

Winter - Spring 2010

SAVE THESE DATES!

NCJW INSTALLATION & AWARDS



Wednesday, May 26
Cedar Hill Country Club

Join us at our sparkling Installation and Awards event and celebrate our new slate of officers with a festive meal, boutique shopping, a raffle drawing and much more!

Installation is sponsored by Ellen and Donald Legow through a generous gift to the Legacy for the Future Endowment Fund.

NCJW HOUSE TOUR



Thursday, May 13

Our signature House Tour will feature fabulous homes and creative ideas for entertaining. Watch for your invitation in the mail.

For information, call NCJW at 973-740-0588 or ncjwessex.org



MITZVAH NIGHT 2010 “Tuck-In” Time

at Temple Beth Shalom,
Livingston
Sunday afternoon, March 14
Monday evening, March 15

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

On **Sunday afternoon, March 14**, families will gather to help sort through the collected items.

On **Monday evening, March 15**, adult volunteers will pack the items for delivery to the local social service agencies.

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

POLITICS & PASTRY

Interested in current events and politics? Come to the next meeting and you'll be hooked. Join our popular thought-provoking get-togethers each month.

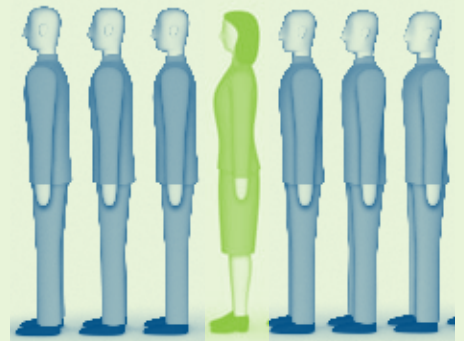
Tuesdays at 11:30 a.m.:
Jan. 26; Feb. 23; Apr. 27; May 25
NCJW Conference Room,
513 W. Mt. Pleasant Ave., Livingston.

Bring your own kosher-style lunch, and we'll supply the coffee, pastry, and topics of timely interest. There is no charge for this event.

Opportunities are available to guest-host on a topic of your own specialty.

Call Michelle at 973-762-1169 or Sandy at 973-992-5156.

LUNCH & LEARN



You've Come A Long Way Baby, Maybe?

Wednesday, April 7; Noon – 2:00 p.m.
Temple Emanu-El
264 Northfield Rd, Livingston

The glass ceiling: Does it still exist? Hear personal stories from the trenches about fighting for equal rights for women. Delicious kosher-style lunch included.

Pre-registration is REQUIRED
Cost: \$15 Members; \$25 Nonmembers

Past events have sold out!

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

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

NCJW WASHINGTON INSTITUTE

March 21 – 23

Omni Shoreham Hotel, Washington, DC

JOIN US IN OUR NATION'S CAPITAL!

- Learn about NCJW's key issues
- Develop persuasive advocacy skills
- Network with NCJW leaders from across the country

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



LIFE CHANGES...WE CAN HELP

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

Are you working on a troubled marriage? Are you single and lonely? Are you recently widowed, separated or divorced?

Our **PEER SUPPORT GROUPS** offer a safe place to discuss your feelings with other women in similar life circumstances.

Each group is 6 sessions; sessions begin at 7:30 p.m. Fee is \$45 per group.

Thursday, April 8: **Women Coping with Separation and Divorce**
Dates to be announced late Spring: **Widows; Young Widows**

If you are interested in any of the following groups, please call 973-994-4994. **Women Caring for an Ill Spouse; Women Coping with a Family Member Who has an Eating Disorder; Mothers of Children who are Socially Isolated**

Tuesday, February 2: **Peer Support for Caregivers** (7:00 – 8:30 p.m.)
This free six session group is open to the entire community and will be held at Daughters of Israel in West Orange.

Mini Chat Groups: (One-to-two session peer support for small groups)
Winter 2010: **Women Coping with a Depressed Family Member; Women Parenting Alone; Women Adjusting to the Loss of their Mother** \$7 per session; for more information call 973-994-4994

Do you need help with financial issues?

FINANCIAL FITNESS FOR WOMEN* is for you. This program provides clients with a confidential consultation with a volunteer professional to determine how best to approach a financial concern. Appointments must be scheduled in advance. Fee: \$12

Are you looking for legal guidance?

LAW* (Legal Assistance for Women) provides clients with a confidential 30-minute consultation with a volunteer attorney to determine how to approach a legal concern and if further assistance is necessary. Appointments must be scheduled in advance. Fee: \$12

Do you have a grieving child who needs someone to talk to?

RAINBOWS* is a support group for children grieving a loss from a life-altering crisis such as death, separation, divorce or any other painful transition. Spring session starts Monday, March 8 from 5:30 – 6:30 p.m. and runs for 10 weeks at the Linda and Rudy Slucker NCJW Center for Women. Trained leaders provide children with opportunities to discuss their feelings in a safe and secure environment. There is no fee for this program. To register 973-994-4994 or www.CENTERFORWOMENnj.org

TDA* – TEEN DATING ABUSE

This program is presented in local public and private high schools and community groups by NCJW volunteers who teach teens how to recognize the signs of dating abuse and how to prevent unhealthy dating relationships. Parent workshops are available.

JOB READINESS PROGRAM* provides Displaced Homemakers with job readiness skills and employment referrals. A Displaced Homemaker is someone who must suddenly enter the workplace due to widowhood, divorce, separation, disabled spouse, or spouse deployed in the military. There is no fee for this program.

The Linda and Rudy Slucker NCJW Center for Women is a nonsectarian project of the NCJW, Essex County Section. Additional funding is provided by the State of New Jersey, Division on Women.

*These programs are sponsored by contributions to the NCJW Legacy for the Future Endowment Fund. See page 6 for details.

COMPUTER CLASSES*

Are you looking for a job? Do you want to improve or enhance your computer skills? Our team of instructors will teach you all you need to know to enter the workplace or for your own personal use. Computer training is available for all women.

Registration is required for all classes. Fee: \$85
Reduced fees are available for displaced homemakers.

Intro to Windows, the Internet & Email:

Become familiar with computer terminology. Learn to create, reply to and forward emails; surf the Internet and more. Six sessions:

- Feb. 1, 3, 8, 10, 17, 22 Mon/Wed; 11:15 a.m. – 1:15 p.m.
- Mar. 2, 4, 9, 11, 16, 18 Tues/Thurs; 11:15 a.m. – 1:15 p.m.
- Apr. 7, 12, 14, 19, 21, 26 Mon/Wed; 9:00–11:00 a.m.
- June 1, 3, 8, 10, 15, 17 Tues/Thurs; 11:15 a.m. – 1:15 p.m.

Intro to WORD

Pre-requisite: Intro to Windows or previous experience. Become familiar with the icons on the tool bar and items on the menu bar; create and save documents, move and copy text, set margins and reformat and more. Six sessions:

- Feb. 2, 4, 9, 11, 16, 18 Tues/Thurs; 9:00–11:00 a.m.
- Mar. 1, 3, 8, 10, 15, 17 Mon/Wed; 9:00 – 11:00 a.m.
- Apr. 8, 13, 15, 20, 22, 27 Tues/Thurs; 11:15 a.m. – 1:15 p.m.
- June 2, 7, 9, 14, 16, 21 Mon/Wed; 9:00–11:00 a.m.

Intermediate WORD

Pre-requisite: Intro to WORD or WORD experience. Topics covered include mail merge, templates, styles, tables, headers, footers, tabs, and more. Five sessions:

- Apr. 8, 15, 22, 29, May 6 Thurs; 6:00 – 8:00 p.m.

Basic EXCEL

Prerequisite: Intro to WORD or WORD experience. Create, edit and format worksheets; enter and edit data and text; perform calculations; create and copy formulas and more. Six sessions:

- Mar. 2, 4, 9, 11, 16, 18 Tues/Thurs; 9:00 – 11:00 a.m.
- May 3, 5, 10, 12, 17, 24 Mon/Wed; 9:00 – 11:00 a.m.

Intermediate EXCEL

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

- Feb. 1, 3, 8, 10, 17, 22 Mon/Wed; 9:00 – 11:00 a.m.

PowerPoint

Prerequisite: Intro to WORD or WORD experience. Learn to create presentations made up of a series of slides. Add animation, sound and graphics. Five sessions:

- Feb. 2, 4, 9, 11, 16 Tues/Thurs; 11:15 a.m. – 1:15 p.m.
- Apr. 8, 13, 15, 20, 22 Tues/Thurs; 9:00–11:00 a.m.
- June 3, 8, 10, 15, 17 Tue/Thurs; 9:00–11:00 a.m.

QuickBooks

Pre-requisite: Familiarity with accounting terminology and principles; computer literacy. Learn to manage and organize the finances of your small business or home. Six sessions:

- Sept. 14, 21, 28, Oct. 5, 12, 19 Tuesdays; 7:00 p.m. – 8:30 p.m.

REGISTRATION IS REQUIRED FOR ALL ACTIVITIES.

Phone: 973-994-4994 • Fax: 973-994-7412
Email: centerforwomen@ncjwessex.org
www.CENTERFORWOMENnj.org

WOMEN'S WORKSHOPS

\$7 per session – Workshops will be held in the NCJW Conference Room, 513 West Mt. Pleasant Avenue, Livingston. Most workshops are two hours. As a benefit of membership, paid up members are invited to attend workshops at no charge, if they register in advance.

Call the Center for Women at 973-994-4994 or CENTERFORWOMENnj.org

Wednesday, February 3; 7:15 p.m. **A Women's Journal: Writing Techniques to Promote Wellness**

Learn how to effectively journal your experiences with Ayesha Gallion, a published writer and English instructor.

Wednesday, February 10; 7:15 p.m. **Coping with Loss & Grief**

Mandi Zucker, LSW, Certified Grief Recovery Specialist, will talk about the six myths associated with the natural and normal reaction to loss called grief.

Wednesday, February 24; 7:15 p.m. **Divorce Options: Mediation vs. Litigation**

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

Wednesday, March 3; 7:15 p.m. **Choose Less Stress: Break Free from the Stress in Your Life**

Lois M. Davis, Certified Professional Life Coach, will empower you with tools that melt stress and anxiety away, help you regain balance and calm, and get you re-energized.

Wednesday, March 10; 1:00 p.m. **Work/Life Balance: How to Tip the Scale in Your Favor**

Are you feeling overwhelmed trying to build success in your career, run a household, attend to family and friends, while trying to take care of yourself? This interactive workshop led by Ellen Goldman, Certified Wellness Coach, will help you explore the concept of the ever-elusive life/work balance.

Wednesday, March 24; 7:15 p.m. **Don't Wait! It's Time to Take Control of Your Finances**

Are you tired of being in debt? Are you worried about not having enough savings? Join **Man-Ying Wong, CPA** for a hands-on financial workshop to evaluate your own financial situation. Learn to prepare your own balance sheet and income statement so you can get out of debt and grow your net worth.

Wednesday, April 7; 7:15 p.m. **Legal & Financial Aspects of Divorce**

Eric Greenebaum, CFP, Financial Advisor, and Jean Campbell, Esq., will lead this workshop to help women who are going through the process of divorce. Eric will explore financial topics such as budgeting, financial choices and how to find a financial advisor you can trust and with whom you can feel comfortable. Jean will address your legal concerns.

Wednesday, April 28; 7:15 p.m. **Letting Go of Anger**

Diane Lang, M.A., Therapist, Educator and Life Coach, will help you learn how to recognize your anger and understand what triggers it. She will explain the consequences of anger both physically and emotionally and provide tips on letting go of unresolved anger.

Wednesday, May 5; 7:15 p.m.

The Nuts & Bolts of Divorce
Michael Magaril, Esq., will provide an introductory overview of the divorce and separation process in NJ. Topics will include custody, parenting time, child support, alimony, division of property and retirement assets. There will be a question and answer period.

Wednesday, May 12; 7:15 p.m. **Starting Your Own Small Business: Tips from A to Z**

Led by small business and finance pro Arnie Winkler and attorney Tom Hoffstetter, this workshop will cover how to start your own business, financing, home-based businesses, mortgages, loans, business plans and legal aspects.

Wednesday, May 26; 7:15 p.m. **Grief, Loss and Helpful Ways to Cope**

Led by Lisa Athan, Grief Recover Specialist, this instructive workshop will focus on the signs and stages of grief and the best ways to develop and use coping techniques.

Wednesday, June 2; 7:15 p.m. **How to Deal with Power Issues in Your Family**

Lew Epstein, Marriage & Family Counselor and the author of *Coaching for Fatherhood*, a self-help book on parenting and human potential, will present this workshop on relationships including how to be a more effective "negotiator" in an intimate relationship.

Wednesday, June 9; 7:15 p.m. **Eat More, Weigh Less: Common Misconceptions about Weight Loss**

Danielle Lesser, Health Counselor and Yoga Teacher, will discuss her holistic approach to nutrition as she shows you how to ditch the diet foods, control your cravings, the right exercise for YOU, and much more.

Wednesday, July 14; 7:15 p.m. **Legal Aspects of Divorce**

Ellen Seigerman, Esq., a member of the matrimonial department of Einhorn, Harris, Ascher, Barbarito & Frost, speaks frankly about all the issues of divorce such as alimony, equitable distribution, child support, custody, and more.

A NEW HANDS ON VOLUNTEER OPPORTUNITY

Become a RAINBOWS Facilitator

We will be training individuals who are experienced teachers or have a degree in social work, counseling or psychology to become RAINBOWS facilitators. You are also eligible for this training if you have successfully completed NCJW's Peer Support training. The next training is scheduled for **Friday, February 5 from 10:00 a.m. – 3:00 p.m.**

RAINBOWS is an international program that fosters emotional healing among children grieving a loss due to death, divorce, separation, abandonment or any other life-altering crisis.

VOLUNTEER JOBS AT THE NCJW OFFICE

- **Community Outreach** – Make follow-up phone calls to local businesses that may hire our Center for Women clients who are seeking work. We will provide the script. Calls can be made in the Center for Women office or from your home.
- **Career Closet** – Use your connections! Solicit stores or manufacturers of larger size clothes so we can stock the Career Closet with beautiful clothing. Personal shoppers are also needed on a monthly basis.
- **LAW assistant**
Volunteer on Tuesdays from 6:15-8:45 p.m. and greet clients participating in our LAW program (weekly or monthly commitment).

▪ **Website Updates**

Update agency contact information on the The Volunteer Network website. Good phone presence is important.

▪ **Workshop Assistants**

Be the first point of contact for women who are participating in workshops at the Linda and Rudy Slucker NCJW Center for Women. Greet participants and help introduce the speakers. Day and evening opportunities are available.

To volunteer for any of these opportunities, or for additional ideas, contact Sue Wasserman, Coordinator of Volunteers, at 973-740-0588, swasserman@ncjwessex.org or volunteernj.org.

BOOKS & BAGELS

Tuesday, April 13



- **Vine of Desire** by Chitra Banerjee Divakaruni
This powerful story of love, friendship and discovery challenges the bond between two lifelong friends. The award-winning author is a storyteller who writes about immigration, especially women immigrants who must face the contradictions between the country they left behind and the one they must call home.

Monday, May 10

- **Olive Kitteridge** by Elizabeth Strout
As a retired schoolteacher who hates the changes in her small town in Maine and in the world at large, Olive Kitteridge doesn't always recognize the changes in those around her, including her husband and her adult child. In these 13 stories, the townspeople deal with their problems as Olive reaches a deeper understanding of herself and her life.

Wednesday, June 9

- **A Gate at the Stairs** by Lorrie Moore
In this dazzling, poignant, laugh-out-loud story about a young woman's coming of age, Lorrie Moore turns her eye on the anxiety and disconnections of post-9/11 America as the United States gears up for war.

All sessions are 10:00 a.m. – Noon

Members: \$6 per session or \$15 for all three sessions;
Nonmembers: \$10 per session.

Locations and directions will be provided upon registration.

To register and for information, call NCJW at 973-740-0588 or ncjwessex.org

CALLING ALL VOLUNTWEENS!

A new community service project for students in grades 5 – 8



VolunTweens will be mentoring younger children in a supervised after-school program at the Carrina School, part of the East Orange Child Development Corporation. The

activities include playtime, arts & crafts, reading time, circle time, music and special projects.

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

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

SAVVY SOLOS

An NCJW Group for Active Single Women

- **Pot Luck Dinner**
Saturday, January 30 at 7:00 p.m.
At a private home in Short Hills
Bring a favorite dish of food with you.
For information, call Hedy Messinger at 973-736-8744
- **Glassworks Studio in Morristown**
Sunday morning, February 28
Put your creative talents to work!
Cost: \$25 – \$30 For information, call NCJW at 973-740-0588

NCJW SHABBAT

Friday, April 23 at 6:00 p.m.

Celebrate Shabbat at Temple Sharey-Tefilo Israel in South Orange, the congregation of our NCJW president Sharon Falkin.



Guest speaker Arie Kaplan, a pop culture expert and a writer for Mad Magazine, will discuss his book *From Krakow to Krypton*, an illustrated history of Jews in Comic Books.

NCJW members are invited to stay for Shabbat dinner following services when Mr. Kaplan will continue his discussion and answer questions.

The cost for dinner is \$36 per person. Make checks out to Temple Sharey-Tefilo Israel and mail to the Temple at 432 Scotland Road, South Orange, NJ 07079. Please write NCJW in the memo line of your check.

NCJW Shabbat is sponsored by Ellen and Andy Lynette through a generous gift to the Legacy for the Future Endowment Fund.

NCJW ANNUAL GOLF INVITATIONAL



Monday, June 7

Preakness Hills Country Club, Wayne, NJ

Start putting together your foursomes!

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

For information, call NCJW at 973-740-0588.

TEEN ADVOCACY PROGRAM

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

The group is currently focusing on a "No Nukes for Iran" campaign. For more information, call NCJW at 973-740-0588.

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



NCJW TRIBUTES

A wonderful way to honor, congratulate and remember the people in our lives while supporting our projects and programs. A variety of Tributes are available. Tributes can be purchased by calling the NCJW office at 973-740-0588, Myrna Wertheimer at 973-994-2252, Andrea Leff at 973-379-8936 or online at ncjwessex.org.



CASH SAVINGS CARD

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

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

The Cash Savings Card is available in the Section Office. Call 973-740-0588.

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.

RAFFLES 2010

Feeling lucky?

Take a chance on our NCJW Raffle and you could be spending a night at a fabulous hotel in New York City along with dinner for two!

- \$1500 Gift Certificate from Yanina Jewelers
- \$1000 Gift Certificate to the Plaza Hotel in NYC with dinner at the Park Avenue Restaurant
- \$500 Dine-Around
- \$500 Gift Certificate to the Short Hills Mall
- \$250 Broadway tickets of your choice

You will be receiving your raffles in the mail. Additional raffles may be purchased individually for \$25 or 6 tickets for \$100 by calling the NCJW office at 973-740-0588.

REGISTRATION FORM

Register online at www.ncjwessex.org or send completed form to NCJW, 513 West Mt. Pleasant Ave., Livingston, NJ 07039. Make checks payable to NCJW, Essex County Section. No fees will be returned unless the program is cancelled.

Name _____

Address _____ Town _____ Zip _____

Telephone # _____ E-mail _____

Lunch & Learn (4/7)	\$15 mem/\$25 nonmember	# of people _____	Total \$ _____
Pastry & Politics (no cost)	January 26/ February 23/ April 27/ May 25 (Circle dates)	#of people _____	
Books & Bagels series	Members: \$15/3 sessions	# of people _____	Total \$ _____
Individual sessions:			
April 13	\$6 mem/\$10 nonmember	# of people _____	Total \$ _____
May 10	\$6 mem/\$10 nonmember	# of people _____	Total \$ _____
June 9	\$6 mem/\$10 nonmember	# of people _____	Total \$ _____
NCJW Raffle	\$100/6 raffles; \$25 per raffle	#of raffles _____	Total \$ _____
Women's Workshops	\$7 each/mems free with prereg	Start date _____	Total \$ _____
Computer Classes	\$85/6 sessions; Specify class: _____	Dates _____	Total \$ _____
Peer Support	\$45/6 sessions; Specify group: _____	Dates _____	Total \$ _____
NCJW Cash Savings Card	\$20/card	# of cards _____	Total \$ _____
NCJW Birthday cards	\$15 for 10	# of packets _____	Total \$ _____
Section Dues	\$45/year; \$350 Life membership		Total \$ _____

TOTAL \$ _____



National Council of Jewish Women
Essex County Section

513 West Mt. Pleasant Avenue
Livingston, NJ 07039
973-740-0588
www.ncjwessex.org

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CALDWELL, NJ

Dated Material

PROGRAM GUIDE WINTER-SPRING 2010

Happy Mother's Day!

This Mother's Day 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 project.

Watch for more information.

To see our Back 2 School Store film clip, go to ncjwessex.org.

LOOKING FOR A NEW JOB? THINKING ABOUT GOING BACK TO WORK? CAREER QUEST CAN HELP!

NCJW's new **CAREER QUEST** program is designed for any woman who is looking to go back to work or considering a career change. The goal of Career Quest is to make our clients "job ready" so that they can land the job of their choice.

Career Quest offers:

- Goal setting and career planning
- Resume writing and interview skills
- Computer training
- Job search strategies

The fee for this program is \$75.

Call 973-994-4994 to schedule an appointment.

Career Quest was created to meet the needs of women who do not qualify for our Job Readiness program for Displaced Homemakers (women who must return to work due to separation, divorce, widowhood or a disabled spouse).

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

CAREER CLOSET

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

There are specified drop off times. Please call the Center for Women office at 973-994-4994 for the current schedule.

The following programs are sponsored through gifts to the NCJW Legacy for the Future Endowment Fund.

LAW & 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

Creative Hands: Maxine Myers

GRANTS AND UNDERWRITING

Career Quest: Jewish Women's Foundation of New Jersey

TDA – Love Shouldn't Hurt Initiative: Audrey and Norbert Gaelen;

The Healthcare Foundation of New Jersey; and Target