



"On the Cutting Edge... Today's Jewish Woman"

Advance Your Mind

Enhance Your Well-Being

*A Symposium for Women of All Ages in the
Jewish Tradition of Learning and Growing*

Location: Ina Levine Jewish Community Campus
12701 N. Scottsdale Road, Scottsdale, AZ.

Sunday, November 3, 2013

8:30 am to 9:00 am: Registration

9:00 to 11:55 am: Opening Keynote and Sessions 1 and 2

Noon to 1:00 pm Keynote Speaker, Luncheon*
and Raffles.

**Coordinated by the Bureau of Jewish Education
in partnership with:**

Valley of the Sun JCC and the Jewish Book Council.

Community Sponsors: Brandeis National Committee,
Center for Jewish Studies at ASU, Hadassah Valley
of the Sun, National Council of Jewish Woman,
Women's Jewish Learning Center and Women's
Philanthropy of the Jewish Community Association

* *Dietary Laws Observed*

Please Check the Organization(s) to Which You Belong:

- Bureau of Jewish Education
- Valley of the Sun JCC
- Brandeis National Committee
- Center for Jewish Studies at ASU
- Hadassah Valley of the Sun
- National Council of Jewish Woman
- Women's Jewish Learning Center
- Women's Philanthropy of the Jewish
Community Association

No Refunds.

Please return form and payment to:

Women's Symposium
c/o Bureau of Jewish Education
12701 N. Scottsdale Road Ste. 206
Scottsdale, AZ. 85254

Or Register by:

Phone: 480.634.8050
Fax: 480.634.8051

Email: jewished@bjephoenix.org



Symposium Registration Form

Name: _____

Address: _____

City, State: _____ Zip: _____

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Phone: Cell _____ Home: _____

Check here to be excluded from future emails.

• Indicate 1st, 2nd, & 3rd choice topics for each session.
Sessions fill as responses are received. Limited seating.

• Session 1: 9:55 am — 10:50 am

1st Choice 2nd Choice 3rd Choice

• Session 2: 11:00 am — 11:55 am

1st Choice 2nd Choice 3rd Choice

• Information on Childcare: Call the BJE by October 25, 2013.
Childcare: \$4.00/hr.: JCC members. \$6.00/hr.: non-members.

• Registration Fee: *\$42. Early Bird Discount Fee: \$38**
Under 30: \$30. Full-time College Students w/ ID: \$15.

**To Qualify for the Early Bird Discount, Registration Fee Must be
Received by October 15, 2013.

• Payment Information:

Check enclosed payable to the Bureau of Jewish
Education

Please charge my Visa/ MC/ AMEX (circle one)

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*Your Fee Helps Support Each Sponsoring Organization.

Not Tax Deductible

•Opening Keynote 9:10-9:45 am:

"A Family Like Ours": A Window on Domestic Violence.

The Honorable Wendy S. Morton. Domestic violence happens in families all over the world, in our very own backyards and even in our homes. It affects women and men, rich and poor, young and old. Domestic violence has devastating and lifelong effects on children. What should you do if you or someone you care about is in an abusive relationship? What do you tell the teens in your life about dating violence? Learn what constitutes domestic violence and how to protect yourself. Learn what to do if you or someone you love needs help – it may save your life or someone you love.

•Luncheon Keynote, 12 Noon:

"Loving, Letting Go and Leaving a Legacy" In her talk, **Patricia Gottlieb Shapiro, MSW**, discusses the journey of women's lives as we learn to balance love and letting go, to realize that aging is indeed a privilege. To leave a legacy is a blessing for our families and ourselves. This award-winning author has written or co-authored nine non-fiction books. She specializes in writing and speaking on the issues of women at midlife and older. She has written about how women constantly reinvent themselves in many important ways. Ms. Shapiro is a widely sought after lecturer, writing coach and yoga teacher.

•Session 1: 9:55—10:50 am

A. If Israel Relinquished the Settlements, Would there be Peace?

When were the settlements established? What was the motive behind their establishment? What good will come in giving up territory when the Arabs continue to teach generation after generation the hatred of Jews and Israel? Would the rockets stop if Israel gave up Judea and Samaria (the West Bank)? What are the real reasons why the Palestinian Authority and Hamas will not make peace? Why is Israel held to a double standard vis-a-vis the settlements?

Devin Sper

B. Lesbian, Gay, Bisexual, Transgendered and Jewish.

The Hebrew Bible assumed homosexual behavior was a conscious rebellion against G-d. Scientific discovery, on which Judaism prides itself, has proven otherwise, demanding that whatever our sexual orientation and attitudes, we continue to behave as "G-d's hands." Beginning with the pivotal verse "you shall not lie with a man as you lie with a woman. It is an abomination" (Leviticus 18:22)." This session will move from Leviticus to Love in its infinite variety.

Marcie Lee, MSW

C Burden or Blessing... Many of us have finished raising children and are now, or will be, caring for parents with age related issues including dementia and their aging parents. With relationship coach Ellen Gerst, learn ways to positively cope and respond to these challenging situations.
Ellen Gerst.

D. The Landscape of American Religious Life... A fascinating look at recent trends and how Jews are (or are not) part of them.

This session will profile the nature of religion in America – past, present and future. How do Jews relate to changes in American religious life, such as the growth of Islam and the decrease in institutional affiliation? What are the mutual influences among the many religions in America? Among the issues to be explored are: the rise of Evangelical Protestantism and Jewish Orthodoxy; the marketplace and the "cafeteria" of religious practice; religion and politics (e.g., Israel issues); and interfaith activities among leadership and "on the ground."

Amy Shevitz, PhD.

E. How Does Traditional Ashkenazi Jewish Food Fit into the Diet of Today's Healthy Conscious Modern Jewish Woman?

Many foods traditionally eaten by Ashkenazi Jews, such as kugel and challah, are quagmires of heart-damaging fats and refined carbohydrates. Today's Jewish woman strives to eat healthfully and within a calorie budget. Many disappointedly rule out the traditional options, or eat them and later regret it. But is that really necessary? Most dishes can be tweaked to fit into a healthy diet, and most diets can be tweaked to accommodate portions of less healthy foods. Bring a favorite recipe and we can make small changes to maximize nutrition and review its effectiveness.

Shoshana Freedman, MS. RD.

•Session 2: 11:00—11:55 am

A. The Origin of Human Sociality and Religion's Role in Promoting Sociality.

In this talk, we will briefly explore the role religion has to played in human sociality over the past 100,000 years. Why is religion so important to human beings both individually and socially? What role does it play in creating meaning and motivating human cooperation and (sometimes) conflict? Why is religion tied so deeply to what is fundamental to our humanity, and what is its "place" in human life?

Paul Cassell, PhD.

B. The First Amendment – The Sequel, Back by Popular Demand! A compelling continuing discussion about our "Number One" Amendment, which gives us the right to free speech, free association, freedom of the press, etc... What would the Founding Fathers say about the internet? What about 24 hour news coverage, blogging, and cameras in the courtroom? What about students' Facebook pages and social media? If you missed last year's presentation, come see what all the buzz was about! If you joined us last year, we only scratched the surface! Get the latest about the cases you've read about this year. We'll have lots more fun and interaction about one of the most dynamic areas of the law. Join us for a fun, interactive speech about speech, part two!
Honorable Wendy S. Morton

C. Got Sleep... Still Counting Sheep at Night?

Learn the Secrets to a Restful Sleep. Sleep – we know what it is, but it evades many. Discuss what is "normal sleep", the causes of insomnia and approaches to a better night's sleep.

Mark Gotfried, MD.

D. " Don't Let Stress Have a Seat at the Table! " Are you inviting stress into your life? Learn new ways to decrease the stress in your life and allow yourself to age peacefully and keep your sanity. Practical strategies and stressbusters will be presented.
Dvora Entin, LCSW., JFCS Aleinu.

E. Israel in Peril - From Within. Daily headlines constantly remind us of Israel's many enemies around her. But they don't often warn us of dangers from within. This session will consider the domestic problems which constitute a threat to Israel's future. Some of these problems are: The electoral system, which has resulted in unstable and revolving coalition governments for sixty years; The growth of the ultra-orthodox, who don't serve in the army, who often rely on government assistance and who now constitute about 10% of the population; The conflict between religious and secular where the Chief Rabbinate has control over all personal status issues such as marriage, divorce, conversions, burial, etc... and where Reform and Conservative rabbis cannot officiate at marriages, divorces, etc. These and other internal issues which threaten the democratic and economic future of Israel will form the topics for discussion.

Martin Levin, PhD

•**Luncheon at 12 Noon.** Join us for the Keynote Address, a Delicious "Spa Cuisine" Lunch and Fabulous Raffles.