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SOJOURNER HOUSE

Sojourner House residents will again participate in an interactive program sponsored by NCJW as part of their nutrition program on March 16, 2011 at 6:45 p.m. "Elegant But Easy Delectable Desserts" is this year's theme. Nutrition information, a home health safety quiz, and preparing and tasting the desserts are all part of this special evening. Join us for this rewarding experience. You will never forget it. Call **Sharon Rose** at 585-271-0433 or email shaymarty@rochester.rr.com if you would like to become part of the committee. ≧

Sharon Rose, Chairwoman



MISSION STATEMENT

The National Council of Jewish Women (NCJW) is a grassroots organization of volunteers and advocates who turn progressive ideals into action. Inspired by Jewish values, NCJW strives for social justice by improving the quality of life for women, children, and families and by safeguarding individual rights and freedoms.

Bulletin



Vol. 17, No. 5
March - April 2011

National Council of Jewish Women
Greater Rochester Section

COMING EVENTS

MARCH

WED / 2
Movie Discussion,
7:30 p.m.,
Home of Ellen Rosen

WED / 9
General Board Meeting, 7:30 p.m.,
JCC

SUN /20
Purim

APRIL

THU / 7
Hannah G. Solomon/
Woman of the Year
6:30 p.m.

WED / 13
General Board Meeting, 7:30 p.m.,
JCC

TUE-WED / 19-27
Pesach

MAY

SUN / 1
Yom HaShoah
(Holocaust Memorial Day)

TUE / 10
Yom Ha'atzmaot

WED / 11
General Board Meeting, 7:30 p.m.,
JCC

TBA
Stay-at-Home

TBA
Installation

Please join the National Council of Jewish Women, Greater Rochester Section

At a Recognition Buffet Dinner

honoring



Dr. Gladys Velarde

Carol Fybush

Hannah G. Solomon Award

NCJW-GRS Woman of the Year

Recipient

Thursday, April 7, 2011

6:30 in the evening

Irondequoit Country Club

4045 East Avenue, Rochester New York

Please mail your check (payable to NCJW-GRS) and reservation form below to:
Doreen Goldstein, 31 Chatham Woods, Pittsford, NY 14534 **By April 1, 2011**

Supporter: \$36 Patron: \$54 Sponsor: \$72 Benefactor: \$100

Name: _____

Telephone: _____ Email: _____

____ Yes, I/We will attend at this level: _____

____ No, I cannot attend, but enclosed is my tax-deductible contribution to NCJW-GRS.

NCJW, GRS
Executive Officers
2010 - 2011

*Immediate
Past President*
Donna Cohen

VP Administration
Alison Santonastaso

VP Membership
Mollie Traub

*Recording
Secretary*
Ronny Frishman

*Financial
Secretary*
Linda Bardenstein

Treasurer
Vancy Boyar

*Directors
continuing
through 2011*

Marilyn Fenster
Leslie Stern-Gastel
Gloria Kaplan
Dolores Kleinberg
Sue Korpeck
Arlene Schenker
Cathy Schneider

*Directors
through 2012*

Marsha Cherry
Doreen Goldstein
Lynda Gamer Goldstein
Marian Kobrin
Robin Levitt
Jennifer Loviglio
Wendy Moss
Harriet Renzi
Millie Tanenbaum
Lois Taubman

DR. GLADYS VELARDE, Champion of Women's Health, to Receive the 2011 Hannah G. Solomon Award

Dr. Gladys Velarde measures only 4 feet, 11 inches tall, but her vision and efforts to improve women's cardiovascular health stretches to underserved communities both here and abroad.

A Peruvian native, she immigrated to the U.S. after high school and received her undergraduate degree in biology and M.D. degree from New York University School of Medicine. She completed her residency training in internal medicine at Columbia Presbyterian Medical Center and fellowships in cardiovascular medicine at Boston University and Mount Sinai Hospital in New York.

In 1998, Dr. Velarde joined the cardiology division at the University of Rochester Medical Center, becoming one of the first women faculty in the division. Her areas of interest and expertise are echocardiography, preventive cardiology and heart disease in special groups. Dr. Velarde's passion for women's cardiovascular health led her to develop and establish the Strong Women's Heart Program (SWHP). Launched in April 2005, the SWHP's mission goes beyond serving just the general community to target women of different ethnic backgrounds and age groups. Dr. Velarde has promoted efforts to reach these groups through numerous publications and television appearances.



An associate professor of medicine, Dr. Velarde has won several awards, including the Pinney Cook Award, given by Speaking of Women's Health, and the NHMA Leadership Award, sponsored by the National Hispanic Medical Association. Join us April 7 to honor Dr. Velarde for her dedication to women's heart health and her commitment to bringing important medical services to underserved populations. ≧



How to Get into the Bulletin:

Send your articles, pictures or announcements to:

Marilyn Fenster
59 Rowland Parkway
Rochester, NY 14610
or email to:
fenster4@juno.com

The Greater Rochester Section has a website!

Please visit our brand new shiny website: www.ncjwgrs.org. You will find information on upcoming events, news from the national office, links to our local coalition partners, project descriptions, volunteer opportunities, section bulletins, and much more. To provide feedback or make a comment, go to the contact page and click the g-mail link.

An enormous thank-you to Michael Slade, who spent part of his winter getaway vacation learning the content management system and then the next three weeks coordinating the Greater Rochester Section's content with the template provided by the national office.

The Rochester site is connected to the NCJW national website on the "NCJW Near You" link, and you can even Google us. It's fun to have joined the 21st century. ≧

Mollie Traub

NCJW, GRS Nominating Committee Report

Submitted for your future vote is the following slate of officers, prepared in January 2011 by our nominating committee: **Donna Cohen, Sharon Rose, Terry Schwartz, Arlene Schenker, Ronny Frishman and Mollie Traub.**

President:	Alison Santonastaso
VP Administration	TBA
VP membership	Harriet Renzi
Treasurer	Vancy Boyar
Recording Secretary	Ronny Frishman
Financial Secretary	TBA
Immediate Past President	Donna Cohen
Ex Officio	Judy Abelman

Directors nominated for a 2-year term ending 2013:

Marilyn Fenster
Gloria Kaplan
Sue Korpeck
Arlene Schenker
Cathy Schneider
Dolores Kleinberg
Gina Horowitz
Elyse Boress
Mollie Traub

Ongoing directors – term ending 2012

Marsha Cherry
Lynda Garner Goldstein
Doreen Goldstein
Marian Kobrin
Robin Levitt
Jennifer Loviglio
Wendy Moss
Millie Tanenbaum
Lois Taubman

COUNCIL INVESTORS



Want to get an education in the stock market? Join NCJW's Council Investors. We meet the first Wednesday of every month at noon at Canandaigua National Bank at 12 Corners. Contact **Jill Orbach** at 217-9204 or **Nannette Bordenstein** at 248-8386 for more information. ≧

CAROL FYBUSH NCJW-GRS Woman of the Year

One of the typical ways to warm up on a frigid Sunday morning in January is with a hot cup of coffee. On Sunday, December 19, nine NCJW members warmed the heart of **Carol Fybush** by surprising her at her home while she sipped coffee in her robe and informed her that she was the NCJW, GRS 2011 Woman of the Year! Carol was so humbled, but it should be no surprise that she would be honored as Woman of the Year given her continued dedication to NCJW and its programs and her ongoing involvement over the past three decades.

Carol started in NCJW about 30 years ago and began by working on a committee with **Arline Seideman, Marcia Eisenberg** and **Lorraine Dvorin**. As the years continued, she co-chaired a Hannah J. Solomon luncheon at the Doubletree and another one at the same hotel where the Cobblestone Dancers performed. Carol co-chaired "Reel Women" with **Soralee Cook** for several years and also was on the "Artists in the Park" Committee for two years. She was a member of the Executive Committee as VP of Membership and served on the General Board for two years. Carol also was involved in meetings at the Sojourner House to plan programs. Carol recently co-chaired the Opening Event with **Eileen Fishman** at the Summit last year with **Rabbi Till** as the special guest. There are so many other projects and

programs that Carol helped out with that are too numerous to cite. One of the traits that Carol possesses is that when someone needs help with a project – Carol always has her hand up to volunteer to assist, whether it is to take RSVP's for an event, help with the planning or serve on a committee.

Carol began her career as a social worker at the N.Y. State Department of Social Services in Rochester. She worked for Monroe #1 BOCES for 25 years - first in Primary Project (a preventive play therapy program in the schools to help children who were referred by their teachers) and then in the ASL/Deaf Education Department as the notetaker supervisor for deaf/hard-of-hearing students. She trained, hired and supervised notetakers for children in the district schools who were mainstreamed. After enjoying her career, Carol retired six years ago and still loves to keep in contact with her co-workers.

Carol has volunteered for the past five years through the Jewish Community Federation Literacy Program at School #35 on Field Street, which is involved in a "Math Matters" grant for 3rd and 4th grade girls to encourage them to learn and succeed at math.



Carol serves on the board of "Corner Place," which is an after-school program to expose elementary school kids to dance, art, writing and music as well as helping out there during some of the classes. She says it's extremely interesting and the students put on amazing performances!

In her free time, Carol can be found exercising at the RAC at least three mornings a week or playing mah jong or reading a good book. She says that the best part of retirement is being available for her family, who are all in Rochester - husband Dan, daughter Julie and son-in-law Chris, son Scott and daughter-in-law Lisa, and two grandchildren, Ariel (7) and Eli (2). With two booster chairs in the back of her car, she can be found babysitting for her two beautiful grandchildren. She says she is especially fortunate to have wonderful friends (most of them NCJW members).

Please join us in honoring Carol Fybush as the 2011 Woman of the Year at the Annual Hannah G. Solomon event at Irondequoit Country Club on Thursday, April 7 at 6:30 p.m. ☺

CONSIDER COLLEGE Hanukkah Party

On Sunday, December 5, 2010, NCJW Consider College mentors gathered with their mentees for a Hanukkah party at Brookside School Recreation Center in Brighton.

The party began with the lighting of candles. Traditional menorahs (and one shaped like a sailboat) filled the room with festive light. Mentors heated trays of homemade latkes that many had brought, and the partygoers filled their plates or agreed to try just one. Applesauce, juice and cookies were also served.

Then it was on to Hanukkah bingo. **Mollie Traub** did the calling. She had designed a colorful bingo board with words like Antiochus, Religious Oppression, Menorah, 165 B.C.E., and Doughnuts in the squares. Without actually

sitting through a history lesson, participants were introduced to the vocabulary of Hanukkah. Winners could select a DVD or book from a gift table.

Next the crowd played Dreidel. After a mini-lesson on the dreidel-playing significance of the Hebrew letters nun, shin, gimel, and hey, kids were supplied with pennies and dreidels and helpful, hovering mentors. Prizes were awarded for these winners, too.

Then it was time for gifts. Students received chocolate Hanukkah gelt and a key chain with an LED light and the words "Consider College – NCJW" printed on each.

Then **Nancy Levant** led a memory game. She brought out a tray containing 15 items

for the participants to study, and then list as many from memory as they could.

The party was a friendly, warm event on a snowy afternoon. Thanks to **Diane Shrager, Steve Dvorin, Irwin Solomon, Henra Briskin, Nancy** and Howard **LeVant, Ken Traub, Soralee Cook, Marian Kobrin, Lynne Bishop, Arline Seideman, Peg McNamara, Julie Holzbach, Thelma Nemeroff, Jennifer Loviglio** (and sons), **Gina Horowitz** and to our fearless leader, **Mollie Traub.** ☺

Gina Horowitz

