been enhanced by the adoption of a computerized job bank -- a software program that helps us track job listings, maintain contact with employers, and send job listings to clients.

Peer Support Group: Women Caring for an Ill spouse

Are you feeling burdened and alone caring for your ill spouse? Would you like a safe place to discuss your feelings with other women in similar circumstances? Our peer support group for Women Caring for an Ill Spouse meets for six weekly sessions and is open to the community. Please call us to let us know which days and hours are most convenient for you. We are scheduling groups that match participants' availability as best as possible, and are considering daytime and evening groups.

In the words of one former participant, "I was thrilled that NCJW was instrumental in providing us a forum to meet and share common life issues last year. It was incredibly meaningful to all seven of us. Sharing our hopes and frustrations made us feel so much less isolated. Peer support gave us a safe place where commonality of experience could be discussed in the presence of respectful compassionate group facilitators. We shared community resources, coping techniques, practical tips, and medical experiences in a confidential and caring environment."

Peer Support Groups

Fee for each group is \$45 for six-week session. A safe place to discuss your feelings with other women in similar life circumstances. Groups are led by two trained facilitators. Groups begin at 7:30 pm on the dates below, unless otherwise noted, or as soon as enrollment is full. If there is insufficient registration for a six session group, we will run a two session Mini Chat peer support group at a fee of \$14.

Widows Daytime Support Group

Wednesday, April 27, 2011, 1:00 p.m.-2:30 p.m.

Women Coping with Separation & Divorce

Wednesday, April 27, 2011

Spring groups forming

Women Caring for an Elderly or Ill Family Member (Day and Evening)

Women Caring for an Ill Spouse (Day and Evening)

Summer groups forming

Widows (Evening)

Young Widows (Evening)

Mini Chat Peer Support Groups:

Fee \$14. Two sessions for small groups. Mini Chat groups are run when there is insufficient registration for a 6 session group.

RAINBOWS

No Fee, Mondays, 5:30-6:30

10-week session will begin in the fall. Call for information.

A support group for children, ages 5 to 12, grieving a loss from a life-altering crisis such as death, separation, divorce, or other painful transition.

See What NCJW is Doing with its Partners!

Life Long Learning at the JCC MetroWest Center for Adult Enrichment

Spring session has begun! This continuing education program features courses taught by university professors and is open to anyone age 55 or older. Nominal fee. Programs this session cover the Vietnam War, Politics 2010, the American Jewish Experience in Film and Literature, and the Sonnets of Shakespeare. For more information visit jccmetrowest.org/lifelonglearning or contact Sharon Gordon at sgordon@jccmetrowest.org or 973.530.3480.

JFS Community Forum

The Future Ain't What it Used to Be: Life's Challenges Moving Forward

Keynote Speaker: Judith Viorst

NCJW is pleased to cosponsor, along with Jewish Family Service of MetroWest, this forum exploring family issues. Ms. Viorst will provide an entertaining view and take audience questions. Afterwards, attendees have the opportunity to attend workshops led by JFS social workers. Judith Viorst is an author, journalist, and psychoanalysis researcher. She is known for her works of fiction for children (*If I Were in Charge of the World* and *Other Worries: Poems for Children and their Parents*) and *Alexander and the Terrible, Horrible, No Good, Very Bad Day*) and adult nonfiction (*Necessary Losses* was a *New York Times* best-seller).

Wednesday, May 4, 6:30 p.m.

Aidekman Family Campus, 901 Route 10 East, Whippany, NJ

Free of charge & open to the community.

Preregistration required. Visit www.jfsmetrowest.org/communityforum

11th Annual

Run for Rachel

Raising Awareness About Domestic Violence

Sunday, May 22, 2011

Memorial Oval,
Livingston

For more information and
registration contact

Sylvia Heller at

973 637-1708 or

sheller@jfsmetrowest.org

Or visit

[www.firstgiving.com/](http://www.firstgiving.com/JFSMetroWest/Event/runforrachel)

[JFSMetroWest/Event/](http://www.firstgiving.com/JFSMetroWest/Event/runforrachel)

[runforrachel](http://www.firstgiving.com/JFSMetroWest/Event/runforrachel)

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NCJW