



Isha L'Isha

Woman to Woman

Women of Reform Judaism Central District Newsletter

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Message from the District Past President Bette Jo Stempel...



My last article for the 2006-2008 administration will concentrate on highlights - from my administration to the 1st WRJ Central District Convention held in Louisville, Kentucky. When I think back to the last two and a half years, many highlights come to mind from connections made with WRJ, the district and our sisterhoods.

When I spoke at the plenary in Louisville, I asked how many sisterhood presidents were part of the WRJ presidents listserv. I was pleased to see many women raise their hands. The opportunity to connect with other sisterhood presidents on this listserv is so beneficial to your sisterhoods. If you are not connected to WRJ and other sisterhood presidents by using this most valuable tool, I encourage you to call WRJ and add your name to the list.

Another connection with WRJ is the upcoming leadership conference that will take place in New Orleans, January 23rd- 25th. Three of our sisterhoods applied for and were awarded a grant to the meeting. The scholarship will cover the registration for one member of the sisterhood to attend. Although the deadline has passed for applying for a grant, I still urge you to send representatives from your sisterhood to this very important conference. The more we develop our current and future leaders, the stronger our sisterhoods become.

The last WRJ highlight that occurred during my administration that I want to mention is the release of

The Torah: A Women's Commentary in December of last year. Study guides for the commentary are now available through the WRJ website (www.womenofreformjudaism.org). Use of the study guides for sisterhood programming is another method that you can use with little extra effort to connect with other members in your congregation. Take advantage of the programming provided by WRJ. After all, your dues help fund this effort.

Thinking about the new commentary makes me smile as I remember another highlight of my administration, visiting with sisterhoods both in person and on the phone. A very special visit occurred in the fall. I had the pleasure of bringing greetings from WRJ and our district to the women of Anche Hessed Fairmount Sisterhood in Cleveland as they celebrated 100 years of working together for their congregation and the Reform Movement. Not only did we celebrate their longevity, including being a founding member of WRJ, but we were honored to have the editor of the commentary, Dr. Tamara Cohn Eskenazi, as a guest speaker. Dr. Eskenazi served as scholar in residence for the weekend and enlightened us with some insights into the writing of *The Torah: A Women's Commentary*. She also helped us understand the many facets of the book. On Saturday morning, she led us in Torah study. It was truly a memory I will cherish and was made possible because the sisterhood invited me to join them through the district speaker's bureau. Every sisterhood in good standing is eligible

to host a district speaker and on alternate years, a WRJ speaker. Again, this is made available through your dues. I encourage all sisterhoods to take advantage of the opportunity to bring in a speaker for their members. With little effort on the sisterhood's part, just for the asking, a ready-made program is provided for your women.

At the conclusion of my final executive committee meeting, I asked my board members to share a highlight from the past two and a half years.

Many women spoke about the meeting we held last April at HUC-JIR. Truly, this was an experience that was very special for the women who attended. It also represented a

new type of meeting for our district and was planned by the executive board members, also a new way of bringing our talents together. I hope that we will look at novel and unusual opportunities for our district and sisterhoods, striking out on paths not previously tried. Our district has experienced many changes since we became WRJ Central District. By being flexible and willing to give new ideas a try, we are stronger.

(continued on page 2)



Inside...

Sisterhood Highlights	Pages 2-3
Convention Highlights	Pages 4-6
Vice President Bios	Page 7
Save-the-Date	Back Page

Central District Sisterhood Highlights

Past President's Message

(continued from page 1)

Another district highlight of my administration was seeing our sisterhoods begin to connect with each other. Although Area Days are still a relatively new concept in the WRJ Central District, for the sisterhoods in the areas that did hold some type of get together, it has already paid dividends. The two Louisville sisterhoods worked together on the convention that was held in November and hope to continue to strengthen their bonds with future activities. The sisterhoods in the Northern Ohio Area came together during the celebration of Anche Hessed Fairmount's anniversary, spent time together at the convention and are now talking about doing some future programming together. The sisterhoods in the Central Area have held Torah studies and celebrated Shabbat together during the past two years. They, too, are planning more events in the coming year. The Michigan sisterhood members were making plans to share some programs in the coming months as well. As I walked around to different tables during the convention, I was so pleased to hear sisterhood women speaking about partnering with each other. This was a focus of my administration. I am so happy that we are succeeding in forming new connections. We will all benefit through our efforts. If your sisterhood women have yet to attend an area day, consider it the next time the opportunity becomes available.

As I move into my new position as the immediate past president of our district, I want to thank all of you for providing me with so many highlights and memories during my administration. It was a growing experience for me and I so enjoyed representing you. Thank you for allowing me to be your president as we work to secure the future of Reform Judaism for our children and grandchildren. May our sisterhoods continue to go from strength to strength always remembering that we are "Stronger Together." I know you will enjoy interacting with Royalyn Vert, our new district president. She is a very special lady and we are fortunate to have her leading us during the next two years.

B'shalom,
Bette Jo Stempel

WOMEN OF REFORM JUDAISM
stronger together

Cyberbullying — by Marilyn Ruben

This past year, Shaarey Zedek's Sisterhood sponsored a series of free community programs. One of the featured topics was "Cyberbullying" which included cell phone, internet and other technologies intended to inflict suffering on another person. The program featured national expert Dr. Justin Patchin. Arrangements for the guest speaker were made through the assistance of Dr. Christina DeJong Schwitzer, Vice President of Sisterhood's religious affairs.

Dr. Patchin was greeted with an enthusiastic audience of over 50 people of ages ranging from middle school to grandparents. Dr. Patchin's lecture included a powerpoint presentation showing the different types of cyberbullying and how damaging and dangerous it can be. Some of the discussion focused on recent cases in the news involving students or parents bullying students with comments and pictures on the internet intended to inflict harm, mental suffering, or worse.

The permanency of the internet was discussed, as Dr. Patchin explained many harmful pages uploaded to popular websites such as myspace.com or facebook.com have remained on the internet for years. He cited various search engines' archives which store cached web pages for years. These revealing web pages can be retrieved by unscrupulous people doing internet searches. He provided examples where websites were reluctant to remove harmful web pages due to a general misconception by the public and many websites, that freedom of speech includes allowing internet attacks against young people, to which he strongly disagreed.

Dr. Patchin also wanted to alert the young people in the audience to the hazards of posting their cell phone numbers, or their last names, or their class schedules on their personal pages at these websites. He showed examples from actual web pages where students were making themselves unnecessarily vulnerable to cyberbullying, stalking or worse by revealing such personal information about themselves and their schedules.

After the program, the audience stayed on to ask questions of Dr. Patchin and to meet the Epplings, a local couple whose own son committed suicide due to cyberbullying from the internet. Both Dr. Patchin and the Epplings are working with their separate groups to bring about public awareness to the dangers of cyberbullying. Their mutual goal is to encourage young people to alert their parents, grandparents, or teachers when they are being threatened or intimidated through cell phone contact or via the internet.

Central District Sisterhood Highlights

More from Shaarey Zedek Sisterhood...

Check out their website—sisterhood members can access event information, sisterhood board members, and more online: <http://szsisters.googlepages.com>.



“Put Your Heart into Sisterhood”



Area Days — Central District Events Closer to Home contributor Beth Goldstein, Area Director

“NOTES FROM THE ROAD!”

Area Directors have both experience and knowledge and are ready to assist your sisterhood! A previous area day in Michigan combined nearby sisterhoods for a day of study, education, friendship, lunch and great conversation.

As Beth Goldstein reflected on the Area Day with eastern/western Michigan about half-way through her term as the Eastern Michigan Area Director, she describes the morning Torah Study using the recently published *The Torah: A Woman's Commentary*. It was led by Lisbeth S. Fried, member of Beth Emeth and one of the women whose comments and interpretations are published in the commentary. “We were well challenged, enormously informed, and very excited by her insightful and personal interpretations of the text. Among the women who attended, many contributed their own well informed points of view. The participation level was high and the discussions were very lively. It is likely that many of us will want to own a personal copy of *The Torah: A Woman's Commentary*. Check with your Sisterhood President or go online to www.womenofreformjudaism.org.

We became aware that regardless of the vantage point of each of the women who were invited to contribute to the Commentary, we are hearing interpretations of (Jewish) women and therefore the Commentary is unique and of value to us in a whole set of variables that commentary from men would not be. It is part of the gem that this wonderful new publication represents - Kol Y'sha - the voice of women.”

A typical Area Day program can include lunch as well as an afternoon program including a review of the WRJ mission, organization, functions and future by a member of the Central District Board. Beth suggests that samples of WRJ publications be available so that sisterhood presidents can look through them and then go to the WRJ website: www.womenofreformjudaism.org to order what they need. Cards

from the YES Fund collection were shown at this retreat as well as publications about leadership and being a Sisterhood President. Of course the district lapel pin was available at \$10 each! Profits from the sale of this pin go to support WRJ projects.

Wrap up the day with an informative discussion about each sisterhood's issues, strengths and areas of concern. A few suggestions that came about from an Area Day:

ROSTERS—These are the source of good communications between the District and the Sisterhoods - please take time to get these returned to your Area Director so that you are kept in the loop.

NEWSLETTER ISHA L'ISHA—Can be received online in PDF format! Contact the newsletter editor to request a copy.

SISTERHOOD PRESIDENTS' LISTSERV—Contains great information, ideas and solutions for issues shared by the Sisterhood President's in a casual format. If you are a sisterhood president and want to join the listserv, contact WRJ.

CENTRAL DISTRICT SAYS YES TO THE CIRCLE OF SERVICE! by Jenny Broh, Outgoing YES Fund Chair

We had a wonderful time in Louisville at the Kentucky Derby Museum during the Convention! While we were there, we collected a lot of contributions for the **Circle of Service** and we have some new **Silver/Gold/Pearl Lifelines** to add to our District roster of Lifeline supporters.

First of all, Mazal Tov to our newest **Silver Lifeline** members: the following women began their first **Silver Lifeline**: (Looks like a strong commitment from the Michigan contingent!)

Sharie Gladner, Temple Israel, West Bloomfield, MI

Cathy Gorwitz, Shaarey Zedek, East Lansing, MI

Abby Pook, Temple Kol Ami, West Bloomfield, MI

Marilyn Weiss, Temple Kol Ami, West Bloomfield, MI

Royalyn Vert, Shaarey Zedek, East Lansing, MI started her

Second Silver Lifeline

Helene Zukof, The Temple, Louisville, KY finished her Third

Silver Lifeline AND started her Gold Lifeline

Karen Sim, Wise Temple, Cincinnati, OH (Two Lifelines) started

her Gold Lifeline

Marilyn Lieber, Adath Israel, Lexington, KY (Seven Lifelines)

started her Pearl Lifeline

Sandy Adland and Charlene Pfenninger, Indianapolis Hebrew Congregation made payments on their Silver Lifelines.

In addition, we had **\$1,076** in **Circle of Service** contributions! WRJ thanks the wonderful Central District sisterhood women who are so aware of the hard work that the YES Fund does. We are truly *Stronger Together!*

Karen Stern, Indianapolis Hebrew Congregation, is our new YES Fund/Circle of Service Chair for the Central District. Her e-mail address is: jerrykaren@iglide.net. She will love hearing from you!

Convention Highlights—SHEMA! HEAR OUR VOICES! Louisville, KY November 7-9, 2008

Our District Convention is now over and we have returned home to the everyday tasks of work, family, and sisterhood. Eighty-one delegates from 21 sisterhoods in 7 states met in Louisville, Kentucky. Our WRJ representative was Katie Roeper, Vice President of Programming and Advocacy. We opened up our convention with Rabbi Stanley Miles and Rabbi Gaylia Rooks blowing their Shofars! Together we worshiped, studied, shared, sang songs, meditated, and met friends—both old and new. Each delegate received a KFC Bucket with a new cook book, candy, and lots of goodies including our Happy Balls! Shabbat Services held at Temple Shalom were warm and friendly. Following services, we had a wonderful dinner and all of our awards were presented. What a joy it was to see so many new ideas for each of us to take home to our own sisterhoods. On Shabbat morning, Rabbi Lane Steinger led us in Torah Study using *The Torah: A Women's Commentary*. Services were led by Rabbi Gaylia Rooks and they were amazing! Saturday evening we traveled to Churchill Downs and had our Havdalah Service and Installation in the Derby Museum.

Other Highlights of the convention included:

- A combined Havdalah/Installation service led by Karen Sim at the Derby Museum at Churchill Downs.
- A Derby Hat contest which raised over \$200 for the YES Fund
- The District Board attended Training Sessions.
- A business meeting was held where we revised our Policies and Bylaws. Delegates were informed of their passage.
- Our new Vice Presidents met in small groups with all of the delegates.

We closed our convention on Sunday with our Friendship Circle. Each of us left energized and ready to bring new ideas back to our own sisterhoods. All and all, everyone had a great time thanks to the Local Arrangements Committee, who showed us Louisville and good, old southern hospitality!

The following are summaries of the Workshops...

WHAT DO I DO NEXT?

Katie Roeper and Karen Sim, Presenters

The delegates were divided into two groups. Each group chose two women – one to make a peanut butter and jelly sandwich and one to give directions. However, the person giving the directions was not able to see what the other was doing! After some miscommunication, a sandwich was finally produced. In a second exercise, one person told a story while the second person sat in front of them and could not see the story teller. Afterwards, the second person retold the story to the best of their ability. Both exercises emphasized the importance of listening while minimizing assumptions.

THE TORAH: A WOMEN'S COMMENTARY

Katie Roeper, Presenter

Katie began the session by detailing the history behind *The Torah: A Women's Commentary* from the inception of the idea in 1993, to the introduction of the volume at the WRJ Assembly in San Diego last year. She explained that the book is divided into five different parts. Katie then used the new Study Guide for Parashat Vayeitzei to demonstrate how the guides can be used. Those in attendance were very excited to learn how to best use *The Torah: A Women's Commentary* and the forthcoming study guides. Each participant received a copy of the study guide. Along with the study guide each person received a copy of comments by Dr. Tamara Cohn Eskenazi, Professor of Bible, HUC-JIR/LA, editor of the commentary.

JEWISH MUSIC

Shiela Steinman Wallace, Presenter

Those in attendance were guided through new melodies for Elohai, Avot v'Imahot, and a new song, In G-d's Image. These were songs that we would be singing during our Shabbat Services on Friday evening and Saturday. Maureen Dyer, a new member of the Executive Board, led the group in Cantor Mier Finkelstein's version of Mi-Ca-Mocha.

JEWISH MEDITATION

Liz Chabon McOsker, Presenter

Liz discussed and led the group in two kinds of Jewish Meditation. In the first, participants cleared their minds and concentrated on their breathing. In the second, "Loving, kindness meditation" participants were instructed to clear their minds as before. Then, they were to ask themselves if they had harmed anyone and if so, ask for forgiveness. Afterwards they were to remember happy moments, peaceful moments and think of someone you love. Following the demonstrations, there was a discussion revolving around meditation as a form of prayer and how to make time to meditate. Participants were encouraged to read the book, *Jewish Meditation Practices* by Rabbi David A. Cooper.

CONVERSATIONS WITH ADONAI

Rabbi Lane Steinger, Presenter

Each person shared a spiritual moment in her life. Afterwards, Rabbi Steinger asked the question, "How do we open our minds to spirituality?" He explained that our relationship with G-d is mediated by Torah and Mitzvot with the important component of Avodah, where we focus on G-d and spirituality. In this way, we become what we are supposed to be. The three fundamental activities of Avodah are 1) Reflective prayer; 2) Focus of mind and body; and 3) Discipline by which we engage in the spiritual relationship.

NUTS AND BOLTS OF LEADERSHIP

Karen Smith, Small Sisterhood Presenter
Barbara Smith, Medium Sisterhood Presenter
Charlene Pfenninger, Large Sisterhood Presenter

Each group was given seven pages of materials taken from *The Mitzvah of*

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Leadership: A Time to Plant, a Time to Reap. The leaders then led their groups through exercises which were of particular interest for their sisterhoods. In the Small Sisterhood group, topics discussed included Nominating Committees, usage of Bylaws and Policies, how to recruit volunteers, programming and/or events, and how to adapt ideas for the small sisterhoods. Participants in the session for Medium Sisterhoods discussed recruitment of volunteers, qualities of a good leader, how to delegate responsibility, how to create an agenda and lead a meeting. The presenter for Large Sisterhoods discussed how to get people involved, importance of job descriptions, use of newsletters to inform and involve women, and how fundraisers can get people involved. Role playing was used to help people recruit people for membership and for board recruitment.

MEET YOUR NEW VICE PRESIDENTS

Sandy Adland, Vice President of

Development / Special Projects

Myrna Fisher, Vice President of Service to Sisterhoods

Cathy Gorwitz, Vice President of Programming and Advocacy

Bette Jo Stempel for Phyllis Tenenholtz, Vice President of Marketing and Communication

Katie Roeper opened up the session with a slide presentation on WRJ. Afterwards, she introduced each of the new vice presidents. The women were divided into four groups. Each vice president introduced themselves and described the various chairs within their department and how those chairs could be helpful to the local sisterhoods.

L'DOR V'DOR

Katie Roeper, Presenter

The session began with a discussion of the different U. S. Generations. They are: The Silent Generation – born between 1925 – 1942. Hard working, trusting the government, optimistic about the future, quick to volunteer... The Baby Boom Generation - born between 1943 – 1964. Idealists, often stressed out, strong sense of traditions, self-righteous, family oriented, relatively active, liberal socially, but

conservative politically... Generation X – born between 1961 – 1981. Street-wise, reactive, lives in the present, likes to experiment, expects immediate results, viewed as selfish and cynical, question authority... Generation Y – born between 1977 – 1994. Civic-minded, inner-driven, raised during the information revolution, striving to get ahead, viewed as materialistic, selfish and disrespectful, but also aware of the world and very technologically literate. The discussion continued on how do we reach women in the different generations. Questions we need to ask ourselves are “Why are people participating in Sisterhood?, How does that differ for individuals or generations?, What types of activities might be affected by age?, and How does your sisterhood communicate?”

HOW DO YOU DO IT ALL?

Liz McOsker, Moderator

Kathy Karr, Elaine Frayman, Judy Berzof, Marci Delson, Panel Members

Each member of the panel discussed why and how they are able to combine work, family, and sisterhood. Some of the tips given by the panelists were 1) organize and set priorities; 2) be sure to communicate with your family and with your “sisters” 3) find time for yourself, if only for a few minutes a day; 4) learn to delegate – you can’t do everything; 5) coordinate your home calendar and your volunteer calendar.

COMMUNICATING IS MORE THAN JUST WORDS

Hilda R. Glazer, Presenter

Hilda began the session by reading a passage from The Velveteen Rabbit. A discussion followed about “what is real and how do we become real.” The discussion then continued as the group learned to identify the different elements of communications, which are transmitter, receiver, message, noise, feedback, replication, understanding and congruence. Members of the group learned how to use parliamentary procedures and an agenda to control meetings as well as how to eliminate “noisemakers” and those “controlling” people at your meetings. Hilda led the group through different exercises to help identify and control different situations that surface when working with people.

DEVELOPING OUR DISTRICT MEMBERSHIP PACKET

Bette Jo Stempel, Presenter

Sisterhood leaders were asked to attend and bring their ideas for increasing membership. The District has been asked to increase membership by 5% and to provide membership materials to each of our sisterhoods. Bette Jo divided the women into four groups; membership committees, marketing tools, recruitment ideas, and recognition and retention programs. Some of the ideas discussed were developing a brochure, targeting young members, presenting WRJ membership cards for a discount in the gift shop, sending out invitations to join sisterhood with a calendar and a volunteer participation form, special events for paid members, use of uniongrams, and phone-a-thons for new members. Ideas from this meeting will be compiled and sent to each sisterhood.

SISTERHOOD SHARING

Barbara Seeder, Moderator

Sisterhood members spent time sharing their successful programs and events. The delegates were able to leave the workshop with many great ideas that they will be able to adapt to their own sisterhoods.

THE YES FUND – WHAT’S IT ALL ABOUT ANYWAY?

Karen Sim, Presenter

Katie Roeper, Presenter

The basics of the Yes Fund was presented by Karen and Katie. Some of the topics discussed were what is the YES Fund and who benefits from our donations; ideas on ways to raise money for the YES Fund; the difference between a Lifeline and the Circle of Service; and finally why we need to support the YES Fund.

Our sisterhoods participated in lots of sharing during the final morning of the meeting. Following is a synopsis of what many of the district sisterhoods have planned for their members.

Liz Cassel/Joyce Traugot, Temple Beth El, Knoxville, TN—"Chai Tea" is casual; invite sisterhood membership to a home or temple for tea and food. No program, no sales pitch, no charge, just chat about sisterhood with sign-up sheets for upcoming programs. Purpose was general social, friend-building. Very successful. They do this 2x or 3x a year. Has helped build membership and been drawing about 20-25. At the last one, they had attendees write notes to soldiers; this has spawned a spin-off program, "Adopt-A-Soldier," doing more for soldiers. Food Drive around High Holy Days. Went to all synagogues and rabbis in town to do a food drive as a whole Jewish community. This year they started a "Penny Drive" to collect small change to help those in need in these difficult times.

Sharon Castor/Louise Miller, The Temple, Louisville, KY—The Temple started a Lilith Salon last year, and has invited other synagogues to join. But, they have found that the magazine is not as good as in the past. Talked about Temple Shalom's book club and how nice that it's been open to non-Temple Shalom members. Added that you can request staff at Borders or Barnes & Noble to profile possible books for the club. "Kugel Cook-Off" - Not a fund raiser, just social. People made/brought different kinds of kugels, and also their recipes. Not a contest, just a tasting.

Rebecca Young/Mimi Kaufman, Adath Israel, Lexington, KY—Last year fundraising activity - a local singing group, "The Bats" did an evening of silly fun. It was open to the community, advertized in the local papers. Big success. This year's fundraising activity - a two man act play with champagne reception with the actors and also open to the community. Adath Israel Sisterhood was invited to the President of the University of Kentucky's home for lunch (Jewish food was served) and a tour of the home. All generations came.

Paula O'Connell/Carol Savkovich/Kathy Fields, Temple Shalom, Louisville, KY—"Chai Tea" at Rabbi's wife's, Sheilah Miles, home. Invited the entire congregation. Served tea and desserts. Broke into small groups and brainstormed ideas. Out of this activity, a maj jong on Sunday afternoons began, knitting group and a book club (also invited outside friends and other reform synagogue in town to join the book club). Future activity planned - a chocolate party for Valentine's Day. Book Club meets in a local book store every other month, you can purchase coffee. One primary book is read and discussed and another one is recommended for those that are avid readers. Caring committee provides food for surgery, shiva meals in a "cook it yourself" place.

Debbie Lecours, Kol Ami, W. Bloomfield, MI—Started a book club. They have a librarian coming to speak about a book (no charge from library). They'll do "soup and books", with the soups being pot-luck. Meets at their temple. Challah baking before High Holy Days attracted 15 people - alot for them. Some were mother/daughter and older members. They learned to make the dough, braid the challah. They baked it at the temple, then made more dough to take home. Shared recipes.

Michelle Simpson, Shir Tikvah, Rochester Hills, MI—She asked for a sharing of books recommended for Jewish book clubs. Carol Savkovich added that you can google Jewish Book Clubs and find suggestions and synopses from around the country. Michelle suggested that each sisterhood should add their area director to their email communications list so she's kept in the loop.

Elissa Kline, Temple Israel, W. Bloomfield, MI—Talked about Lilith Salon. They started out offering it afternoon and evening times. It's now in its 2nd year and has dwindled to a group of 4, afternoon only, and have cut from 4x/year to 2x/year. Liked the intergenerational aspect, and the way discussion wandered was good. General feeling however was that content provided by Lilith Salon has gone downhill.

Janice Tainsh/Hillary Handwerker, Temple Beth Emeth, Ann Arbor, MI—Book Club - one person reads a book, presents it and everyone else can then decide if they want to read it. Flower Bulb sale was a huge success last year. This year they have set up a website with lists of stores/businesses that offer discounts and will give back to their sisterhood - grocery stores, restaurants, Mary Kay, Pampered Chef, Jewelry - they send out a weekly or bi-weekly e-news messages. New "Bake and Take" program. Congregation's leadership had asked sisterhood to take on doing onegs again. So they do these 12x a year; each has a different cooking theme - e.g. healthy desserts, mandelbrot, loaf breads, bar cookies etc. They meet at the temple kitchen; sisterhood provides recipes and ingredients; participants pay \$10, get to take some home but most of it goes into temple freezer for future onegs. Dual benefit, takes care of onegs (which are social gatherings), plus the Bake & Takes are fun social gatherings.

Lucy Gersten, Temple Beth El, Commerce Township, MI—"Spa Day" - makeup, exercise and massages.

Beth Lande, IHC, Indianapolis, IN—Fundraiser maj jong card was created by a congregant and printed. A major Maj Jong tournament is scheduled for the winter, with a raffle. "Help" issues draw more

people to their events - example "Heart Healthy" programs. Laurel Fischbaum, Valley Temple, Cincinnati, OH—Their sisterhood each year has been giving a round challah to every family at Rosh Hashana. They're also selling jars of honey, with special labels (made especially for their sisterhood) - it has been an enormous fundraiser. People order honey in advance, and the honey folks ship it for Rosh Hashana. Large jars, sold for \$10 each, \$8 profit per jar. Also, they're selling gift cards (Borders, TJ Maxx, etc) - sisterhood makes 8% profit as cards are used. Each card has the company name and also sisterhood's name and shows what percent goes to sisterhood. Contact either Laurel or Laura Beasley for more details. There may be one company that coordinates. Bernice Goldman, Fairmount Temple, Beachwood, OH—Also talked about the honey fund raiser. They buy the honey jar for \$4, resell for more. The company puts the label on and ships them - easy for sisterhood, they just send a list. Can email Bernice for name of company. Has been a very successful fund raiser. Shelly Corn, Temple Israel, Pickering, OH—"Cooking Lite" demo - woman did demo cooking, they ate her food, she sold kitchenware she demo'd. To attract and retain new younger members: "Chicken Soup for Ourselves". Attracts all generations. They hold it at 6 pm, so women come straight from work; serve chicken soup, have speakers -- e.g. psychologist, a doctor of oriental medicine, other speakers. They put out sign-up sheets for mah jong (learners or experienced players), book club etc. Pam Levine, Temple Emanu El, Orange Village, OH—Antique appraisals; participants paid five dollars to have an item appraised.

MEET A FEW OF YOUR DISTRICT VICE PRESIDENTS

Dr. Hilda R. Glazer, 1st VP, has been active in Temple Beth Shalom in New Albany, OH and her sisterhood since joining the congregation in 2000. Her mother and sister were both Sisterhood Presidents at Baltimore Hebrew so she has a long history of sisterhood involvement. Every Shabbat, as a child, she sat next to Helen Dalsheimer, who not only was Sisterhood and Temple President, but was President of NFTS. From the wonderful women in her life, Hilda learned the importance of being part of the life of the congregation.

Hilda's academic degrees are in counseling and educational psychology. She has taught both face to face and online and has a long academic publication and presentation record. Currently, Hilda is on the faculty in the School of Psychology at Capella University and works part-time for Mount Carmel Hospice as a bereavement coordinator and has a private practice which focuses on trauma, grief and loss. She is also a Mental Health Disaster Volunteer for the Red Cross. Additionally, she is on the Board of Beth Shalom, is still involved with Women of Beth Shalom, and is on the NELC council.

Hilda leads a busy life with her husband David. They are empty nesters who love to travel and garden. Their cat Trooper helps to keep things lively. In her spare time, Hilda knits and does needlepoint.

Cathy Gorwitz, Vice President of Programming and Advocacy, is an active member of Congregation Shaarey Zedek in East Lansing, Michigan. Cathy has chaired the Break The Fast, which is sponsored by her Sisterhood for five years. For four years, she has chaired the Tzedakah committee for her congregation. While chairing the Tzedakah committee she started the tradition of giving "Goody Bags" to the elderly and the shut ins at Passover and Rosh Hashanah. She also sits on the board of The Greater Lansing Food Bank. In doing so, she has helped her congregation collect six tons of food for the food bank this past year.

Cathy and her late husband Kurt were the first volunteers at The Ronald McDonald House in Lansing. She continues her work by scheduling for the House for Christmas and New Years so the resident manager can spend time with her family during the holidays. For four years she worked alongside Kurt preparing and cooking the Seder meal for the Jewish residents of the Jackson

prison and their families. Just imagine having 200 people for Passover. She also served as President of B'nai B'rith Women, which during her two years, her chapter was named Chapter of the Year by the district board.

Cathy is also the very proud cookie mom for the Michigan State University Men's Basketball team keeping them supplied with all kinds of delicious cookies and candy.

Sandy Adland, Vice President of Development and Special Projects, is a native of Baton Rouge, Louisiana, and graduated from the University of Texas at Austin, majoring in Music Education. Sandy first served as an elementary general music and instrumental music teacher in Austin, Texas, Cincinnati, Ohio, and Indianapolis, Indiana. After moving to Lexington, Kentucky in 1986, Sandy served as a Preschool Teacher and Preschool Director at Temple Adath Israel over a period of 17 years.

Since returning to Indianapolis five years ago, Sandy has owned and operated B'Shert Home Care, LLC, sharing her time between eldercare and serving as a nanny. Additionally, she teaches music classes at the Indianapolis Hebrew Congregation Early Childhood Center. Over the past 20 years, Sandy has been an active member of Sisterhood, holding a variety of offices including President of Temple Adath Israel's Sisterhood in Lexington, KY.

On our District Board, she has served as Recording Secretary, Financial Secretary, VP Department on Religious Living, and VP Department on Service to Sisterhoods. Additionally, Sandy serves as Vice Chair of the Goldman Union Camp Institute Joint Camp Authority, Secretary of Family Development Services (A Head Start Agency) and Social Action Director of the Indianapolis Hebrew Congregation Sisterhood. She loves cooking, musical theater, traveling, and "movie night" with her husband Jon. Sandy is the very proud mother of 23 year old Josh and 19 year old Rachel.

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Indianapolis, IN

WRJ Central District
Indianapolis Hebrew Congregation
6501 North Meridian Street
Indianapolis, IN 46260



SAVE THE DATE!	WRJ Biennial Convention 2009 November 4 - 8, 2009 Toronto, Ontario, Canada
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WRJ Mission Statement

Women of Reform Judaism, an affiliate of the Union for Reform Judaism, is the collective voice and presence of women in congregational life. Stronger together, we support the ideals and enhance the quality of Jewish living to ensure the future of progressive Judaism in North America, Israel and around the world.