

BULLETIN

Spring Event

**HEAR DAR KVIST SPEAK ABOUT
“FOODS FOR GREAT ENERGY”**

Tuesday, June 3

6:30 p.m.

The Nutritional and Wellness Center

**Located at 708 South Cleveland Ave., St. Paul 55116,
on the second floor above Punch Pizza**

**RSVP to Shelly Cozine
651-994-1252
gscozine@comcast.net**

Darlene Kvist, M.S., C.N.S., L.N.

Darlene Kvist, a licensed nutritionist and Certified Nutrition Specialist, co-founded Nutritional Weight & Wellness, based in St. Paul, Minn. Darlene has more than twenty-five years of experience as an educator, counselor, and psycho-nutritional consultant. She currently serves on the Board of Dietetics and Nutrition Practice for the State of Minnesota. Dar also hosts “Dishing up Nutrition,” a popular weekly radio show that she developed, Saturday afternoons on FM 107. She consults with the media on nutrition regularly and has been quoted in Time. For more information about Nutritional Weight & Wellness, go to www.weightandwellness.com.

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**NCJW'S NEWEST
FUNDRAISER
FASHION CENTS**

Tributes and Donations



**Bring your
consignment
clothes for
Fashion
Cents to
the meeting!**

See insert
for more
information.

PRESIDENT'S MESSAGE

GREETINGS NCJW MEMBERS!

I am just finishing my first year as President of NCJW St. Paul, and I find myself both reflecting on this year and thinking ahead about what is to come. We've accomplished so much over the past twelve months. We completed our sixth and final year of the CHAI program (and look forward to staying involved as the program continues). We lobbied our legislators at Jewish Women's Morning at the Capitol. We held a powerful spring event with the Minneapolis section, where we hosted NCJW's own Sammie Moshenberg and honored volunteer of the year Debbie

Goldenberg. We co-sponsored and supported community education events, such as Tap the Leopard, a theatrical performance about immigration reform, and *Roe v. Wade* Anniversary celebration events. And we just participated in a fabulous community-wide celebration of Yom Ha'atzmaut, as this year marks Israel's 60th birthday. What fun!



At National Convention in March, hundreds of NCJW members from across the country met to debate and vote on the resolutions, bylaws, and policies which will guide our organization for the next three years. New NCJW leaders were elected (including Nancy Ratzan as President, and Minnesota's own Marge Weiser as a Vice-President). Speakers and honorees included Cecile Richards,

President of Planned Parenthood Federation of America and Planned Parenthood Action Fund, and Linda Wertheimer, Senior National Correspondent for National Public Radio. It was an exciting and energizing convention.

Thank you to those who gave to Rainbow Connection and Count your Blessings. Your generous gifts make these events, and all of our other important work, possible. I hope you take great pride in all that you do for the community!

Looking forward to the summer, we have more great things to come, including Neighborhood Takeout, which will take place in May and June at the Neighborhood House on West Seventh Street, and our monumental Stuff for School program in August. We are also kicking off NCJW Fashion Cents, a great new (and easy) opportunity to do good! Please read the rest of this bulletin for more information about all of our fabulous programs and upcoming summer opportunities.

Finally, we have a dedicated and passionate board of directors. Thanks to each of them for their efforts and commitment to NCJW—these women really make things happen! As we look both backwards and forwards, please join us on June 3, at Nutritional Weight and Wellness where we will install our incoming board members, and thank and say good-bye to outgoing board members. I look forward to seeing you there.

—Jacy Rubin Grais

CALLING ALL NCJW EMAIL ADDRESSES!

In the spirit of improving the ease of section communications and reducing waste, please send a message with your name and email address to info@ncjwstpaul.org. Email addresses will be used to notify you of NCJW activities and events.

COMMUNITY SERVICE PROJECTS



CHILDRENS' HEALING ARTS INITIATIVE

WHAT A LIFE CHAI HAS HAD

THANKS TO THE AMAZING VOLUNTEERS OF NCJW St. Paul Section and the tireless work of co-chairs Tracey Agranoff and Robin Taple, the “Little Project That Could” (and winner of the NCJW National Tikun Olam Award), the Childrens’ Healing Arts Initiative has had a full and complete journey with us. Our original vision never wavered and we succeeded on every level of our original goals.



The concept of the program was to create an opportunity for terminally and chronically ill children to paint original murals that will be used to adorn and beautify buildings in St. Paul.

Our goals included developing a program where by children could come together to forget about the limitations of their illnesses, and to work creatively with others to develop and execute theme-based art pieces for public display. We sought to give everyone involved a sense of pride, accomplishment and self-confidence, to allow the people of St. Paul to recognize those in our community who might not otherwise have a voice, and to provide them with a way to communicate through their art.

Each year of the CHAI program focused on the meaning and representation of each of these inspirational themes: Life, Family, Growth, Joy



and Independence. We made wonderful partnerships and friendships along the way, including internationally recognized artist Ta-Coumba Aiken, the award-winning ArtStart Program, Gillette Foundation and the phenomenal Gillette Foundation and Family Life Staff, Artist Armando Gutierrez and many, many Gillette artists and their families. Without these partners and friends—and their ongoing participation—we would not have had a program at all.

Having recently completed it’s sixth and final year through NCJW, the CHAI Program will now be continued by our friends at ArtStart. Under the care and watchful eye of Carol Serrine and her team, we know this inspirational program will continue for many years to come and that NCJW will continue to show it’s support through volunteer opportunities each year.

COMMUNITY SERVICE PROJECTS

STUFF FOR SCHOOL

TURNS 13!

While spring is the time most of us are thinking about the end of the school year and summer vacation, it is also time to plan for the 2008–09 school year and Stuff for School!



Stuff for School, a community service project organized by NCJW, 3M, and the St. Paul Public schools, is in its 13th year. Stuff for School helps St. Paul public elementary school children, many of whom live in poverty and are unable to afford school supplies. More than 150,000 students have received school supplies on the first day of school through this program. Every child in the school receives a bag of supplies, so no one is “singled out.” In the schools that receive supplies, between 60 percent and 96 percent of the student population lives in poverty.

This fall, we are planning to supply approximately 16,000 children—the entire student body of 39 St. Paul Public Schools—with school supplies. We need your help. There are several ways for NCJW members to help with this important project:

- Stuff bags: We will be stuffing bags August 18, 19, and 20
- Donate money for supplies
- Donate school supplies during the collection drives at the JCC’s Camp Butwin, Camp Artzi and childcare programs
- Buy a “Backpack” at Kowalski’s Market on Grand from mid July thru August for \$1

Check the NCJW website (www.ncjwstpaul.org) for more detailed information in July or call Stephanie Levine at (651) 686-0340 if you wish to volunteer. Thanks for your help during the Bar Mitzvah year of Stuff for School!

NEIGHBORHOOD TAKEOUT

GEARS UP FOR ITS SECOND YEAR

Again this year, NCJW is sponsoring Neighborhood Takeout, a collaborative project with the Neighborhood House of St. Paul. Last year’s program was very successful and helped 45 low-income immigrant families improve their nutritional welfare and overall health through education about quality food choices, food safety and money saving practices for their children and families. We are currently seeking volunteers for this year’s program, which began on May 14th with Wednesday afternoon sessions from 4:30–6:30 p.m. and will continue through June 4th. This year’s program will be held in The Neighborhood House at 2390 West 7th Street in St. Paul (across from Champps) and will be primarily targeted at the East African and Latina residents of that area.



NCJW volunteers will purchase groceries at Cub and deliver them to the site, and then are encouraged to stay for cooking classes led by a certified dietician, and then to hand out the canvas grocery bags filled with food for the featured recipe to the participating women. The program will culminate in a multicultural potluck meal for all of the women and their children showcasing the diverse cuisines represented in their home countries.

Last year’s volunteers found the experience to be very interesting and rewarding. Many discovered that shopping for the groceries provided their older children with great opportunity to be involved in community service and built cross-cultural awareness through the program.

If you are interested in volunteering for one or more sessions, contact Dede Smith at 651-450-1883 or Anna Latzer at 651-768-9518 or alatzert@comcast.net.

NCJW WOMEN HONORED AT SPRING MEETING

Shelly Cozine, VP Administration

Our Spring Meeting was held on April 7th at the Woman's Club of Minneapolis. We were excited to partner with the Minneapolis section to bring Sammie Moshenberg to town for the event. Sammie is the Director of NCJW's Washington Operations. As head of our D.C. office, she is the staff director for NCJW's advocacy efforts nationwide as well as staffing NCJW's newest campaign for contraceptive access: Plan A.

Plan A's Campaign for Contraceptive Access educates and empowers individuals to advocate for women's universal access to contraceptive information and health services. Through a combination of education and advocacy initiatives at the community, state and national levels, Plan A aims to secure and protect access to contraceptive information and health services there by putting individuals back in control of their personal health care decisions. To learn more about Plan A go to www.NCJW.org.

We also honored a few of our own members as well. St Paul's Debbie Goldenberg was honored as our volunteer of the year. Debbie has served on the St. Paul Board for 15 years in many positions. We are lucky to be the recipients of her dedication to NCJW St. Paul! Both St. Paul and Minneapolis sections honored our hard-working and tireless SPA's, Judie Liszt and Renee Popkin. They are the women who keep us informed about up-coming advocacy and legislative issues at both the grass-roots as well as the national level.



ISRAEL TURNS 60 THIS YEAR CELEBRATED IN STYLE

Holly Brod Farber, Israel Affairs Chair

On May 7, our community celebrated *Yom Ha'atzmaut* in style at the Metrodome in downtown Minneapolis. It was a huge and wonderful evening, full of Israeli performances, food, art, music and dance. The Metrodome was full of people celebrating Israel's 60th birthday. NCJW St. Paul joined with our NCJW sisters of Minneapolis for a booth featuring Israeli education and education about NCJW programs in Israel. One exciting feature of the booth was the portrayal of four Israeli women Golda Meir (past prime minister), Tzipi Livni (current foreign minister), Dalia Itzik (current minister and was acting president in 2007), and Justice Dorit Beinisch (current justice of the supreme court). St. Paul also featured a picture display of our members in Israel, our photos spanned almost the entire past 60 years! It was a true evening of celebration for our beloved Israel, and an expression of our commitment that Israel lives in each of us.



NEW!!!

NCJW NOW ACCEPTS DONATIONS ON-LINE

You can now make donations and tributes to NCJW on-line. To donate on-line, go to www.ncjwstpaul.org, and click "Donations."

JOIN THE SECOND CENTURY SOCIETY BY INCLUDING NCJW IN YOUR ESTATE PLANS!

By joining the Second Century Society, you can be acknowledged today for your future commitment. For information on planned giving opportunities, call Jacy Grais at 612-964-9074.

MAKE A NOTE OF IT



NCJW'S ADDRESS IS CHANGING!

Please note that the NCJW address has changed to the following:

**2846 Huntington Avenue
St. Louis Park, MN 55416**

ADVOCACY AND ACTION

44TH NATIONAL CONVENTION

FINDING INSPIRATION

Marissa Onheiber, VP of Community Service

THANKS TO ALL OF YOU FOR sending me as a delegate of our St. Paul section to the 44th National Conference in Chicago. During Convention more than 300 NCJW members from 63 sections across the country came together to set the course for NCJW's next triennium. It was a thrill to be part of the process and to represent our section.

Jacy recently asked me to rejoin the Board of NCJW and to be honest; my first reaction was one of resistance. I'm confident that many of you have heard that voice in your head saying, "No more commitments—I have children to raise, work to pursue, a husband and house in need of attention..." Being the tenacious leader that she is, Jacy didn't let me off the hook that easily and being the crafty woman she is, a trip to Chicago in her good company, to be inspired by our national leaders, would surely seal the deal. Well, it did and then some.

During the plenary sessions of convention, we voted on amendments to our Bylaws and Resolutions. To listen to debate from semantics to decisions about what will serve as our guiding principles, was incredibly interesting. Whether debating issues around mental health, the death penalty, immigration or the environment, every topic was sure to have a professional armed and ready with data. Never before was it as clear to me that this is an organization filled with powerful and engaged leaders.

It was also interesting to see the distinction between issues that touched the older generation versus issues addressed by younger delegates. For example, although our bylaws speak to the environment, a young lawyer from the Missouri section, argued convincingly on behalf of including specific language in our resolutions. Other topics that met with much debate included: revisions to the Mission Statement, and the inclusion of stronger language in support of abolishing the death penalty.

Though not formerly discussed (given our 501(c)(3) status), the Hillary versus Obama generation divide was also palpable. On that note, the Hannah Stein Lecture was given by Linda Wertheimer, senior national correspondent for National Public Radio, who shared her observations from this year's campaign trail.



Linda Wertheimer, Senior National Correspondent, NPR presented the Hannah Stein Memorial Lecture at Tuesday's Breakfast session. She spoke about the upcoming election and her experiences interacting with voters on the campaign trail. Pictured with Ms. Wertheimer are the Minneapolis and St. Paul delegates to convention. L-R: Marilyn Horowitz, Renee Popkin, Judie Liszt, Debbie Stillman, Cindy Amberger, Linda Wertheimer, Marissa Onheiber, Marge Weiser, Jacy Grais.

Lastly I must tell you what a treat it was to hear from NCJW's Women Who Dared Award recipient: Planned Parenthood President Cecile Richards. Plan A: NCJW's Campaign for Contraceptive Access, educates and empowers individuals to advocate for women's universal access to contraceptive information and health services. Plan A is just one of National's finely tuned campaigns that reconfirms why I have chosen to recommit to working to whatever extent I am able, on behalf of NCJW.

I hope others of you who have perhaps taken a less active role in recent years will take a moment to consider all that is at stake in our current political and economic environment. To continue our important work of turning ideals into action, we need our membership to recommit to being part of that action. We have wonderful programs established in our section that are in continuous need of volunteers. I hope you will take a few minutes to read about convention at: <http://www.ncjw.org/html/News/PressReleases/080314/>. I'm certain you too, will find inspiration.

JEWISH WOMEN'S MORNING AT THE CAPITOL

BIG ST. PAUL TURNOUT FOR ANNUAL LEGISLATIVE DAY

NCJW JOINED WITH HADASSAH for our annual legislative day, Jewish Women's Morning at the Capitol to learn and advocate about issues important to both our organizations. The morning began with an inspirational message from Rabbi Charni Selch Flame from Bnai Emet who put the day's events into a Jewish context. Marcia Avner from the Minnesota Council of Non-Profits taught us how to effectively deliver our message to our legislators while emphasizing the importance of our presence at the Capitol.

Environment

The Environment was a new issue for us to address this year and we were fortunate to hear from Steve Morse from the Minnesota Environmental Partnership who explained the Cap and Trade system to limit greenhouse gases. We lobbied for an effective Cap and Trade system that puts a cap (limit) on the amount of carbon dioxide and other greenhouse gases that can be emitted in the air. If a company emits less greenhouse gases than purchased, then it can trade (sell) the remainder of their allotment.

Healthcare

Guaranteed, affordable healthcare for everyone in Minnesota is an issue on which we continue to advocate with a briefing from Liz Doyle of TakeAction Minnesota. We asked our legislators to expand MinnesotaCare by eliminating the 50 percent rule, which prohibits families from participating in MinnesotaCare if their employer pays at least 50 percent of the cost of insurance, regardless of how much the difference costs the family. We promoted a clear course for affordable healthcare for all Minnesotans so that no Minnesota family should spend more than five percent of their income for health care.



Responsible Sex Education

NCJW, as part of our new Plan A initiative has joined the Coalition for Responsible Sex Education. Our two fantastic speakers from the coalition were Lorie Alveshere from MOAPP and Tim Stanley from Planned Parenthood. We urged our legislators to support medically accurate, age appropriate sex education for public school students in grades 7-12. Sex education helps young people be safe and healthy and provides information for Minnesota's youth to become responsible adults.

For more information on these issues and to find out how you can be involved contact the SPAs, Renee or Judie.

State Public Affairs (SPA) Contact Information

Judie Liszt 952-270-8496
judiel@comcast.net

Renee Popkin 612-240-5752
rbpopkin@aol.com

SAY HELLO TO OUR NEW MEMBERS

Leslie Martin and Jodie Friedman

OFFICERS AND DIRECTORS 2007–2008

President

Jacy Grais

Advisor

Stephanie Brod Levine

Treasurer

Marilyn Bloom

VP of Education

Beth Gendler

VP of Public Relations

Linda Morgan

VP of Administration

Shelly Cozine

VP of Membership

Leslie Strohm

VP of Community Service

Marissa Onheiber

Recording Secretary

Heather Corndorf

VP of Fundraising and Rainbow Secretary

Debbie Goldenberg

Board of Directors

Tracey Agranoff, Jennifer Benowitz, Esti Koen, Anna Latzer, Rhona Shwaid, Dede Smith, Pamela Sulmer, Robin Taple, Sandy Wolkowicz

Tribute Cards

Laura Zelle

Bulletin Chair

Jennifer Kaplan

Israel Affairs Chair

Holly Brod Farber

TRIBUTE CARDS

TRIBUTE CARDS CAN BE PURCHASED AT ANY AMOUNT STARTING AT \$10.00.

To make a tribute, go to www.ncjwstpaul.org or contact Laura Zelle at 651-699-3211 or laura@toleranceminnesota.org.

TRIBUTE CARD MESSAGE:

A generous contribution has been made

to the National Council of Jewish Women by

This gift supports NCJW's efforts to improve the quality of life for women, children, and families and ensure individual rights and freedoms for all.

MOVING?

Please keep us updated when your contact information changes by sending an email to info@ncjwstpaul.org or leaving a message on our voice mail at 651-768-0173.



ST. PAUL SECTION

2846 Huntington Avenue
St. Louis Park MN 55416

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KICKOFF OF NEW NCJW FUNDRAISER

NCJW FASHION CENTS

NCJW St. Paul is starting a new fundraiser called NCJW Fashion Cents. Fashion Cents provides a cents-able way to clear your closets of unwanted clothing that can be resold to support worthy NCJW community programs. This fundraiser is a wonderful way to recycle clothing, support NCJW, and get a tax break (donations are tax-deductible)!

The concept is simple: the clothing you donate will be distributed to area consignment shops. When the clothes sell, NCJW gets the profits! Proceeds will be used for NCJW's service projects that help improve the quality of life for women, children and families.

Please bring consignment quality clothing (see below) to the Spring Installation. We will give you a tax receipt (so you get tax credit for your donation to NCJW). This is a great way to support NCJW while doing your spring cleaning! NCJW Fashion Cents is a simple five-step program run through area consignment shops.

REQUIREMENTS FOR DONATIONS

- Gather together like new, up-to-date clothing for men and women that has been freshly laundered or dry-cleaned.
- Shoes, accessories, jewelry and purses are acceptable.
- Clothing should be designer labels, such as: Ralph Lauren, Dana Buchman, Ellen Tracy, Jones New York, St. John as well as "Mall Brands" like The Gap, J. Crew, Banana Republic and Eddie Bauer.
- Clothing must be near perfect and ready to sell—no buttons missing, broken zippers, no pilling or odors.
- Clothing must be pressed and on hangers—including jeans, T-shirts, and shorts.
- Due to the timing of Spring Meeting, we will be accepting Fall/Winter clothing which will be sold starting in August.
- Any items that are not accepted by the consignment shops will be donated.

If you have Fall/Winter clothing to donate, but are unable to attend the Spring Installation Meeting, please contact Stephanie Levine at 651-686-0340. Likewise, please contact Stephanie if you are interested in working on this new, exciting project.



TRIBUTES AND DONATIONS

In honor of Judy Lear's special Birthday
NCJW Board of Directors

In honor of Judy Lear's 65th birthday
Dorothy Lipschultz

To Sammie Moshenberg Thank you for joining us at our Spring Event, and Mazel Tov on being named as one of the 21 Leaders for the 21st Century by Women's enews. You are an inspiration to all of us!
NCJW St. Paul Board of Directors

In honor of Elaine Steinman's birthday. Wishing you the happiest of birthdays and many more healthy years to come.
Miriam and Lee Kieffer

In honor of Elinor Weiner's special birthday
Nancy and Steve Gilats

In honor of JoAnn Pasternack for her milestone birthday
Stephanie and Jimmy Levine

Wishing Gretta Freeman a speedy recovery
Elaine & Stuart Steinman

In honor of Elaine Steinman's special birthday
Jevne & Patricia Baskin

In honor of Elaine Steinman's 70th birthday
Marilyn Marker

In honor of Elaine Steinman's special birthday
Susan & Arnold Goldman

In honor of Elaine Steinman's special birthday
Fremajane Wolfson

Mazel Tov to Marilyn and Leonard Horowitz on the wedding of Jeff and Danielle.

Jacy & Jason Grais

To Mr. Howard Stacker and Family: In loving memory of Lynne. We are so very sorry for your tremendous loss. With love, Marilyn and Leonard Horowitz

In honor of Marge Weiser, for your installation as NCJW Vice President
NCJW Board of Directors

To Howard, Tara, and Nick Stacker: In loving memory of Lynne.

Jacy Rubin Grais

To Elaine Steinman Congratulations on your special birthday!
NCJW St. Paul Board of Directors

In honor of the 25 hours of volunteer time spent on Stuff for School by Elynn Wilson
3M

For Michael Silverman and Family, in loving memory of Addie and Harry Silverman. Thinking of you.

Marilyn and Leonard Horowitz

To Howard Stacker, in loving memory of Lynne Stacker. We are so sorry for your tremendous loss.

Marilyn and Leonard Horowitz

In honor of Jacy Rubin Grais' installation as president
Bruce Fink

To the NCJW Board of Directors
Polly Saxon

Rainbow

Lynn Abramson
Sandra Abramson
Tracey Agranoff
Arlene Appelbaum
Maxine Applebaum
Naomi Arnold
Wendy Baldinger
Jenny and Jon Benowitz
Connie Berde
Elisa Bernick
Marilyn Bloom
Joan Bream
Holly Brod Farber
Jennifer Brod Faulkner
Stephanie Brod Levine
Shelly Cozine
Dori Denelle
Elaine Devitt
Lois Devitt
Carol and Mark Epstein
Cindy Garr
Rosalind Geller
Debbie Goldberger
Debbie and Chad Goldenberg
Susan Goldenberg
Lisa Greenberg
Myra Greenberg
Carol Gurstelle
Dee Dee Harris
Natalie Harris
Marilyn Horowitz
Elizabeth Shapiro Johnson
Esther Kaplan
Jennifer Kaplan
Suzanne Kaplan
Judy Katz
Miriam Kieffer
Janie Kirschbaum
Marion G. Klein
Esti Koen
Elaine Kuretsky
Rebecca Kvasnik
Lisa Lane
Liz Latts
Sybil and Bill Lipschultz
Rhoda Mains

Barbara Melamed
Mildred Miller
Noralee Mogol
Linda Morgan
Stacy Mosow
Nancy Novak
Francine Paper
Joann and Eric Pasternack
Ossie Perlman
Renee Popkin
Rhoda Redleaf
Judith Rein
Wendy Ringer
Kathleen Robins
Connie Ross
Ada Rubenstein
Robert Rubenstein
Jodi and Julia Rubin
Wendy and Steve Rubin
Jacy Rubin Grais
Berneen Rudolph
Ellen Sampson
Polly Saxon
Emily Seesel
Roselyn Segal
Michelle Shaller
Joan Shapiro
Susan Shapiro
Wendy Shapiro
Ronna Sherman
Dianne Siegel
Laurie Simon
Judy Skadron
Dede Smith
Laurie Smith
Diane Smookler
Lynn Snyder
Elaine Steinman
Sue Stillman
Leslie Strohm
Robin Taple
Marge Weiser
Margery Weisman
Judy Wolf
Patty Wolkoff
Sandy Wolkowicz
Laura Zelle