

# WORDS

The Bulletin of NCJW Essex County Section

Winter 2010 Volume 44 Number 4

## Career Closet Provides a New Look – and a New Outlook!

The moment Michelle had been waiting for finally arrived. Over the past several months, to prepare for re-entering the workforce after a decade-long hiatus, she had updated her computer skills, revised her resume, role-played mock interviews, and arranged childcare. Now she was ready to go on her first job interview -- well, almost ready. Michelle still needed a professional outfit for the interview and, if all went well, a work-appropriate wardrobe! However, as a single mother responsible for two young children, Michelle's resources were limited. How would she ever be able to afford work clothes?

Fortunately, Michelle contacted the Linda & Rudy Slucker NCJW Center for Women and was referred to The Career Closet, where women re-entering the workforce can get a starter work wardrobe – for free. Michelle is a size 20 and worried that Career Closet wouldn't be able to help her. But she decided to give it a try.

Fast-forward one week. This note arrived:

*I was a little concerned coming to The Career Closet this past Monday due to my size and never being in this position before. The personal shoppers who helped me were great – what a team! They made me feel very comfortable and we had some laughs. Thank you so much for helping me put together a beautiful working wardrobe with mix-and-match pieces and neat accessories. You made it very enjoyable and it lifted my spirits.*

*Sincerely, Michelle B.*

A short time after her shopping spree, Michelle reported that she had found a job and was successfully employed.

You can help make other women like Michelle start their job search with confidence. Please donate business appropriate, gently worn, like-new, in season and up-to-date clothing and accessories such as handbags, shoes, jewelry, and scarves to the Career Closet. To arrange for a donation drop-off -- or if you have a connection to a business that can help in any way -- please call the Center for Women at 973.994.4994 or check [CENTERFORWOMENj.org](http://CENTERFORWOMENj.org) for donation dates and times.

The Career Closet is located in the St. James Episcopal Church in Montclair and provides desperately needed interview and career-appropriate clothing to women who need to re-enter the workforce. Clients are referred from the Linda & Rudy Slucker NCJW Center for Women and other social service agencies that are dedicated to helping women and their families.

## VOLUNTEER SPOTLIGHT: Hannah Butensky and Laura Ostheimer

### Dynamic Duo Bring Heart, Soul, and Professionalism to NCJW Peer Support Programs throughout the Years



Hannah Butensky, L; Laura Ostheimer, R

If there is one thread woven through the 32-year history of the NCJW Peer Support Programs, it is two women: Hannah Butensky and Laura Ostheimer. As volunteers, the two have nurtured and nourished the peer support programs,

growing them from just one or two groups in the late 1970s/early 1980s to the full-spectrum offerings of today.

Their NCJW journey started with Hannah, in 1978, when, prodded by her friend Elaine Garrod, she looked into joining NCJW. The Center for Women was getting off the ground, and when Hannah learned that volunteers were needed to work with peer support groups, that sealed the deal.

"This is right up my alley," she said at the time.

She previously had enjoyed volunteering to send aid to women and children in Biafra. So it was no surprise that, as a psychotherapist with a Master's degree in counseling psychology, she was excited to sign on as a support-group facilitator to help women and children locally.

Hannah's talents and commitment were soon noticed, and before long she was invited to be a trainer, teaching other volunteers how to facilitate the peer support groups. It was then that Laura Ostheimer came into her life.

One day, in 1984, Laura was supervising the building of her new home in North Caldwell when a friendly neighbor stopped by and told her that she "needed to" join NCJW, West Essex Division. It was a no-brainer for her because she already was a life member of the Morris County Section and wanted to become involved locally.

Laura soon became involved with the peer support program, then called Project GRO, where Hannah was her trainer. The two bonded instantly and went on to become, for the next 26 years, the

(continued on page 11)

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## WORDS

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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

In July, I was so proud to become the President of NCJW, Essex County Section. What a summer and fall it was! “Filled to capacity” or “sold out” seemed to be the operative words describing so many of our projects and programs.

My first role as President this summer was to welcome the many dignitaries, sponsors, volunteers, children, families, and agencies to our Section’s second Back 2 School Store. NCJW’s mission is to improve the quality of life for women, children, and families. So many of you experienced first-hand how that August day not only improved the quality of lives, but *transformed* lives – the lives of the nearly 400 children who chose their own new clothing, personal care items, and school supplies; the lives of the family members who received valuable information at the Family Resource Center; and the lives of the hundreds of volunteers who helped make that day a success. The rooms and halls throughout B’nai Shalom were filled to capacity and buzzing with excitement. Please read in this Bulletin, the heartfelt account by Janet Berger, one of the extraordinary chairwomen of the first and second annual Back 2 School Store.

The third Back 2 School Store will be held on July 31, 2011 when we hope to serve more than 450 children. More children means we’ll need more volunteers. I hope many of you will get involved this year in this incredible, transforming project.

Once again, this year’s Opening Event was a huge draw for members and guests. More than 500 people gathered at the filled-to-capacity ballroom of the Wilshire Grand Hotel to hear Mika Brzezinski, co-host of *Morning Joe* on MSNBC, speak about work-life balance. But, due to uncontrollable airplane delays, Mika had to bow out at the last minute. We were thrilled, however, when Jean Chatzky, Financial Editor for Today on NBC, was able to join us on very short notice and speak to the crowd about pertinent financial issues and decisions each one of us, regardless of age, needs to face.

The year’s first Lunch & Learn event, “Human Trafficking, Human Tragedy: The Buying and Selling of Women and Children in New Jersey,” was sold out weeks in advance. Almost 110 women were captivated and quite surprised as we heard FBI agents tell us about human trafficking right here in Essex County, even in well-to-do suburban Essex neighborhoods.

The 8th Annual Wonder of Women Film Festival was also sold out many weeks before the event. I, along with 214 other participants, laughed and cried as we viewed films and documentaries by and about women and families.

We welcome the entire membership of what was formerly the Middlesex County Section -- which officially became a part of Essex County Section on July 1, 2010. I know the office is not nearby, but if you are in the area feel free to stop in. If you can, please sign up for one (or more!) of our many programs and events. I truly hope to meet and get to know many of you.

Throughout this Bulletin are stories and pictures that capture the spirit of many of the programs and projects of NCJW Essex County Section and how we better the lives of women, children and families. I hope when you read this, you too will feel proud to be a member of NCJW, Essex County Section.

Jill Sorkin Johnson,  
President



## Three Essex County Students Win the Nancy and Robert Eskow NCJW Community Service Award

Last spring, NCJW awarded three Essex County students the Nancy and Robert Eskow NCJW Community Service Award. Bestowed annually on graduating high school seniors who have demonstrated a commitment and dedication to making life better for others, the award is in its eighth year. Winners receive \$500 and a commemorative certificate.

The 2010 winners were Molly Bangs, Shamm Petros, and Ashlee Wright.

Ms. Bangs, a 2010 graduate of Montclair High School who is now a freshman at Connecticut College, volunteered for three years through the Interfaith Hospitality Network (IHN) of Essex County to help homeless families in the community. Inspired to increase her commitment, Molly decided to incorporate her love of running with her love of volunteerism. She established a 5K road race to raise funds to fight local homelessness. Despite slow progress, she stuck with the task, and many of the downtown Montclair stores and local community members came around to help support her project. She pulled off the 5K race and is now organizing it again for next year. She also enlisted two underclassmen from her high school to insure the continuation of the project.

Ms. Petros, a 2010 graduate of Irvington High School who is now a freshman at Columbia University, was moved by the genocide

atrocities occurring in Darfur, Sudan. She established a nonprofit group called Never Again as part of the Save Darfur Coalition. To raise funds for her group, Ms. Petros coordinated a musical forum that included an original play she wrote, an opera performance, selections from the dance crew Multi-Pot, and the creation of a short film, "Voices from Darfur." The forum raised more than \$1,000 for genocide victims and introduced hundreds of people to the issue.

Ms. Wright, a 2010 graduate of Newark Vocational High School and now a freshman at Delaware State University, planned a Thanksgiving food drive to ensure that families affected by the economic downturn would be able to enjoy a Thanksgiving dinner. Working through her school's honor society, of which she was a member, Ms. Wright's collections were falling short of her goal. So she took it to the community, deciding to promote the food drive outside of the school environment. Through advertising, phone calls and much hard work, Ashlee collected enough food donations to feed every registered family that otherwise would have gone hungry on Thanksgiving.

Visit [ncjwessex.org](http://ncjwessex.org) for more information and to download an application for the 2011 Nancy and Robert Eskow NCJW Community Service Award.

## March Mitzvah Event Returns! Bring the Whole Family!

The NCJW Mitzvah Project this year will once again provide "Tuck-In Bags" for infants – preemie to 12 months --and their families who are served by Essex County social service agencies. This volunteer experience – taking place on Sunday afternoon, March 27, and Monday evening, March 28 -- is open to NCJW members and their families. The one-and-one-half-hour Sunday afternoon session welcomes members with or without their families (children ages four and older, please). Our task that day will be to sort the infant-care items and place them on the appropriate table for each agency. The Monday evening session, for adult volunteers only, will focus on filling the Tuck-In Bags.

We need volunteers for three phases of the project:

1. Shopping for the Tuck-In Bag items -- diapers, wipes, pajamas, pacifiers, washcloths
2. Transporting the items (in your car) from storage to Beth Shalom in Livingston on Sunday morning, March 27
3. Sorting and/or stuffing the Tuck-In Bags on March 27 and March 28.

You can volunteer for one or both days.

To volunteer, please contact Sue Wasserman at 973.740.0588 or [swasserman@ncjwessex.org](mailto:swasserman@ncjwessex.org)

## NCJW, Essex County Section Is Awarded Citation for Community Service

At the October 12 meeting of the West Orange Town Council, NCJW was awarded a citation for this summer's Back 2 School Store. Representing NCJW at the award presentation were: Patti Nathan, Linda Slucker, and Sharon Falkin. Representing the Town of West Orange were: Mayor Robert Parisi, Councilwoman Patti Spango, Council President Sal Anderton, Councilman Elnardo Webster, Councilwoman Susan McCartney, and Councilman Victor Cirillo.



# BACK 2 SCHOOL® Store 2010

a project of NCJW

386 kids  
+ 328 volunteers  
714 smiling faces!



386 underserved children from the Essex County community walked into their classrooms with big smiles, new clothes and backpacks filled to the brim with school supplies!

National Council of Jewish Women, Essex County Section extends its heartfelt thanks to the many generous sponsors and the 328 dedicated volunteers who made the second annual Back 2 School Store an overwhelming success!



**Jill Sorkin Johnson**  
President, 2010-2011

**Sharon Falkin**  
President, 2009-2010

**Cathy Silverman**  
Executive Director

### BACK 2 SCHOOL STORE STEERING COMMITTEE

**Penina Barr, Janet Berger and Natalie Peck**  
Co-Chairs

Lila Bernstein • Susie Botwinick • Karen Cherins • Teddi Dolph  
Lesley Greenstein • Shari Harrison • Vicki Horowitz • Stacey Laken  
Leslie Lavinthal • Ellen Legow • Joan Lowy • Ellen Lynette  
Isabel Margolin • Marion Medow • Andrea Mintz • Patti Nathan  
Debby Schultz • Penny Sherry • Lynn Wald



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**MARK YOUR CALENDARS!**  
**Sunday, July 31, 2011**  
**Back 2 School Store**

Volunteer for one of the most exciting and heartwarming community events!  
For more information and to find out how you can get involved, go to [ncjwessex.org](http://ncjwessex.org).

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



National Council of Jewish Women  
Essex County Section



Contact Sue Wasserman if you are interested in any type of volunteer opportunity. We are in particular need of the following:

**Greeters for LAW Program and for Women's Workshops – Friendly Faces Needed for Evening Volunteer Position.**

Welcome the women who attend our Women's Workshops or our LAW program! Workshops are on a variety of topics of interest to NCJW members; the LAW program provides a confidential 30-minute consultation with an attorney. As a greeter, your responsibilities include welcoming workshop participants, LAW clients, and attorneys, as well as performing light paperwork. LAW and Women's Workshops take place in the evening, so this is a perfect volunteer opportunity for anyone who has evening availability.

**Telephone Companions for Homebound Senior Citizens – Once Weekly from Home!**

Looking for a volunteer opportunity that doesn't take much time? That you can do from home? That really makes a difference in a person's life? Be a volunteer for the NCJW Telephone Reassurance Program! As a volunteer, you are matched with a homebound senior citizen and are responsible for calling the senior once a week to check in on him/her. Volunteers provide a warm and friendly voice to an individual who may not have much other human contact. This program is made possible by the generous support of the Grotta Fund for Senior Care of the Jewish Community Foundation of MetroWest.

**Current Events Discussion Facilitator – Flexible Commitment!**

If you love to talk about the news, NCJW has a perfect volunteer opportunity for you! We need volunteers to facilitate one-hour discussion groups at senior centers in West Orange and South Orange. You can commit to one hour every week or one hour every month. You can even agree to volunteer every now and then, as you are available. This is an opportunity to work independently and enjoy stimulating dialogue. Groups meet Tuesdays and/or Wednesdays from 2:00 to 3:00. You can observe a group before you make a commitment. (You probably won't be able to sit without wanting to participate!) If you want to continue, there is a very short training, and you will receive a monthly calendar to choose your dates.

*The Volunteer Network is sponsored by Sue and David Rudd through a generous contribution to the NCJW Legacy for the Future Endowment Fund.*

# VOLUNTEERING

## Back 2 School Store: Personal Reflections from a Co-Chair

By Janet Berger

It is hard to capture in words how immensely rewarding it has been to serve as one of the co-chairs of the NCJW Back 2 School Store for the past two years. The level of challenge and the personal rewards were immense. If you just for a moment try to picture the planning, organization, and sheer people power that it takes to orchestrate the movement of more than 1,000 adults and children — each having an individual objective — safely and happily through a building in just six hours, you begin to understand the sheer size of the undertaking. Yet, with the incredible skill and energy that defines NCJW, our Section has established, in just two short years, a signature event that is well planned, well run and for which we are now well known. WOW!

In 2009 we served 228 children — a wonderful accomplishment. But in 2010 our incredible team of 24 Steering Committee members wanted to do more. And did we ever! This year we served 386 children! Every single one of them left that day with the four main items that we guarantee (winter jacket, shirt, pants, and sneakers), each in the perfect size, style, and color. Kudos to the NCJW shopping wizards who provided such an amazing selection!

We solidified our critical relationships with the social service agencies that link us to the families we serve. Although many were skeptical in 2009, the agencies couldn't wait to sign up for 2010. Our partnership with B'nai Shalom, the site of our store, is a match made in heaven. We expanded our relationships with key donors of gifts-in-kind, without whom we would not have had dressing rooms, clothing racks, and so much more. We networked with manufacturers and wholesalers who donated goods or sold them to us at incredible prices. Even our caterer loved pitching in!

The B2SS continues to inspire our donors, who know that their contributions produce the intangible reward of self-esteem visible in every child's smile. The enormous good will that we have created for NCJW throughout Essex County is a product of that donor support. We have caught the attention of governors, congressmen, mayors, and other New Jersey dignitaries, many of whom volunteered as personal shoppers. Our Family Resource Center was a beehive of activity as visitors collected so much invaluable information. The free health screening, provided by our partners at UMDNJ, was in such demand that it spilled out to the parking lot. News coverage about the NCJW B2SS was everywhere! And NONE of these accomplishments would have been possible without the more than 300 volunteers who made the day sparkle.

As I retire as co-chair, I do so with immense gratitude to Sharon Falkin and Cathy Silverman, who entrusted me with the job at the outset, and to Penina Barr, Natalie Peck, Deborah Schatz, and more than two dozen members of the Steering Committee who worked tirelessly at my side for three years. We have all poured our energy, talents, and hearts into this labor of love. It can be difficult to let go of something to which I've devoted myself, but that's the NCJW way as well as a tribute to how we develop talent and leadership. I won't lose a moment of sleep this year, knowing that the 2011 B2SS has the capable leadership team in place to continue to grow and succeed.

# ADVOCACY

## October's Lunch & Learn Drew Large Crowd



At the October 27 Lunch & Learn, FBI Special Agent K.I. Davis spoke to a packed room about the problem of human trafficking here in New Jersey. Pictured in photo, L to R, front row: Bara Rosenheck, Jill Johnson, Special Agent K.I. Davis; back row: Terry Hecht, Susan Wasserberger, Special Agent Jim Spence, Special Agent Vernon Addison, Supervisory Special Agent Joseph Bonavolonta, and Kimberly McDonald.

*Lunch and Learns are sponsored in honor of Ellen Lynette through a generous gift to the Legacy for the Future Endowment fund.*

## Advocacy Department Lobbies for New Jersey Safe Schools Bill

The New Jersey Safe Schools Bill is one step closer to reality. Passed out of Assembly committee by a 11-0 vote, the bill, if passed into law, would require school districts to include dating violence education in the curriculum and the State Department of Education to establish a policy to address dating violence at school.

Our Advocacy committee has been meeting to develop strategies for bringing the legislation to the attention of lawmakers and lobbying for the bill's passage. Among the actions they are taking are: reaching out to Susan Coen, NCJW New Jersey State Public Affairs Co-Chair; encouraging NCJW members from all New Jersey Sections to contact their legislators; and raising awareness of the legislation among high school students who participate in the TDA program.

Known as A-2920 in the NJ Assembly, it is sponsored by Assemblymembers Anthony Bucco, David Wolfe, Joan Voss, James Holzapfel, and Mary Pat Angelini. In the State Senate, where the bill has not yet gone through committee, it's S-2114 sponsored by Senator Andrew Ciesla.

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## Standing Room Only at Politics and Pastry

With a heavy turnout on September 26, Politics and Pastry participants discussed the pending legislation that would provide funding for stem-cell research. Ellen Barocas and Isabel Margolin led the discussion and shared their research on the policies and commitments that other countries have made to fund stem-cell research in contrast to the lack of commitment here in the United States.

## Eye on Israel

By Dianne Chirls  
Israel Affairs Chair

### New Head of NCJW Women's Studies Forum at Tel Aviv University is Appointed

Dr. Daphna Hacker has been appointed the new head of the NCJW Women's Studies Forum at Tel Aviv University, replacing Professor Amy Singer. The position is rotated every two years. Dr. Hacker, who, as a young woman just out of the Israeli Army, spoke at the 1996 NCJW national convention, now teaches at the NCJW Women and Gender Studies Program and the Faculty of Law at Tel Aviv University. She also serves as the head of the NCJW Women and Gender Studies Forum.

### NCJW and NOW Team Up for Meeting in Israel

Shari Eshet, Director, NCJW Israel Office, recently attended a meeting with Terry O'Neill, President of the National Organization for Women (NOW) in Israel. The meeting was organized by WePower -- the Organization for the Advancement of Women's Leadership in Israel -- and the two were guests of the American Embassy's cultural department. Ms. O'Neill was excited to hear of Israeli women's achievements in getting the Knesset to endorse UN Resolution 1325, which requires all conflict resolution committees to have women represented at the table, but also noted that the U.S. Congress has still not taken this action. She praised the work of NCJW and NOW who join in coalition in the United States on such issues as reproductive rights and judicial nominations.

## Membership News

As of July 1, 2010 **NCJW Middlesex County Section has merged with us** to be a part of NCJW Essex County Section. We are delighted to welcome nearly **175 life members** and **90 annual-dues-paying members** representing such towns as **East Brunswick, Kendall Park, Monmouth Junction, North Brunswick, and Princeton**. We hope to see you at many of our winter and spring events. Please introduce yourselves to let us know you're from Middlesex! We look forward to greeting all our new members at NCJW events and programs throughout the year. Call Sue Wasserman, Director of Volunteers, to get involved with any of our programs or services!

### Middlesex Merger – Welcome to Essex County Section

Annie Adams	Lillian Glasser	Rosalie Markowitz	Jane Silverman
Joan Anthony	Helene Rubin Glazer	Ronita Merer	Rachel Silverstein
Carol R. Aronoff	Michelle Goldhagen	Helen Merolla	Elaine Slotoroff
Joan Baer Halpern	Fern Goodhart	Marcia Milgrom	Amy Smith
Debra Balakirsky	Julia Williams Green	Lynn F. Miller	Lorraine Smith
Shirley Barlaz	Elise Greenberg	Maxine Miller	Diana Sobel
Florence Bean	Helene Greenberg	Harriet Mironov	Barbara Sorkin
Jeanette Bergelson	Debra Harrison	Beth Moroney	Dana Stein
Sheree Berk	Judith Harrison	Karen Morse	Ruth Stern
Ellen Birch	Margaret Emily	Janet Murray	Janice Stolar
Ruth Boda	Heymsfeld	Maxine Nudelman	Phyllis C. Stoolmacher
Ellen Botwin	Susan Heymsfeld	Judith Nussbaum	Ariel Strauss
Judy Braverman	Edna May Hirschman	Reba K. Orszag	Sandi Strauss
Lenore Brindis	Ina Weitzer Horn	Marci Oslick	Shelley Strauss
Addie Broitman	Nyra Horowitz	Renee Packer	Sheri Tanne
Jacqueline Brooks	Becca Cile Hozore	Anne Paskow	Lisa Tannenbaum
Ellen Buchsbaum	Jill Hudes	Cindy Perl	Brenda Tanzman
Ann Cherson	Naomi Jackenthal	Judith Perla	Pat Tasch
Anita Cohen	Corrine Johnston	Meredith Perla	Ronni D. Ticker
Barbara Cohen	Arlene Kane	Rachel Perla	Rose Turtletaub
Leslie Cohen	Maxine Kass	Fayne Petok	Abby Weingarten
Roseann Csonotos	Carole Kass	Hazel Rabinowitz	Tracey Weingarten
Gilda Curtis	Madeline Kates	Eva Rapkin	Gayle Weisberg
Myra D'Andrea	Judy Keslow	Debra Rekant	Holly S. Weiss
Alana Deiches	Lisa Kimball	Ellen Ritz	Janet Weiss
Judith Devine	Iris Kislin	Regie Roth	Ruth Ellen Fidelman
Ruth DiGiovanni	Gertrude Klaus	Jenna Rubin	Weiss
Sue R. Dreifus	Cyndi Kleinbart	Bonnie Savage	Shani Weiss
Shirley Dwork	Paula Kondioti	Betsy Schack	Merin Weitzen
Shirley D. Kaminsky	Barbara Kritz	Debra Schanen	Nancy Hyman Wilcox
Engel	Debbie Kropf	Abbe Schiffman	Norine Wittie-Bruskin
Ruth Fath	Helen Kushel	Eileen Lubeck Schiffman	Amy Wolf
Linda Feldman	Stephanie Lajeskie	Arlene Schiller	Lou Anne Wolf
Arlene Ferman	Judy Latinsky	Carol Schneider	Rachel Wolf
Barbara Fields	Bonnie Leibowitz	Fran Schorr	Gail Wolfert
Lorraine Finizio	Sara Leiderman	Deborah Schwartz	Jeff Woller
Ruth Fisher	Sue Levine	Blanche Schwartzstein	Shari Woogen
Audrey Flumen	Janet T. Levinston	Vivian Shapiro	Odetti Zalika
Heidi Fox	Laura Lifshutz	Gail Shapiro-Scott	Ann Zar-Taub
Sandra Frank	Marla Lifshutz	Julie Sharif	Frances Zeitler
Arlene Frumkin	Betty Lipscher	Brenda Sherman	Keith A. Zimmerman
Lauren Frumkin	Judith Logue	Lynn R. Sherman	Tammy Zimmerman
Mitchell Frumkin	Susan Lubeck	Sheila Siegal	
Ruth Ann Simandl Gerr	Karen Machlis	Rosalind Shoshana	
Cindy Gittelman	Sheryl Farber Magaziner	Silberman	

### Welcome New Life Members

Helene Cohen Brendzel	Laurie Haber Goldberg	Marilyn Ritter
Joanna Dreifus	Carol Golub	Paula Tessler
Debra Fink	Karen Hipscher	Caryn Warner
Debbie Gilman	Corey Marell	Marilyn Werber
Alona Glaz	Rickie Morrison	Riki Winston

### Welcome New Annual Members

Miriam Adelsberg	Alice Gayner	Susan Ochs-Scher
Julie Ades	Holly Gehrie	Rhoda Orlowsky
Renee Alexander	Lisa Gelo	Dr. Susan Panullo
Karen Amato	Anna Giambattista	Sandy Pressler
Judith Appel	Amy Giles	Carol Rader-Meislin
Sherri Baer	Bea Glotzer	Ava Reinfeld
Joan Baumgarten	Estelle Glucksman	Bonnie Reiss
Miriam Benjamin	Gail Goldberger	Claire Rinsky
Babette Bergner	Gina Goldman	Lucia Rogart
Donna Bernstein	Sondra Goodman	Debby Rose
Edith Bernstein	Carol Gootzeit	Leslie Rosenblatt
Irene Bernstein	Joy Green	Gail Rozansky
Lauren Bernstein	Amy Greenberg	Fabian
Harriet Binik	Lila Greenberg	Leslie Rubinfeld
Sari Birardi	Clara Greenspan	Randee Rubenstein
Blanka Blazek	Tammy Grillo	Rochelle Rubin
Nancy Block	Barbara Gross	Sandra Russell
Minerva Blotsky	Jaimme Grossberg	Sandra Russell
Lauren Blovad	Eveyn Gurland	Lauren Rutkin-
Carol Blumenfeld	Elaine Halper	Gurwitz
Sandy Bohrer	Eleanor Halpern	Beverly Schwartz-
Lynda Boroff	Amy Hartwig	Weinstein
Sarah Botwinick	Paula Heller	Jill Shapiro
Joanna Brick	Rita Horowitz	Rhelda Sher
Kathleen Brochin	Marlene Jacobs	Sally Shotkin
Lois Brounell	Mila Jasey	Judi Sills
Ina Bruskin	Barbara Jones	Margo Siroy
Lisa Chenofsky-	Gladys Kahn	Ruth Skriloff
Singer	Emma Kaplan	Rabbi Amy Small
Carol Chesler	Sandra Kaplus	Jeri Smith
Evette Chusid	Cheryl Karch	Karen Solomon
Rose Corn	Cindy Katz	Arlene Spiesman
Natalyn Dunson-	Melissa Kesh	Emily Stern
Harrison	Phyllis Kessler	Wendy Stewart
Lois Dyer	Iris Kippycash	Bernice Sturtz
Miriam Eger	Melissa Kitchner	Peggy Tobin
Judith Ennis	Muriel Klinger	Dolores Tolstoi
Sheila Eule	Pauline Kollinger	Mariann Triano
Robin Fawer	Vivian Kramer	Nancy Troy
Jill Feder	Janice Kursky	Ellyn Volpe
Susan Feder	Gail Levinson	Marlene Volpe
Sharon Feinsod	Stephanie Lichtman	Susan Warner
Terry Felper-	Ann Logan	Gail Weinroth
Giordano	Jill Magidson	Ronni Weinstein
Karen Feuer	Lisa Marx	Lori Weisblatt
Roslyn Feuer	Ilana Mazur	Ina White
Lynne Finkel	Ann McIntyre	Sara Beth Wizen
Estee Fisher	Durelle McPherson	Rachel Wolf
Robin Fishman	Francine Miller	Gail Yazersky
Lauren Freedman	Barbara Minoff	Leslie Young
Leonore Freedman	Rosary Morelli	Ellen Zarin
Ann Freeman	Steffi Morgan	Suzanne Zimmer
Claudia Furst	Ellen Nimaroff-	Minnette Zweben
Jacqueline Garrod	Hirsch	

# PROGRAMMING

## 2010-2011 Opening Event with Special Guest ... Jean Chatzky

The banquet room at The Wilshire Grand Hotel was filled to capacity on the evening of October 26th with about 500 attendees, mostly NCJW members, to hear the scheduled keynote speaker, Mika Brzezinski. A last-minute airline glitch caused Mika to be delayed – so the crowd was instead treated to a night infused with information and humor by Jean Chatzky, Financial Editor of the Today Show on NBC. Jean spoke about the relationship between money and happiness and provided tips on planning for a secure financial future. Jean was interesting, insightful, and very personable. Even with this last minute change of plans, the evening was a great success.

*Opening Event is made possible through a generous donation from Ellen and Donald Legow.*



## UPCOMING EVENTS

### January 26: Lunch and Learn

It Used to Take 15 Minutes: Embracing Aging  
Remember when 15 minutes was all you needed to shower, dress, and do hair and make-up? Now it takes the same time just to get out of bed! A psychologist will discuss the road to accepting this stage of life.

### Sunday, December 19: Savvy Solos Dim Sum Brunch.

Email or call Gloria Schwartz (glocatz@gmail.com or 973.467.9432) for more information. We are a vibrant group of single women. Join us for our fun-filled get-togethers! In addition to the dim sum brunch, great events are planned for the winter. Check the website for dates for our pot luck dinner, bingo night, and the Newark Museum tour.

### SAVE THE DATES!

May 11 – House Tour in Historic Summit

June 1 – Installation

July 31 – Third Annual B2SS

## NCJW Welcomes New Director of Communications



In July we welcomed Susan Steinberg to our staff as Director of Communications. Susan is responsible for implementing the Board's vision for how we communicate to all our audiences, such as members, donors, clients, and the general public. As such, she oversees the development of all written materials, including the Bulletin, Program Guide, brochures, flyers, and advertisements. She also serves as a resource to the Executive Committee and Committee Chairs on the strategy and implementation for promoting events and programs and, in general, raising the visibility of NCJW Essex County Section.

Susan comes to us with 20 years of experience as a writer, editor, and communications strategist. Her body of work includes media materials, website content, e-mail marketing copy, newsletters, op-ed pieces, and speeches. In addition, Susan has published features in print and online media, including The New York Times, The City Room, and Newsweek.

Prior to coming on board at NCJW, Susan worked full time in her own editorial and communications consulting business, which she still tends to in her off hours. She also worked for many years at the public-relations agencies Ruder-Finn and Edelman. She holds a Bachelor of Science in psychology from Cornell University and a Master of Public Health degree from Columbia University.

If you haven't already met Susan, feel free to stop by her office to say hello!

## You've Got Webmail

Several weeks 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."

## 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

# Linda & Rudy Slucker NCJW Center for Women

## NOW REGISTERING!

**WOMEN'S WORKSHOPS:** Free to NCJW Members (with advance registration); \$7 per workshop for nonmembers.

### Creating Positive Change in Your Life

Wednesday, January 5, 2011, 7:15 pm  
Shelley Stile, Professional Life Coach  
Learn how to identify and achieve your life goals. Emphasis will be on creating positive change. Limited to 10 participants.

### Landing Your Next Job

Wednesday, January 12, 2011, 7:15 p.m.  
Linda Zamer, professional career counselor  
How-to workshop on identifying job openings, knowing what employers look for, and creating resumes that get interviews. Bring your resume for review.

### Divorce: Mediation or Litigation — What Are My Options?

Wednesday, January 19, 2011, 7:15 pm  
Joanna Brick, Esq.  
What's the difference between mediation and litigation? What are the pros and cons? Before heading into a separation/divorce litigation scenario, learn what future you can create without a nightmare experience.

### Boomers' and Seniors' Financial Issues: Social Security, Medicare, and Long Term Care

Wednesday, January 26, 2011, 7:15 p.m.  
Jonathan Schwartz, Genworth Financial; Christopher Trepco, AXA Equitable.  
This workshop will teach you how to get the most out of your Social Security and Medicare benefits, as well as plan for a long life with long term care.

### Coping with Grief

Wednesday, February 2, 2011, 7:15 p.m.  
Lisa Athan, Grief Recovery Specialist  
We will discuss the signs and stages of grief and the best ways to develop and use coping techniques.

### Getting Started with your Digital Camera

Wednesday, February 9, 2011, 7:15 p.m.  
Carl Mink of Livingston Camera and Millburn Camera  
Simplify the mystery of your digital camera! For those who have little or no knowledge. Bring your camera to the session – and make sure it's camera is charged!

## PEER SUPPORT GROUPS

A safe place to discuss feelings with other women in similar life circumstances. Led by trained facilitators.

Time: 7:30 p.m., once/week starting on dates listed below.

### Weekly Groups \$45/six-week group

- **Divorced Women Moving On**  
Thursday, January 6, 2011
- **Women Coping with Separation and Divorce**  
Monday, January 24, 2011, Thursday, April 14
- **Women Contemplating Separation**  
Tuesday, February 22, 2011
- **Widows**  
Wednesday, April 27 1:00 p.m. to 2:30 p.m.

### Mini-Chats \$7/evening.

Each group meets once or twice.

- **Women Parenting Alone**  
Wednesday, January 12, 2011
- **Women Living in a Difficult Marriage**  
Wednesday, March 2, 2011

### Also being planned are:

Women Dealing with Step-Parenting, Women Caring for an Ill Spouse (day or evening), Widows (evening), Young Widows, and Caregivers

## COMPUTER CLASSES

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

### Intro to Windows, the Internet & Email

Mon/Wed Class: 11:15 a.m. to 1:15 p.m.  
January 5, 10, 12, 17, 19, 24  
Tues/Thurs Class: 9:00 a.m. to 11:00 a.m.  
February 3, 8, 10, 15, 17, 22

### Intro to WORD

**Pre-requisite:** Intro to Windows or equivalent  
Tues/Thurs Class: 9:00 a.m. to 11:00 a.m.  
January 6, 11, 13, 18, 20, 25  
Mon/Wed Class: 9:00 a.m. to 11:00 a.m.  
February 2, 7, 9, 14, 16, 23  
(no class on Feb. 21)

### Basic EXCEL

**Pre-requisite:** Intro to WORD or equivalent  
Tues/Thurs 11:15 a.m. to 1:15 p.m.  
January 6, 11, 13, 18, 20, 25  
Tuesday evening 7:00 p.m. to 9:00 p.m.  
January 11, 18, 25, February 8, 15, 22

### Intermediate EXCEL

**Pre-requisite:** Basic EXCEL or equivalent  
Mon/Wed 9a.m. - 11a.m.  
January 10, 12, 17, 19, 24

### PowerPoint: Pre-requisite: Intro to WORD or equivalent

Tues/Thurs Class: 11:15 a.m. to 1:15 p.m.  
February 8, 10, 15, 17, 22

Programs of The Linda and Rudy Slucker NCJW Center for Women are sponsored through contributions to the NCJW Legacy for the Future Endowment Fund as follows: LAW, Audrey and Norbert Gaelen; TDA, Audrey and Norbert Gaelen; Women's Workshops, Susan and Walter Schenker; Career Closet, Jill and Alan Johnson; 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 Fund for Women, and United Way of North Essex. Additional funding is provided by the State of New Jersey, Division on Women.

## RAINBOWS (no fee):

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. Ten-week session begins Monday, March 7, 2011. The time of each meeting is 5:30 to 6:30 p.m.

## Two Ways to Register:

No fees will be returned unless the program is canceled.



### Phone

**973.740.0588**  
(NCJW Section programs)

**973.994.4994**  
(Center for Women programs)



### Online

**ncjwessex.org**  
(NCJW Section programs)

**CENTERFORWOMENnj.org**  
(Center for Women programs)

## VOLUNTEER SPOTLIGHT (continued from page 1)

dynamic duo behind the full spectrum of NCJW support programs for women and children.

As Laura, too, went on to become a trainer and eventually supervisor and chair of the program, the team of Hannah and Laura took ongoing responsibility for maintaining and updating the nine-week training curriculum for facilitators, which had previously been strengthened and fleshed out by Hannah before she met Laura. Hannah also became the coordinator of Families in Transition, a service for mothers and their children coping with separation and divorce (the program was conceived by the late Audré Garner, a long-time member). Soon after, Hannah was hired as a paid professional for the project. As her family and private practice grew, she resigned from her paid position but continued her volunteer involvement with peer support.

In the meantime, career was top-of-mind for Laura as well: Her volunteer work with NCJW inspired her to go to graduate school for a Master's in counseling.

"My involvement in NCJW got me back on track professionally," she noted.

Later, when RAINBOWS was added to the cache of NCJW services, Laura became the clinical supervisor for this peer support program for children dealing with a loss. Laura holds this position to date, and she and Hannah together train the volunteer facilitators.

Today, Laura and her husband, who have two married children, divide their time between homes in New Jersey and Florida. She plans her New Jersey stays to coincide with the ongoing trainings she runs for the Peer Support Program and RAINBOWS and with the fall and spring sessions of RAINBOWS so she can meet personally with each participating family. She is enjoying a new career as a Wellness Coach, helping clients to make positive changes in their behavior.

When asked why she stays connected to NCJW, Laura says she gets a great deal of fulfillment from seeing women and children helped by the Linda and Rudy Slucker NCJW Center for Women and by training women who want to give back to their community. Working with both clients and volunteers has been immensely satisfying and stimulating.

As for Hannah, she makes time in her busy life for NCJW because the work energizes her and it holds a special place in her heart.

"I love the women who volunteer – they are amazing women who are dedicated to helping women and children – I learn from them and it enriches my life," she says.

Hannah continues to maintain her psychotherapy practice--treating adolescents, adults, and couples -- in Livingston and New York City.

Oh, and by the way, Laura's neighbor who told her she "needed to" join NCJW – that was Cathy Silverman, the Section's Executive Director since 2000.

## SAVE THE DATE!

NCJW's 45th National Convention  
March 3–5, 2011  
Fairmont Dallas Hotel, Dallas TX

### ***Our Collective Strength: Powerful Action, Progressive Change***

- ▶ Gain insights on critical topics from nationally renowned speakers and award recipients:
  - Hannah Rosenthal, Special Envoy to Monitor and Combat Anti-Semitism for the U.S. Department of State
  - Kathy Miller, president of the Texas Freedom Network
  - Alexandra Pelosi, acclaimed documentary filmmaker
  - Terry O'Neill, President of the National Organization for Women
- ▶ Meet and greet NCJW's new CEO, Nancy K. Kaufman
- ▶ Receive expert tips and information to take back to your section!

For more information contact [action@ncjw.org](mailto:action@ncjw.org) or call 800-829-NCJW (6259) x 152

NCJW<sup>®</sup>

National Council of Jewish Women

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.

# SUPPLIERS NEEDED!

## Do you know vendors – wholesalers – manufacturers of women's clothing, children's clothing, school supplies, or personal-care supplies?

To help supply the NCJW **Back 2 School Store, Career Closet, and March Mitzvah Event**, we are seeking to establish ongoing relationships with suppliers of the items listed below. Many of you might have personal contacts – friends, relatives, neighbors – who are store owners, wholesalers, or manufacturers who need to off-load some surplus or would simply like to make a charitable donation. **All items must be new.** Please contact Cathy Silverman at [csilverman@ncjwessex.org](mailto:csilverman@ncjwessex.org) or at 973.740.0588 with the name and contact information of your contact and the item(s) he/she can help with. Thank you!

### CHILDREN'S ITEMS:

#### Clothes for ages 5 to 10:

long-sleeved shirts, long pants, socks, underwear, winter jackets, sneakers

#### School Supplies:

notebooks, pencils, markers, rulers, calculators, folders, scissors, crayons, backpacks

#### Personal Care Supplies:

toothbrushes, toothpaste, combs, soap, hand sanitizer, shampoo, conditioner, band-aids

### WOMEN'S ITEMS:

#### Women's Work-Appropriate

**Clothing** (Particular need for white shirts and shells of any size, and all items in large sizes)

Handbags

Jewelry

Dress Scarves

Shoes

### INFANT AND BABY ITEMS:

#### Clothes in sizes preemie to 12 months:

pajamas, onesies, socks

#### Infant-care items:

washcloths

baby wash

diaper-rash cream

diapers & wipes

picture books

small soft toys

## Welcome to WORDS - the Bulletin from NCJW Essex County Section!

In our attempt to add more design elements and more interest to the Bulletin, we've given it a fresh title and logo. Same organization, same newsy Bulletin. Just a new look.

Address Correction Requested

[ncjwessex.org](http://ncjwessex.org)

973.740.0588

Livingston, NJ 07039

513 West Mt. Pleasant Avenue

Essex County Section

National Council of Jewish Women



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