

PROGRAM GUIDE



National Council of Jewish Women
Essex County Section

Fall 2011

973.740.0588 • NCJWessex.org • centerforwomenNJ.org • www.volunteerNJ.org



Centennial CORNER

Tell us what NCJW means to you, as we celebrate and commemorate 100 years in Essex County!

Your submission might be used in our publications or programming to highlight the importance of NCJW in the lives of so many women. Please submit your statement in 50 words or fewer to 100years@ncjwessex.org.

Do you have a bit of NCJW history?

We are seeking historical artifacts – such as buttons, plaques, programs, and other NCJW memorabilia – to be donated to the Section for displays and other uses. If you have something you think might be of interest, please CALL the office or email us at 100years@ncjwessex.org and describe the item to us. Unfortunately, due to limited space, we cannot accept items that are dropped off at the office without calling first.

NCJW MEMBERSHIP DUES

- \$45 annual membership
- \$120 three-year membership special
- \$350 lifetime membership



Contact & Connect

EXECUTIVE OFFICE

973.740.0588 • ncjwessex.org

- **Cathy Silverman**, Executive Director
csilverman@ncjwessex.org
- **Gail Sample**, Office Manager
gsample@ncjwessex.org

THE VOLUNTEER NETWORK

973.740.0588 x22 • volunteerNJ.org

- **Sue Wasserman**, Volunteer Coordinator
swasserman@ncjwessex.org

CENTER FOR WOMEN

973.994.4994 • centerforwomenNJ.org
centerforwomen@ncjwessex.org

- **Jill Kapleau**, Center for Women Coordinator
jkapleau@ncjwessex.org

JOIN US ON



NCJW Opening Event

Free to Paid-Up Members!

Special Guest Speaker **Gail Collins**

New York Times op-ed columnist, first female head of the Times editorial board, and author of several books, including *When Everything Changed: The Amazing Journey of American Women From 1960 To The Present*

Thursday, October 27, 2011

Wilshire Grand Hotel

350 Pleasant Valley Way, West Orange

With her gift for story-telling, Gail Collins champions the American woman, examining struggles and successes. It's only been in the last fifty years that the long-established preconceptions about women have come crashing down. From the time the colonists arrived on our shores, to the open sexism of the 1960's, to Hillary Clinton's historic run for President, Collins tells the story of American women, the battle for parity, and how we got from there to here.

Coffee and dessert will be served.

Bring your friends!

Coming alone? We'll seat you at a great table!

5:45 p.m. V.I.P. Dinner with Gail Collins (\$75 per person, reservations required; includes priority seating at the program)

6:00 p.m. Boutique shopping opens

6:45 p.m. Registrant check-in opens

7:30 p.m. Program begins

Advance registration required.

Free for members; \$20 for nonmembers.

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

Ninth Annual

Wonder Of Women FILM FESTIVAL

Sunday, November 13, 2011

10:00 a.m. to approx. 3:15 p.m.

Eisenhower Corporate Campus

Auditorium

290 West Mount Pleasant Avenue

Livingston

(Corner of Route 10 W. and Eisenhower Pkwy., access from Beaufort Avenue)

A unique opportunity to view short films and documentaries by independent film-makers that depict the lives, strengths, struggles, and accomplishments of women.

\$45 for members;
\$60 for nonmembers.

Fee includes lunch.

Last year's event sold out, so register early!

WOW Film Festival is made possible through a generous donation from Audrey and Norbert Gaelen.

Lunch and Learn

Scams, Fraud, and Identity Theft ...

You're Just One Step Away!

Sergeant Stuart J. Lukowiak and

Detective Sergeant Anthony Dippold

Wednesday, October 26, 2011

12:00 p.m. to 2:00 p.m.

Temple Emanu-El of West Essex

264 West Northfield Road, Livingston

\$18 for members; \$25 for nonmembers

Preregistration required. Includes a buffet lunch.

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

Save the date for our winter Lunch and Learn

Wednesday, January 18, 2012

We've moved!

Embracing more volunteers,
more clients, more community.

**70 South Orange Avenue, Suite 120,
Livingston, NJ 07039**

Just west of Joseph Kushner Hebrew Academy
and diagonally opposite Newark Academy.

Phone numbers and email addresses remain the same.



VOLUNTEER OPPORTUNITIES

Please contact our volunteer coordinator Sue Wasserman for all volunteer opportunities and to register in advance for all trainings.

TVN is sponsored by Sue and David Rudd through a generous contribution to the NCJW Legacy for the Future Endowment Fund

Presenters and Assistant Presenters for Teen Dating Abuse Prevention and Awareness (TDA)

Training for the position of Assistant Presenter for our Teen Dating Abuse (TDA) Awareness and Prevention program will be on Wednesday, October 19, 2011 from 9:30 a.m. to 12:00 p.m. in the NCJW Section conference room. You must be a member of NCJW to participate in the training program. All Presenters must go through the Assistant Presenter training first.

Created by NCJW, TDA is a comprehensive classroom experience for high school students that helps prevent teens from entering into or remaining in abusive dating relationships. It is a two-day program presented during health class. As a Presenter or Assistant, you will be trained to deliver the program. Training is very comprehensive and you will be well prepared for the job!

We will be holding a Presenter training sometime in the winter of 2012. Those who have completed the Assistant training program and who have assisted in the classroom at least three times, are eligible to train to become a Presenter.

Group Facilitators for RAINBOWS

Training for the position of facilitator for RAINBOWS will be held on Friday, September 23, 2011 from 10:00 a.m. to 3:30 p.m. RAINBOWS is a peer support program for children grieving a loss due to death, divorce, separation, abandonment, or any other life-altering crisis. To be eligible for this training, you must have a Master's degree in counseling, psychology, or social work, or extensive experience as a teacher. Completion of the five-hour training makes you eligible (but does not guarantee) to become a RAINBOWS facilitator.

Help us plan the March Mitzvah Event!

This is an opportunity to get in on the planning and organization of our March Mitzvah Event, which is our volunteer event for whole families. In the planning stages, we need people to help us source baby supplies, recruit volunteers, and plan the day.

Watch the NCJW website for upcoming information.

Workshop Presenters for RISE: Reaching Into Self-Empowerment



We are looking for volunteers to become presenters for our new RISE program, a series of participatory personal development workshops for women who need assistance in setting and reaching life and career goals to fulfill their potential. The objective of the program is to provide participants with self-esteem-based life skills, which, along with our regular array of job readiness offerings, can empower women to find employment and reach other goals they have set for themselves.

Volunteers will receive training in presenting specific workshop modules. Trained volunteers will be required to present a minimum of six 90-minute workshops to groups of about 12 women enrolled in the RISE program each year. The workshop schedule will be posted, and presenters can select their own dates. Day and evening slots are available. Each workshop session does not need to be presented by the same leader, although there may be opportunities to create a series program if a particular presenter is available for consecutive dates.

In order to become a RISE presenter, you must:

- Attend four day-long (9:00 a.m. to 5:00 p.m.) training sessions.
- Commit to presenting a minimum of six 90-minute workshops.

Prior experience facilitating groups, presenting, and working with women is a plus.

VOLUNTEENS OPPORTUNITY!



As a result of the huge success of our VolunTweens program, this fall we will be inaugurating VolunTEENS. High-school-age students can join to assist in an elementary school classroom, after regular school hours, and interact with the children and assist them with fun projects. The program will begin in November. \$45 participation fee.

CALLING ALL VOLUNTWEENS! Fifth Grade to Eighth Grade!

Great opportunity for kids grades 5 through 8 to volunteer. Twice a month, starting in November and ending in March, the VolunTweens work in a preschool aftercare program. VolunTweens assist with arts and crafts, reading, circle time, and playtime. \$45 participation fee.

Current Events Facilitators

Are you a news junkie? Do you enjoy working with older adults? This is the perfect volunteer position for you! NCJW will train you to lead current events discussions at senior centers in West Orange (Tuesdays, 2:00 p.m. to 3:00 p.m. at Jewish Family Housing, on Northfield Avenue next to the JCC) and South Orange (Wednesdays, 2:00 p.m. to 3:00 p.m. at Jewish Family Housing on Vose Avenue).

Auction Chairs For The 2012 Annual Golf Invitational

Great opportunity to chair a committee! Responsibilities include overseeing a live and silent auction for the invitational, collecting donations from a variety of vendors and resources, and helping to maintain inventory records. No golf experience necessary.



Join a Back 2 School Store Committee!

We are already planning for 2012. You can shop for clothing, work with agencies to select children, identify community organizations for the family resource center, and many other possibilities.

Fall Day Trip

National Museum of American Jewish History, Philadelphia

The only museum anywhere dedicated to chronicling 350 years of the American Jewish Experience.

Tuesday, December 6, 2011

We leave by bus from Congregation B'nai Jeshurun

1025 South Orange Ave., Short Hills at 8:30 a.m. SHARP.

Please arrive no later than 8:15 a.m. We return by 5:00 p.m.

\$55 for members; \$65 for nonmembers. Fee includes bus, admission, tour, and box lunch.

NCJW Essex County Section Open Board Meeting

Wednesday, October 26, 9:30 a.m.

Temple Emanu-El of West Essex
264 West Northfield Road, Livingston

All members are invited to attend.

The 2011-2012 budget will be voted on.

Call the office to request copy of the budget in advance of the meeting.

BOOKS AND BAGELS

Tuesday, October 11, 10 a.m. to 12:00 p.m.

The Vanishing Act of Esme Lennox, by Maggie O'Farrell
O'Farrell's cleverly interwoven prose leads us in and around the thoughts and feelings of three female characters. We observe how this family's behavior demonstrates jealousy and secrets. This intricately moving human drama is a narrative that intrigues the reader.

Tuesday, November 15, 10 a.m. to 12:00 p.m.

The Good Daughter, by Jasmin Darznik
Jasmin Darznik came to America from Iran when she was three and grew up knowing almost nothing about her family's history. This beautifully written memoir weaves the stories of three generations of Iranian women into a tale of one family's struggle for freedom and understanding. This is a riveting story of secrets, betrayal and an unbreakable mother-daughter bond.

Tuesday, December 13, 10 a.m. to 12:00 p.m.

The Immortal Life of Henrietta Lacks, by Rebecca Skloot
This is the story of Henrietta, her determined daughter Deborah, and the extended Lacks family and their history. It is a story of race, poverty, ignorance and people who take advantage of that trifecta. It is a story about science and ethics that invites reflection on sacrifices made by humans and animals so we can benefit from "modern" medicine. The author manages to tell multiple stories that consume the reader.

\$6 per session for members

\$15 for the series of three

\$10 per session for nonmembers

All Books and Bagels sessions to be held in the new NCJW offices.



Politics & Pastry

Tuesdays:

October 25, 2011

November 29, 2011

January 31, 2012

11:30 a.m. to 1:00 p.m.

Discuss current events and politics!

Bring a dairy Kosher-style lunch; we provide coffee and a nosh.

Members only. No fee.

No advance registration necessary.

Sessions are held in the new NCJW offices.

Empty Bowls No More

Help NCJW Fight Hunger in N.J.

National Council of Jewish Women, Essex County Section is excited to launch its new advocacy initiative, Empty Bowls No More.

Close to 300,000 children in New Jersey go to bed hungry every night. Please help us to erase hunger by donating nonperishable food items at every NCJW event/meeting that you attend. We will donate the items to various soup kitchens in New Jersey. During this NCJW centennial year your help is needed now more than ever to wipe out hunger in New Jersey.

Be on the look out for future mailings and e-blasts on how you can help in this endeavor to stamp out hunger.

Savvy Solos

We are planning several events for this fall.

Keep your eyes open for more information!

Save the Date! Boutique Event

On November 29 in the evening and November 30 in the morning we will be holding a fund-raising boutique event at a private home. More details to come!

Donate your Gently Used Clothes to the NCJW Career Closet

Your gently used, work-appropriate clothing helps economically struggling women re-enter the workforce. We need, on hangers, skirts, dresses, blouses, and dress pants, particularly in large sizes. *Summer and fall clothing is accepted through mid-September; winter clothing will be accepted starting in mid-September.*

Drop off your donations at St. James Church, 581 Valley Road (corner of Bellevue Avenue), Upper Montclair. No appointment; stop by during these hours:

Tuesday, Sept. 13, 1-3

Wednesday, Sept. 21, 10-12

Wednesday, Oct. 5, 1-3

Tuesday, Oct. 11, 1-3

Tuesday, Oct. 18, 10-12

Thursday, Oct. 27, 10-12

Thursday, Nov. 3, 10-12

Monday, Nov. 7, 10-12

Tuesday, Nov. 15, 10-12

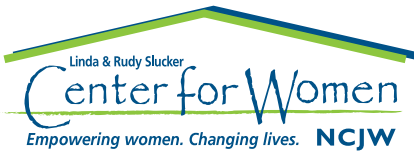
Monday, Nov. 21, 10-12

Wednesday, Nov. 30, 1-3

Tuesday, Dec. 6, 10-12

Thursday, Dec. 15, 10-12

Monday, Dec. 19, 10-12



LIFE CHANGES...WE CAN HELP

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

Registration is required for all activities ▪ 70 South Orange Avenue, Suite 120, Livingston, NJ 07039
Phone: 973.994.4994 ▪ Fax: 973.994.7412 ▪ Email: centerforwomen@ncjwessex.org ▪ www.centerforwomenNJ.org

Peer Support Groups

Fee for each group is \$45

A safe place to discuss your feelings with other women in similar circumstances. Each six-session group is led by trained facilitators. Groups begin at 7:30 p.m. on the dates below, or as soon as enrollment is complete.

Monday, September 12, 2011

Women Coping with Separation & Divorce

Tuesday, October 18, 2011

Widows

Fall & Winter groups forming. Please call for dates.
Women Caring for an Elderly or Ill Family Member (Day and Evening), Widows (Evening), Young Widows (Evening)
Women Contemplating Separation

Mini-Chat Peer Support Groups:

Fee \$14 for a two-session small group.

Mini Chat groups are formed when there is insufficient registration for a six-session group.

Groups begin at 7:30 p.m. unless otherwise noted.

Women Caring for an Ill Spouse

Mondays, Sept. 12 and 19, 1:00 p.m. to 2:30 p.m.

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 transitions will be starting a ten-week FALL session on **Monday, October 3, 2011**. The time of each meeting is **5:30 – 6:30 PM**. Please call for more information.

COMPUTER CLASSES ▪ 70 South Orange Avenue, Suite 120, Livingston, NJ 07039

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 e-mail, send attachments, and create your online address book. Surf the Internet and learn about important websites.

September 7, 12, 14, 19, 21	Mon/Weds, 9:00 a.m. to 11:00 a.m.
November 1, 3, 8, 10, 15	Tues/Thurs, 11:15 am to 1:15 p.m.
January 4, 9, 11, 16, 18	Mon/Weds, 9:00 a.m. to 11:00 a.m.

Intro to WORD: Prerequisite: Intro to Windows or previous experience. Learn to use the word processing software Microsoft WORD.

September 6, 8, 13, 15, 20, 22	Tues/Thurs, 9:00 a.m. to 11:00 a.m.
Oct. 31, Nov. 2, 7, 9, 14, 16	Mon/Weds, 9:00 a.m. to 11:00 a.m.
Nov. 30, Dec. 5, 7, 12, 14, 19	Mon/Weds, 11:15 a.m. to 1:15 p.m.
January 5, 10, 12, 17, 19, 24	Tues/Thurs, 9:00 a.m. to 11:00 a.m.

Intermediate WORD: Prerequisite: Intro to WORD or WORD experience. Topics covered include mail merge, templates, styles, tables, headers, footers, tabs.

December 1, 6, 8, 13, 15	Tues/Thurs, 9:00 a.m. to 11:00 a.m.
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QuickBooks: Prerequisite: Familiarity with accounting terminology and principles; computer literate. Learn to use this financial software to help manage your small business or home in an organized, efficient way. Fall 2011 Dates to be announced. Tuesdays, 7:00 pm – 8:30 pm

Basic EXCEL:

Prerequisite: Intro to WORD or WORD experience. Learn to use the spreadsheet program, Microsoft EXCEL. Gain knowledge of creating, editing and formatting worksheets; entering and editing data and text; performing calculations; creating and copying formulas.

September 6, 8, 13, 15, 20, 22	Tues/Thurs, 11:15 a.m. to 1:15 p.m.
October 3, 5, 10, 12, 17, 19	Mon/Weds, 9:00 a.m. to 11:00 a.m.
Nov. 30, Dec. 5, 7, 12, 14, 19	Mon/Weds, 9:00 a.m. to 11:00 a.m.

Intermediate EXCEL:

Prerequisite: Basic EXCEL or EXCEL experience. Become more proficient in the use of EXCEL. Topics covered include database capabilities, more advanced calculations, and graphs.

December 1, 6, 8, 13, 14	Tues/Thurs, 11:15 a.m. to 1:15 p.m.
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PowerPoint:

Prerequisite: Intro to WORD or WORD experience. Learn to use Microsoft PowerPoint. Find out how to create presentations made up of a series of slides. Be creative and add animation, sound and graphics.

October 4, 6, 11, 18, 25	Tues/Thurs, 9:00 a.m. to 11:00 a.m.
November 1, 3, 8, 10, 15	Tues/Thurs, 9:00 a.m. to 11:00 p.m.
January 5, 10, 12, 17, 19	Tues/Thurs, 11:15 a.m. to 1:15 p.m.

Women's Workshops

Free to NCJW members; \$7 per workshop for nonmembers ■ All workshops held in the NCJW Conference Room

Divorce: Basic Financial Information You Need to Know

Wednesday, September 14, 2011, 7:15 p.m.

Pam Cerruti, Esq.

There are certain pitfalls that women might not know when they begin the divorce process. Sometimes they do not find out about these pitfalls until it's too late. This workshop will address the basic pitfalls that are crucial to tackle in any divorce agreement and could save thousands of dollars in tax and other savings.

Contemplating Divorce: Facts You Need to Know

Wednesday, October 5, 2011, 7:15 p.m.

Michelle Babakian, Financial Planner & Meredith Bronson, Esq.

Learn about the legal and financial info you need before proceeding with divorce. This workshop will present the facts and answer your questions.

Getting Rid of Clutter in Your Life

Tuesday, October 18, 2011, 7:15 p.m.

Ellen Palestine, a professional organizer and owner of Finally Organized, LLC

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

A Women's Journal: Writing Techniques to Promote Wellness

Wednesday, October 26, 2011, 7:15 p.m.

Ayesha Gallion, published writer and English instructor

Learn how to effectively journal your experiences. It can be fun, therapeutic, and improve your well-being.

Divorce: How to Survive and Thrive

Wednesday, November 2, 2011, 7:15 p.m.

Betty Galen, LCSW

Practical strategies and empowering ideas to help you through your divorce.

Making Sense of the Digital World: Facebook, You Tube, Twitter, and Linked In

Wednesday, November 9, 2011, 7:15 p.m.

Arne Salkin

This program is focused on the relevance of social interaction websites in modern times. Come to a discussion and demonstration on the use of social media.

Choose to Have Less Stress in your Life

Wednesday, November 16, 2011, 7:15 pm

Lois Davis, MA, CPC, ELI-MP

This workshop will empower you with tools that melt stress and anxiety away and help you regain balance and calm.

Heading Towards Divorce or Separation – What You Must Know

Wednesday, November 30, 2011, 7:15 p.m.

Joanna D. Brick, Esq. of The Law Office of Joanna D. Brick

This workshop will cover the actions necessary to properly prepare for your meeting with your attorney.

The Basics of Investing

Wednesday, December 7, 2011, 7:15 p.m.

JoAnn Gallerstein, Registered Investment Advisor

This will help you become an active participant in your financial plan for the future. Learn the difference between stocks, bonds and mutual funds. Explore how to fund a portfolio with the type of investments that makes sense for your long term goals.

Preparing for Divorce: What to Expect

Wednesday, January 11, 2012, 7:15 p.m.

Kelly Hawruk, Esq., family law practitioner

This workshop will cover alimony, money issues, child support, parenting, equal distribution and other relevant topics.

Women's Self-Defense Clinic – Israeli Krav-Maga

Wednesday, January 18, 2012, 7:15 pm

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

For women of all ages and physical abilities. Learn how to strengthen and protect yourself for everyday life and for the unimaginable.

Divorce: Empowerment Through Knowledge

Wednesday, February 1, 2012, 7:15 p.m.

Lucy Agostini, Esq., family law attorney, and

Marilyn Kaplan, M.S.W., L.C.S.W.

This workshop outlines the rights and responsibilities of those divorcing under New Jersey Family Law. This information will better prepare you for the emotional issues that can arise before, during, and after divorce.

CFW is a grantee of the State of New Jersey Department of Community Affairs, Division on Women. Programs are underwritten by contributions to the NCJW Legacy for the Future Endowment Fund by the following supporters: Audrey and Norbert Gaelen (Legal Assistance for Women and Teen Dating Abuse); Susan and Walter Schenker (Women's Workshops); Jill and Alan Johnson (Career Closet); The Schofel Family (Job Readiness Program); Sylvia and Saul Seltzer (Computer Lab); and Susan and Richard Kogan (RAINBOWS). Additional grants are provided by United Way of North Essex (Job Readiness and Career Closet); The Healthcare Foundation of New Jersey (Teen Dating Abuse), and an Essex County Community Development Block Grant (Job Readiness).*

*As of July 2011

Three Ways to Register:

No fees will be returned unless the program is canceled.



Phone

973.740.0588
(NCJW Section)

973.994.4994
(Center for Women)



Online

NCJWessex.org
(NCJW Section)

centerforwomenNJ.org
(Center for Women)



Mail

Complete the registration form. Mail to
NCJW, Essex County Section
70 South Orange Avenue, Suite 120
Livingston, New Jersey 07039

REGISTRATION FORM

Register online at www.NCJWessex.org or send completed form to NCJW, 70 South Orange Avenue, Suite 120, Livingston, NJ 07039.
Make checks payable to NCJW, Essex County Section. No fees will be returned unless the program is canceled.

Name _____ Member Non-member

Address _____ Town _____ Zip _____

Telephone # _____ E-mail _____

NCJW Section Programs

Event	Date	Members		Non-members		Total Fee Members & Guests
		# members @ \$ ea:	Total member \$	# non-mem @ \$ ea:	Total non-mem \$	
Lunch & Learn	Oct. 26	# members @ \$18 ea:	Total member \$	# non-mem @ \$25 ea:	Total non-mem \$	
Opening Event	Oct. 27	# members (free):		# non-mem @ \$20 ea:	Total non-mem \$	
Opening Event VIP Dinner	Oct. 27	# members @ \$75 ea:	Total member \$	# non-mem @ \$75 ea:	Total non-mem \$	
Film Festival	Nov. 13	# members @ \$45 ea:	Total member \$	# non-mem @ \$60 ea:	Total non-mem \$	
Books & Bagels	Oct. 11	# members @ \$6 ea:	Total member \$	# non-mem @ \$10 ea:	Total non-mem \$	
	Nov. 15	# members @ \$6 ea:	Total member \$	# non-mem @ \$10 ea:	Total non-mem \$	
	Dec. 13	# members @ \$6 ea:	Total member \$	# non-mem @ \$10 ea:	Total non-mem \$	
	All 3 dates	# members @ \$15 ea:	Total member \$			
Fall Trip	Dec. 6	# members @ \$55 ea:	Total member \$	# non-mem @ \$65 ea:	Total non-mem \$	
Section Dues (circle one)		One Year: \$45	Three Years: \$120	Life Membership: \$350		

Center for Women Programs

Program	Details	Total Fee
Peer Support Group Specify group and start date	Call for information	# attendees @ \$45/group:
Mini chat Specify group	Call for information	\$7/session
RAINBOWS	Starts Oct 3 – Call for Info.	No fee
Caregivers' support group	To be announced	No Fee
Financial Fitness for Women	Call for appointment	# attendees @ \$12 ea:
LAW: Legal Assistance for Women	Call for appointment	# attendees @ \$12 ea:
Job Readiness	Call for appointment	No fee
Career Quest	Call for appointment	# attendees @ \$75 ea:
Women's Workshops Specify workshop		# members (free):
		# non-members @ \$7 ea:
		# members (free):
		# non-members @ \$7 ea:
Computer Classes Specify Class name and starting date		# attendees @ \$85/class:
		# attendees @ \$85/class:

Total Enclosed for Everything: \$

You've Got Webmail

Learn about programs, events, and volunteer opportunities as soon as they're available! Find out when the newest Programs Guides and Bulletins are up on our website – weeks before you receive it in the mail! Send an email to Gail Sample with the subject line, "Subscribe to NCJW Webmail." If you have been receiving it but would like to be removed, send an email to gsample@ncjwessex.org with the subject line, "Unsubscribe from NCJW Webmail."

Check out or new website!

- Easier to navigate!
- Easier to find the programs currently accepting registration!
- Easier to learn about new volunteer opportunities!
- Easier to purchase tributes!

Visit us at NCJWessex.org

NCJW, Essex County Section At a Glance: Fall 2011

September

- 12 Monday
Women Caring for an Ill Spouse
Mini-Chat Begins
- 12 Monday
Women Coping with Separation
and Divorce Peer Support Group
Begins
- 14 Wednesday
Women's Workshop, Basic Financial
Information for Divorce
- 21 Wednesday
Shirley C. Green Symposium
Standing Still While the World
Around You Changes:
Israel and Her Arab Neighbors
- 23 Friday
RAINBOWS Facilitator Training

October

- 3 Monday
RAINBOWS Peer Support Begins
- 5 Wednesday
Women's Workshop, Contemplating
Divorce, Facts You Need to Know
- 11 Tuesday
Books and Bagels,
The Vanishing Act of Esme Lennox
- 18 Tuesday
Women to Women Luncheon,
with Vicki Crompton Teeter and
Jennifer L. Hartstein, Psy.D.
- 18 Tuesday
Widows Peer Support Group Begins
- 18 Tuesday
Women's Workshop,
Getting Rid of Clutter in Your Life
- 19 Wednesday
TDA Assistant Presenter Training

- 25 Tuesday
Politics & Pastry
- 26 Wednesday
NCJW Essex County Section
Open Board Meeting
- 26 Wednesday
Lunch and Learn, Scams Fraud, and
Identity Theft
- 26 Wednesday
Women's Workshop, Women's
Journal, Writing Techniques for
Wellness
- 27 Thursday
Opening Event with Gail Collins

November

- 2 Wednesday
Women's Workshop, Divorce,
How to Survive and Thrive
- 6 Sunday
Creative Maturity Expo
- 9 Wednesday
Women's Workshop,
Making Sense of the Digital World
- 13 Sunday
Women of Wonder Film Festival
- 15 Tuesday
Books and Bagels,
The Good Daughter
- 16 Wednesday
Women's Workshop,
Choose to Have Less Stress
in Your Life
- 29 Tuesday
Politics & Pastry
- 29 Tuesday
Fund-Raising Boutique
in Private Home

- 30 Wednesday
Women's Workshop,
Heading Toward Divorce or
Separation
- 30 Wednesday
Fund-Raising Boutique in Private
Home

December

- 6 Tuesday
Fall Day Trip to National Museum
of Jewish History in Philadelphia
- 7 Wednesday
Women's Workshop
The Basics of Investing
- 13 Tuesday
Books and Bagels, The Immortal Life
of Henrietta Lacks

Looking Ahead ...

January

- 11 Wednesday
Women's Workshop,
Preparing for Divorce, What to
Expect
- 18 Wednesday
Women's Workshop,
Women's Self Defense Clinic
- 18 Wednesday
Lunch and Learn
- 31 Tuesday
Politics & Pastry

February

- 1 Wednesday
Women's Workshop,
Divorce, Empowerment through
Knowledge



National Council of Jewish Women
Essex County Section

70 South Orange Avenue, Suite 120
Livingston, NJ 07039
973.740.0588
www.ncjwessex.org

Address Correction Requested

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CALDWELL, NJ

Dated Material

See What NCJW Is Doing With Its Partners

24th Annual Shirley C. Green Memorial Symposium

Standing Still While the World Around You Changes: Israel and Her Arab Neighbors

with Gilbert Kahn, Professor of Political Science at Kean University

Wednesday, September 21, 2011, 1:00 p.m.

Free to all. Advance registration is strongly encouraged.

**Leon & Toby Cooperman JCC, Ross Family Campus
760 Northfield Avenue, West Orange, N.J.**

Free to all. Reservations strongly encouraged.

Dessert reception following the program.

For reservations for the Shirley C. Green Memorial Symposium and information on the entire fall 2011 Life Long Learning Semester, contact Sharon Gordon at 973.530.3480 or sgordon@jccmetrowest.org

The annual Shirley C. Green Memorial symposium is presented in recognition of her life-long devotion to and efforts on behalf of Israel through the generosity of the late Walter Green.

Jewish Vocational Service – Creative Maturity Expo

Sunday, November 6, 10:00 a.m. to 4:00 p.m.

**Leon & Toby Cooperman JCC, Ross Family Campus
760 Northfield Avenue, West Orange, N.J.**

This is a one-day event on issues of health and retirement for baby boomers and other mature adults. NCJW will be presenting creative opportunities to enjoy retirement through volunteering.

For more information, visit www.jvsnj.org or contact Jayne Waltzer at 973.674.6330 x311 | jwaltzer@jvsnj.org

WOMEN TO WOMEN LUNCHEON

An event sponsored by

the Rachel Coalition and NCJW, Essex County Section

Raising Awareness of Teen Relationship Violence



Vicki Crompton-Teeter

Author of *Saving Beauty From the Beast: How To Protect Your Daughter from an Unhealthy Relationship*

Vicki Crompton brings the most powerful credentials imaginable to this subject: Her own 15-year-old daughter, Jenny, was killed by a boyfriend. In the book, Crompton (and her co-author Elaine Kessner) give advice about the most effective ways to communicate with a daughter about dating abuse.



Jennifer L. Hartstein, PsyD.

A nationally recognized child, adolescent, and family psychologist with a practice in New York, and the mental health contributor for The Early Show on CBS

Tuesday, October 18, 2011

11:30 a.m. to 2:00 p.m.

Cedar Hill Country Club, Livingston, N.J.

Buffet Luncheon • Strict kosher dietary laws observed

This program is generously funded by the Florin Education Series

To register, send \$45 check made out to Rachel Coalition to: Sylvia Heller, JFS, 256 Columbia Turnpike, Suite 105, Florham Park, NJ 07932

Any questions, please contact Sylvia Heller at sheller@jfsmetrowest.org or 973-765-9050 x 1708.