



Presents
Friday February 10, 2022, 10:00 a.m.
(Zoom meeting)

She's Beautiful When She's Angry

A Documentary Film on the Women's Liberation Movement

Click [HERE](#) to watch the movie trailer

This documentary film focuses on the women's liberation movement from 1966 to 1971. The film recounts the stories of women who fought for their own equality and in the process, created a world-wide revolution. This thrilling, scandalous, and frequently hilarious documentary brilliantly captures the spirit of the time and the ongoing struggle for equality.



Your granddaughters and your grandsons must see this film. They are the ones that need to see how you fashion your own future by fighting for your rights.

**All Members will receive the Zoom link from Sharon Beck.
Non-members: for the Zoom link, please call Sharon at (949) 380-1018.**

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National Council of Jewish Women.

Editor/Circulation	Robin Lipton
Proofreader	Arline Spindell

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.

President's Message

by Sharon Beck, President
morshar2@yahoo.com



I hope this finds all of you and your family well. It has been a hard time for all ages.

When I first came here as a snowbird, I quickly met three wonderful women. Two of the women are no longer able to come and one lives here permanently and is a good friend. The first thing we did together was to go to a ROE v Wade anniversary celebration on January 22, at night, with flashlights outside of one of the clubhouses. It was a wonderful bonding experience, but also one where we all felt good about what we as women had accomplished.

Now, as you know, this landmark law is being threatened. There are many conferences that NCJW has been holding to let women know what is at stake.

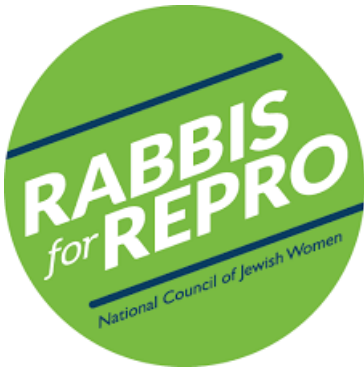
On January 29, at 2 p.m., our member, Rabbi Joseph Mendelsohn, will be giving a talk on Zoom about the Jewish perspective on reproductive rights. This is co-sponsored by the Reform Temple of Laguna Woods. Members will be getting the link. During that weekend, groups all over the country will be doing the same. Please attend and invite your friends

In January, our group had a very successful Zoom meeting featuring all of the agencies we donate to and help. It was clear from the meeting that these agencies are working very hard to help women and children in need.

The February *Card Party* has been postponed due to Covid-Omicron. In its place will be another Zoom meeting featuring an important film with a discussion. See Flyer.

As members of NCJW it is important that we continue to support key legislation by keeping in touch with your lawmakers, both state and local. As you know, at the NCJW National website there is an **Action** button that you can push to send letters to your legislators

Make a resolution this year to be more active. Your participation is needed!!!!



The Reform Temple of Laguna Woods

Present

It's About One's Right to Choose

A Zoom Teaching Session
with Rabbi Joe Mendelsohn

2:00pm January 29, 2022

Repro Shabbat – Parshat Mishpatim

**What does Judaism Say about
Justice and *Pekuah Nefesh* – Saving a Life?**

All NCJW members will receive a Zoom link. All others please register for this free session by contacting our **President, Sharon Beck.**

E-mail: Morshar2@yahoo.com; Phone (949) 380-1018

Advocacy

by Linda Mendelsohn

We help those who help others—

At our last General Meeting we had representatives from 5 of the groups who we have had a relationship with for many years. We support them with cash donations (\$500 a year, the maximum National allows us to donate) along with products that help them function. They are:

Laura's House, whose *Mission Statement* is to change social beliefs, attitudes and the behaviors that perpetuate domestic violence while creating a safe space in which to empower individuals and families affected by abuse.

MOMS Orange County, whose *Mission Statement* is to help mothers and their families have healthy babies by providing health coordination, education, and access to community services.

Friendship Shelter, whose *Mission Statement* is to help homeless adults achieve self-sufficiency and become more productive members of our community. Their *Vision* is to end homelessness in south Orange County, one person at a time.

Meals on Wheels, whose *Mission Statement* is to help the disabled, aged and chronically or temporarily ill by providing nourishing meals delivered by a friendly, well-trained volunteer at a nominal cost.

South County Outreach, whose *Mission Statement* is preventing hunger and homelessness by helping people help themselves. Their *Vision* is an Orange County community where no one goes to bed hungry or without a place to call home.

Please look for an email from me, sent by Barbara Landsman, giving you each organization's website where you can explore their stories, needs, and how you can volunteer your time.

If you would like to donate products or money through NCJW, please contact me, Linda Mendelsohn. You may call, text, or leave a voicemail at 949-309-1442.

Israel Report

by Diane Levin

IDF medic saves Palestinian Arab baby When two Palestinian Arab women arrived at a checkpoint with an unconscious baby, 19-year-old IDF Corporal Adam quickly began CPR on the infant. A few hours later, the family returned to the checkpoint to thank Adam and tell him that the baby was fine.

Israeli gold medal in Oman Eighteen year old Gal Zuckerman won a gold medal in kiteboarding event at the Youth Sailing World Championships in Oman. She came first in every one of the competition's 18 rounds. The Omani organizers treated the Israelis very well, but failed to play the Israeli anthem or raise its flag.

Listen to Israel Jacob Richman has created a website with links to dozens of regularly updated podcasts of Israeli news, technology, culture, entertainment and more. Visit <https://jr.co.il/links/#podcasts>

Eighty Fifth Anniversary of the IPO The Israel Philharmonic celebrates 85 years with this unique virtual event. It includes never-before seen archive material with musical legends Arturo Toscanini, Leonard Bernstein, Zubin Mehta, and Isaac Stern and much more. <https://www.youtube.com/watch?v=iP1d60-RafA>

Economy grew 7% in 2021 Dun & Bradstreet reported that Israel's economy grew by seven percent in 2021, beating a global average of 5.9%, and 17,000 more businesses opened or reopened than closed during the year.

Filtering the air in the classroom Israel's health and education ministries have selected Israel's Aura Smart Air to pilot its filtration systems in 700 classrooms across Jerusalem to stop the spread of coronavirus. Currently, 150+ global educational institutions use Aura Smart Air filters in their classrooms.

On the fast track Israel has approved a project to build a high-speed rail connection between Haifa and Tel Aviv for a travel time of 30 minutes. Also, Nahariya to Tel Aviv would be shortened to 54 minutes instead of more than an hour-and-a-half. The trains will travel at up to 155 mph and the project will cost NIS 12 billion.

UN Ambassadors see the real Israel A delegation of 12 ambassadors to the United Nations recently visited Israel. On a tour of the Entrepreneurship Center of the Unistream Association in Be'er Sheva, the students (from all social and geographical fringes of Israel) presented the startup companies that they developed.

Israel puts Christian manuscripts online Israel's National Library has added 1,600 ancient Christian manuscripts to its online archive. The collection originates from Saint Catherine's Monastery in the Sinai Peninsula, includes items from the 12th century, and is said to be priceless for scholars of Greek Orthodoxy.

Ethiopian Israeli, female, pianist and IDF soldier Elisabeth has been playing piano since the age of nine and has even played with the Israel Philharmonic Orchestra. This prodigy pianist from Jerusalem has continued playing throughout her service in the IDF. <https://www.youtube.com/watch?v=S4PGtL0GMCA>

Soccer for disabled children A new Israeli soccer team, Hapoel Special Olympics, coaches youths with special needs, including autism and mental disabilities, with the participation of professional soccer players.

Monitor your sleep at home No need to go to a sleep lab to analyze your sleep problems. The electrophysiological measurement solution from Israel's X-trodes is ideal for home use. Its smart skin electrodes measure brainwaves, eye movement, skeletal muscles, cardiac activity and more.

<https://www.israel21c.org/skip-the-sleep-lab-and-go-wireless-at-home/>

Israel starts trial of 4th vaccination Israel's Sheba Medical Center has begun the first study in the world of the efficacy of administering a fourth dose of the coronavirus vaccine. The 6,000 participants include 150 medical personnel who had a 3rd dose in August. They will receive the Pfizer vaccine.

Implant for congestive heart failure patients Israel's Restore Medical develops the ContraBand implant that uses the patient's Left Ventricle to assist a failing Right Ventricle for the treatment of congestive heart failure (CHF). It has just announced promising preliminary results of its First-in-Human clinical trials.

HANDMADE BABY HATS TO DONATE

Knit Baby Hat (pattern provided by Judy Levy)

Premie size - Cast on 56 stitches

Mid size - Cast on 96 stitches

Large size - Cast on 128 stitches

Knit in garter stitch for 4 rows (or however wide you want the brim).

Knit until the piece measures 5".

Then,

Row 1: (K7, K2Tog*) repeat to the end of the row.

Row 2: (K6, K2Tog*) repeat to the end of the row.

Row 3: (K5, K2Tog*) repeat to the end of the row.

Continue in this manner, knitting 1 less stitch each round and knitting two together (K2Tog) until 5 (or fewer) stitches remain. Take the strand of yarn you were knitting with and pull through the last 5 stitches.

Fasten the end on the inside of the hat.

Emily Hat (crochet)

By Jennie Harrell (pattern provided by Robin Lipton)



Sizes:

Small: 0-6 months, 15" circumference

Medium: 6-12 months, 17" circumference

Large: 12-24 months, 19" circumference

Yarn: 1 ball Lily Sugar n' Cream 100% cotton in white and small amount of contrasting color for the flower (this is the yarn recommended by Jennie Harrell). I don't like using cotton yarn for a baby hat so an alternative suggestion is **Bernat Softee Baby Yarn**.

Hook: G (4.0mm)

Gauge: Using the Lily Sugar 'n Cream 100% cotton yarn, Jennie Harrell estimates she gets about 3.5 dc per inch in the round. If using an alternative yarn, I would just make sure to match the suggested circumference for the size you desire, as well as the associated measurement from the crown (per step 9).

Abbreviations:

ch = chain

sc = single crochet

dc = double crochet

hdc = half double crochet

Pattern: (worked top down in the round)

1. Ch 5 and join with slip stitch to create circle
2. Ch2, dc 10 times in circle (place marker for beginning of round if necessary)
3. dc twice in each stitch around (20)
4. [dc 1, dc twice in the next stitch] repeat all the way around the round (30)
5. [dc 2, dc twice in next stitch] repeat (40)
6. [dc 3, dc twice in next stitch] repeat (50) Size small move on to step 9
7. for medium and large sizes only: [dc 4, dc twice in next stitch] repeat (60) Size medium move on to step 9
8. large size only: [dc 5, dc twice in next stitch] repeat around (70)
9. dc in each stitch for several rounds until it measures 5.25" (5.75", 6.25") from crown
10. [ch3, skip stitch, sc in next stitch] repeat all the way around hat. Join with slip stitch.

Flower:

1. ch 6. join with slip stitch
2. [sc in center, ch3] five times, join with slip stitch. These form the petals.
3. [sc in new loop, ch1, hdc 3 times, ch1, sc] in each petal. Join with slip stitch.
4. Break yarn leaving a long tail for sewing. Sew flower to hat using picture as a guide.



73Forward Team

WE ALL 

someone who had an abortion.

NCJ TM
National Council of Jewish Women

73 FORWARD
THE NEXT CHAPTER OF ABORTION ACCESS

President Joe Biden	Phone 202-456-2461 Website President.whitehouse.gov
U.S. Senator Alex Padilla	Phone 202-224-3553 Website Padilla.senate.gov
U.S. Senator Dianne Feinstein	Phone 202-224-3841 310-914-7300 Website Feinstein.senate.gov
U.S. Representative Katie Porter 45th District	Phone 202-225-5611 Website Porter.house.gov
Governor Gavin Newsom	Phone 916-445-2841 Website Gov.ca.gov
State Senate John Moorlach 37th District	Phone 916-651-4037 Phone 714-662-6050 Website Moorlach.cssrc.us
State Assembly Cottie Petrie-Norris 74th District	Phone 916-319-2074 Phone 949-251-0074 Website a74.asmdc.org

If you need help with
**Elder Abuse or Domestic
Violence** call
The National Domestic
Violence Hotline
1 (800) 799-7233

ACT

Please take time to visit ncjw.org. The importance of the ACT (Action) button on the ncjw.org website cannot be stressed enough. When the orange rectangular box is clicked, you will be taken to “Take Action.” Scroll down to see at least a dozen things you can do to help in areas that are part of our mission statement. You may sign petitions and send messages to our California Senate and House members. Counts are taken to see how strongly their constituents feel about a particular topic or bill. Since we are 90,000 members strong all across the U.S., our voices will be heard loud and clear.

Tribute Cards

Tribute cards can be purchased through
Rhona Ginsberg:
460-226-5495, rhonabridge@gmail.com

Community Services

Reminder: please don't bring clothing to the meetings. Call the chairpeople to make arrangements.

Friendship Shelter

Chair: Bobby Rosenfeld 583-1895
Bed linens, towels, blankets and unopened toiletries.

South County Outreach

Chair: Rabbi Joseph Mendelsohn 309-1564
Clothing and household items.

Laura's House (for abused women and children)

Chair: Linda Berkowitz 859-2775
Gently used clothing and household goods
Laura's House Resale Store

Meals on Wheels

Chair: TBD
Drivers needed for one and a half hours each month
to deliver meals within Laguna Woods Village.

SOS

Chair: Diane Levin 380-1179
Unopened toiletries, baby clothes, and children's
books and games.

MOMS Orange County

Chair: Ginny Frogel 858-220-4617