

November 2011
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Baltimore Chapter

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Open Meetings Coming Up

Thursday, November 17, 2 PM, Hadassah Meeting Room

To Our Health: Very Special Guest Speaker for November 17 Meeting

On Thursday, November 17, we will welcome **Dr. Ray Hinish**, owner of Your Prescription for Health Wellness Campus in Owings Mills, who will discuss his wholistic approach to wellness.

With a Pharm.D. degree from the University of Maryland School of Pharmacy, he led his class into the world of natural medicine, receiving the prestigious Slama Award of Excellence in the clinical uses of herbs. A Certified Nutritionist, he pursued advanced training in nutrition and fitness from the National Sports Professionals Association (NSPA) and then earned his Personal Trainer Certification from the American Council on Exercise.

He is especially adept at interpreting clinical data and scientific literature on nutrition and herbal medicine. He currently works to develop educational programs at Your Prescription for Health and www.Illnessisoptional.com.

We look forward to welcoming Dr. Hinish to this meeting. Be sure to invite a friend along; there is no charge. Anyone who would like to ask a question in advance can call it in to Mona Berman, 410-655-3285.

January Meeting To Review Graphic Novel

1:30 PM Thursday, January 19, 2012, Hadassah Meeting Room

About graphic novels: In 1992, illustrator Art Spiegelman published *Maus: A Survivor's Tale*, a two-volume pictorial biography of his father, a Polish Jew and [Holocaust](#) survivor. It won a Pulitzer Prize Special Award, the first and so far only such work to do so. *The New York Times* noted that "the Pulitzer board members . . . found the cartoonist's depiction . . . hard to classify." It also started something of a revolution.

Originally disdained as comic books, the form has grown enormously in number, size, and sophistication. In this age of the Kindle™ and iPad™, it comes as no surprise that the University would want to undertake exploring a graphic novel. On January 19, Suzanne Strutt will review *Fun Home, A Family Tragicomic*, by Alison Bechdel. Plan to come and bring along a buddy—this should be fun! The book is available through the Baltimore County Public Libraries.

From Our President

Dear Friends,

Unfortunately, we had a slow start this year, but now we are quickly moving ahead. Many of you signed up for Live and Learn courses—so did I. Women who joined Lunchtime Dine-Around are having a blast—ask them to tell you about their adventures. Book groups seem to be doing well, as is Artists in Our Midst and Museum Mania. Any others I have missed in mentioning, I have not heard from. Keep me informed and you will appear in our next *Bulletin*.

Mona Berman, our Fund Raising Co-chair, is looking for help on our next project: gift-wrapping books at Barnes and Noble on Friday, December 16.

Hours for that endeavor are open between 9 AM and 2 PM and between 2 and 6 PM. Members need not stay for the whole time, but be sure to call Mona to sign up for an hour or two of service.

This month an excellent speaker will address us on Thursday, November 17 at the Hadassah Office Meeting Room. **Dr. Ray Hinish**, owner of Your Prescription for Health Wellness Campus in Owings Mills, will discuss his wholistic approach to wellness. A radio show host, he is an excellent authority on supplements of all sorts, besides. Come and bring your questions.

Just after the first of the year, on January 19, Suzanne Strutt will review for us the book *Fun Home, A Family Tragicomic*, the annual all-University read. Anyone who enjoys the funny papers: this is your kind of book. Knowing Suzanne, it will be interesting so plan to attend and bring a friend to share the enjoyment.

Please keep me informed about what you are doing; I so enjoy hearing of the interesting news from Live and Learn groups and other gatherings.

Have a great November and December.

—Gail Gelber



From the U to You . . .

Older Adults Better at Reading Phony Smiles

A study created in a Brandeis lab reveals that older adults are probably better than younger ones at perceiving genuine smiles. Derek Isaacowitz, associate professor of psychology and head of the Emotion Laboratory, says, “We’re trying to understand how emotional experience, regulation, and recognition changes with age.”

Researchers found that in dynamic images, like video, older people were more accurate. Findings in aging literature say that older people do worse at most emotional recognition tests than younger adults. Yet older people report having the most satisfying relationships that they’ve had in their lives, and show no evidence of increased interpersonal errors, which is what would be expected if they were poor at reading emotional expressions in the faces of others.

Good News for Dieters: Not All Fats Are Bad Fats

A Singapore-based film crew met with K.C. Hayes, a Brandeis professor of biology and nutrition and director of the Foster Biomedical Research Laboratories, to learn more about his work with dietary fats, a response to concern about the obesity epidemic sweeping across the world.

For nearly forty years, Hayes has been studying the effects of fats and oils and how they are metabolized. He also directed the research behind the Smart Balance™ blended-fat products, which help reduce cholesterol, and technologies to produce cholesterol-lowering soy and cow’s milk.

Professor Hayes stresses the importance of having certain essential fats in the diet, which “. . . get incorporated into the structural molecules that allow our membranes to function properly. Without these essential fatty acids . . . , many systems fail.”

Brandeis Rises in University Rankings

Brandeis University has once again been named one of the top schools and one of the best values in the nation by *U.S. News & World Report*, ranking 31st among national universities, up three positions from last year.



Membership News & Notes

We are absolutely delighted to welcome the following as new members of the Baltimore Chapter of the Brandeis National Committee:

Harriet Eppel	Ruth Senser
Edith Meyers	Anne Shamash
Gladys Nathan	Sheila Stern
Irma Schechter	Beverly Stuck

We hope to see you at many Brandeis events.

As I walk through my neighborhood, I could not help but notice the many Sukkahs that had sprung up in every block. The fruits and vegetables hanging from branches conveyed a feeling of thankfulness and well-being. Soon to follow, on our American Thanksgiving holiday, the cornucopia will overflow with this year's harvest. We are living in a relatively safe time in a relatively safe place. We have clothes on our backs and food on our tables. Good medical care is available as we slide into middle and late middle age (we are older but never old!).

We have all lost friends and relatives during the past year. But how grateful we are for having known them and for having had the opportunity to spend precious time with them. Every day is becoming more meaningful for us all. And how we appreciate the opportunity to get together as members of Brandeis for times of learning and fellowship. We know that our Brandeis friends are out there, and we thank them for all their support.

I am particularly excited about the *Chavurah*, Item six in the new catalog. *Chavurah* means friendship, and its purpose is to bring new members, prospective members, and us established members together to talk exchange ideas, and make new friends. Each week we tackle a new topic, chosen in advance, ranging from family issues to favorite books to funny experiences.

Our members come from many different backgrounds, and each has her/his own story to tell. We want to hear these stories and we will treat each member's opinions with respect and sensitivity.

We have already had our first meeting for this year, where the topic was a favorite or not-so-favorite relative. I listened enviously as people told of the warmth and love given them by an aunt or grandmother. My own background had lots of emphasis on academic achievement, but wasn't too strong in the warmth department, although I knew my parents were proud of me. In addition, we had little to do with aunts, uncles, cousins, and grandparents. I personally find families absolutely fascinating; I am currently deep into Jonathan Franzen's *The Corrections*, which is family, family, and more family—Item 15 Live and Learn listing. There is still time to sign up and the first meeting isn't until February.

At the next *Chavurah* meeting, on December 19, we will discuss a meaningful vacation—not just having a good time, but one that had deeper implications. As with any other class, please feel free to bring an interested friend free of charge. And let Barbara Barr, 410-358-3929, or Thelma Weiner, 410-486-4231, know if you will be bringing a guest. The next two *Chavurah* meetings will be held on Mondays December 19 and February 20. We thank our president, Gail Gelber, for graciously hosting the group in her lovely home again this year.

Please call Eva Silversmith, 410-358-0619, or Ruth Casper, 443-394-1449, with the names of prospective members. They will be glad to follow up with a Brandeis “package” of the Live and Learn catalogue, sample newsletter, membership application, and all other pertinent information. According to our enrollment numbers with National, we have 138 annual members. Our goal for this year is to increase to 185.

At the July board meeting it was decided that a member will be able to take a course free of charge during the 2012–2013 year for every two new members she or he brings into the Brandeis fold during this coming year.

For any questions regarding membership, please call Ruth Casper or Eva Silversmith, Membership Co-chairmen.



Brandeis Activity Calendar

Meeting Schedule

Opening Meeting and Installation Luncheon

11 AM Thursday, September 22, Suburban Country Club

General Meeting 1:30 PM Thursday, November 17 •

Hadassah Meeting Room • Board Meeting at noon.

Board meetings: 1 PM except where noted October 27,

November 17, December 15 • Park Towers Meeting Room

Please Note: To check *Live & Learn* sessions' dates and times, consult the BNC web page, www.BNCbaltimore.com. In the case of information listed TBA, to be announced, call the course facilitator. All notations below appear in the *Live and Learn* catalog for 2011–2012 and web page. Any additions or corrections to the listings will be made on the web page and in the *Bulletins* if timely.

November

- Tuesday, November 1 10:30 AM **Needlepoint** • Home of Rena Shenk, 7401 Travertine Drive #307, Quarry Highlands • Sandy Moffet, 410-484-6174 • Rena Shenk, 443-352-3901
- Wednesday, November 2 11:45 AM **Scrabble** • Location TBA • Winnie Krimmel, 410-484-3874 • Eva Silversmith, 410-358-0619
- Thursday, November 3 1:30 PM **What Have You Read Lately?** • Home of Gail Gelber, Park Towers East #612 • Eva Silversmith, 410-358-0619 • Gail Gelber, 410-764-6067
- Monday, November 7 11 AM **Three Easy Pieces (of Chicken): Indian** • Home of Suzanne Strutt, 12 Valleywood Court, Timonium • Suzanne Strutt, 410-561-5516
- Tuesday, November 8 1:30 PM **We Love a Mystery** • Location and Book TBA • Verna Kushel, 410-356-0756 • Leah Valentine, 410-653-5559
- Thursday, November 10 10 AM **Non-Fiction Discussion Group: *Cleopatra***, by Stacy Schiff • Home of Deane Sevel • 3305 Janellen Drive • Gail Gelber, 410-764-6067 • Deane Sevel, 410-484-0643
- Tuesday, November 15 10:30 AM **Needlepoint** • Home of Rena Shenk, 7401 Travertine Drive #307, Quarry Highlands • Sandy Moffet, 410-484-6174 • Rena Shenk, 443-352-3901
- Wednesday, November 16 NOON **Lunchtime Dine-Around** • Bay Atlantic Club, 206 East Redwood Street • Rona Greene, 410-252-2118 • Rena Shenk, 443-352-3901
- Thursday, November 17 **General Meeting**, Hadassah Meeting Room, 205B Old Court Road
Guest Speaker: Ray Hinish, D. Pharm, Registered Pharmacist
The regular Board meeting will convene at 12 noon. See page 1.
- Monday, November 21 1:30 PM **Decorator's Showcase** • Home of **Nancy Garfinkel**, 2210 South Road, Mt. Washington • Bea Lozinsky, 410-484-0578 • Sharon Tiplitz, 410-484-1650
- Monday, November 28 11 AM **Three Easy Pieces (of Chicken): Indian** • Home of Suzanne Strutt, 12 Valleywood Court, Timonium • Suzanne Strutt, 410-561-5516
- Wednesday, November 30 1:30 PM **Sit and Knit** • Location TBA • Merle Ann Siegelman, 410-664-8855 • Barbara Rubin, 410-764-2233

December 2011

- Thursday, December 1 1:30 PM **What Have You Read Lately?** • Home of Gail Gelber, Park Towers East #612 • Eva Silversmith, 410-358-0619 • Gail Gelber, 410-764-6067
- Sunday, December 4 1:30–2:45 PM **Chemical Magic!** • Home of Ernie & Eva Silversmith • 2607 Taney Road • Ernie & Eva Silversmith, 410-358-0619
- Monday, December 5 11 AM **Three Easy Pieces (of Chicken): Egyptian** • Home of Suzanne Strutt, 12 Valleywood Court, Timonium • Suzanne Strutt, 410-561-5516
- Wednesday, December 7 11:45 AM **Scrabble** • Location TBA • Winnie Krimmel, 410-484-3874 • Eva Silversmith, 410-358-0619
- Thursday, December 8 10 AM **Non-Fiction Discussion Group:** *The Girl from Foreign*, by Sadia Shepard • Home of Deane Sevel • 305 Janellen Drive • Gail Gelber, 410-764-6067 • Deane Sevel, 410-484-0643
- Thursday, December 8 1:30 PM **Twentieth-Century Novels:** *The Good Soldier*, by Ford Maddox Ford • Home of Anita Potemken • 3602 Gardenview Road • Roz Pearlman, 410-602-3454 • Anita Potemken, 410-486-4553
- Tuesday, December 13 1:30 PM **We Love a Mystery** • Location and Book TBA • Verna Kushel, 410-356-0756 • Leah Valentine, 410-653-5559
- Monday, December 19 1:30 PM **Chavurah** • Home of Gail Gelber, Park Towers East, 7111 Park Heights Avenue #612 • Barbara Barr, 410-358-3929 • Thelma Weiner, 410-486-4231

January 2012

- Wednesday, January 4 11:45 AM **Scrabble** • Location TBA • Winnie Krimmel, 410-484-3874 • Eva Silversmith, 410-358-0619
- Thursday, January 5 1:30 PM **What Have You Read Lately?** • Home of Gail Gelber, Park Towers East #612 • Eva Silversmith, 410-358-0619 • Gail Gelber, 410-764-6067
- Tuesday, January 10 1:30 PM **We Love a Mystery** • Location and Book TBA • Verna Kushel, 410-356-0756 • Leah Valentine, 410-653-5559
- Wednesday, January 11 2 PM **Afternoon Tea, Group 1** • Home of Winnie Krimmel • 7005 Deerfield Road • Winnie Krimmel, 410-484-3874
- Wednesday, January 18 1:30 PM **Sit and Knit** • Home of Merle Ann Siegelman, 6205 Sareva Drive • Norma Axel, 410-308-0827 • Merle Ann Siegelman, 410-664-8855

February

- Wednesday, February 1 11:45 AM **Scrabble** • Location TBA • Winnie Krimmel, 410-484-3874 • Eva Silversmith, 410-358-0619
- Thursday, February 2 1:30 PM **What Have You Read Lately?** • Home of Gail Gelber, Park Towers East #612 • Eva Silversmith, 410-358-0619 • Gail Gelber, 410-764-6067
- Friday, February 3 10 AM **The Canterbury Tales** • Home of Linda Mandel • 9 Hunting Horn Court, 21136 • Linda Mandel, 410-833-0986
- Thursday, February 9 1:30 PM **Twentieth-Century Novels:** *Mrs. Dalloway*, by Virginia Wolff • Home of Anita Potemken • 3602 Gardenview Road • Roz Pearlman, 410-602-3454 • Anita Potemken, 410-486-4553

Thursday, February 9	2 PM	Let's Discuss Modern Fiction • Cross Keys Clubhouse • Winnie Krimmel, 410-484-3874 • Eva Silversmith, 410-358-0619
Friday, February 10	10 AM	The Canterbury Tales • Home of Linda Mandel • 9 Hunting Horn Court, 21136 • Linda Mandel, 410-833-0986
Sunday, February 12	2–4 PM	Social Networking • Home of Kay Feldmann, 31 Saddle Court • Kay Feldmann, 410-486-1208
Tuesday, February 14	1:30 PM	We Love a Mystery • Location and Book TBA • Verna Kushel, 410-356-0756 • Leah Valentine, 410-653-5559
Wednesday, February 15	2 PM	Afternoon Tea, Group 2 • Home of Winnie Krimmel • 7005 Deerfield Road • Winnie Krimmel, 410-484-3874
Monday, February 20	1:30 PM	Chavurah • Topic: "I Have a Dream," with film of Brandeis' founding • Home of Gail Gelber, Park Towers East, 7111 Park Heights Avenue #612 • Barbara Barr, 410-358-3929 • Thelma Weiner, 410-486-4231
Friday, February 24	10 AM	The Canterbury Tales • Home of Linda Mandel • 9 Hunting Horn Court, 21136 • Linda Mandel, 410-833-0986
Wednesday, February 29	1:30 PM	Sit and Knit • Location TBA • Merle Ann Siegelman, 410-664-8855 • Barbara Rubin, 410-764-2233

September Special Board Workshop Yields New Ideas

The September 15 Board workshop examined a number of ideas for enhancing membership recruitment, fund raising, and programming. Suggestions included joining Covenant Guild's "Fireball" card sales or assembling something similar of our own for sale. These cards offer discounts of various kinds and amounts at local businesses.

Restaurant sponsor days, in which an owner gives part of the day's income to an organization for every customer submitting a token from that organization, seemed like a good possibility. Fund raising cochairs will assemble a committee to investigate this kind of endeavor. A similar scheme might involve one of the department or women's clothing stores.

Attracting new members remains an ongoing need. A short flyer and posters describing BNC and its activities will be on hand at the Barnes & Noble gift wrapping event on December 16. The most reliable means of drawing others to us, however, remains person-to-person contact and our Live and Learn courses. With that in mind, the Board encourages all members to invite friends and neighbors to sample our courses and meetings.

Rosters, Bookmarks Available

The new Rosters for 2011–2012 were distributed at the Opening Meeting, as were bookmarks listing officers and upcoming events. Any member who did not get one or who would like another copy can write, phone, or e-mail Suzanne Strutt for a copy or two of either publication. Her address: 12 Valleywood Court, Timonium, Maryland 21093; **410-561-5516 or 410-236-6177**; or swstrutt@verizon.net. Anyone who finds an error in her or his entry in the Roster should call or e-mail Judi Cataldo, **410-602-1132**, or judicat@verizon.net.

Live & Learn Announcement

Do you enjoy needle work of *any* kind—crochet, embroidery, needlepoint, sewing, or weaving? The **Sit and Knit** group is opening up as **Needle Crafters**, so that other handiworkers, and not just knitters, may join. Perhaps some needlepointers, having finished that course, may wish to continue their craft.

For the five remaining gatherings, at 1:30 PM on Wednesdays November 30, January 18, February 29, March 21, and May 2, the fee would be \$12.50, just half the full charge of \$25. Those interested may contact either Merle Ann Siegelman, 410-664-8855, or Norma Axel, 410-308-0827, to join.

Contributions

BNC gratefully acknowledges
the following Book Fund Donations:

For the Speedy Recovery of

Lee Egerton, by Suzanne Strutt

Elinor Eisner, by Gail Gelber

Toby Felcher, by Gail Gelber

Linda Mandel, by the BNC Board, Pat Hartley

Ellen Pazornik, by the BNC Board

Jenny Shulbank Smith, by Suzanne Strutt

In Memory of

Dr. Leonard Frank, by Matilda Falck, Gail Gelber,
Anita Potemken

Karl Goodman, by Liz & Mike Zeisler

Gloria, mother of Marjorie Williams, by Toby Felcher

Jared, the grandson of Mr. & Mrs. Howard Blankman, by
Marcia Snyder

Steve Jobs, by Suzanne Strutt

Marian Waldman, by Ella Cohen

Constance C. Yasinow, by Suzanne Strutt

Help Fulfill the Promise

*The following is an invitation from Janice Fineman,
BNC's Executive Director.*

Are you looking for a charitable gift opportunity that can benefit both you and Brandeis? You might want to consider the special IRA rollover provision, which expires on December 31.

The law permits individuals who are at least 70½ years old to transfer up to \$100,000 per year from their individual retirement account (IRA) to Brandeis (or another qualified charity) without being required to report it as taxable income for federal tax purposes. The law applies to both traditional and Roth IRAs.

For instance, the charitable gift can be used to meet your IRA minimum distribution requirement for the year, allowing you to avoid taxable income entirely. The IRA rollover provision gives donors an exciting new way to support Brandeis and receive significant tax advantages at the same time.

The provision provides an exclusion from gross income for an otherwise-taxable IRA distribution. Previously, donors had to report a withdrawal from an IRA as income and then declare an income-tax deduction for the charitable gift; the deduction typically does not fully offset the taxable income.

Since its founding in 1948, Brandeis National Committee has raised more than \$115 million in support of Brandeis University and its libraries. A great university needs a great library; well over a million books have been placed on the library shelves, computer technology remains on the cutting edge, and journal subscriptions are maintained in print and electronic formats. BNC also realizes the importance of scholarships and fellowships and offers the opportunity for our members and friends to contribute to these funds. For more information, please feel free to contact Janice Fineman, 781-736-4179 or fineman@brandeis.edu.

Brandeis
National
Committee

Philanthropy.
Learning.
Community.

IN SUPPORT OF BRANDEIS UNIVERSITY

Mission Statement

The Brandeis National Committee is an organization committed to providing philanthropic support to Brandeis University, a distinguished liberal arts and research university founded by the American Jewish community. Its membership is connected to the University through fund raising and through activities that reflect the values on which the University was founded: academic excellence, social justice, non-sectarianism, and service to the community.

Psst! Come and bring a friend to the next *Chavurah*.
1:30 pm Mondays December 19: An Important Vacation
February 20: I Have A Dream (film)

Dated Material

Postmaster: Please deliver
week of November 7–11



The BNC Bulletin is published four times per year solely for distribution to its members by the Baltimore Chapter of Brandeis National Committee, a non-profit group established to benefit the libraries at Brandeis University, Waltham, Massachusetts. Editor: Suzanne Strutt
Revolving Proofreaders: Fran Block and Marcia Snyder · Composition, design, layout: Suzanne Strutt

COME HELP US WRAP IT UP!

What: Book Gift Wrap

When: December 16

Where: Barnes & Noble

Who: Brandeis Baltimore

On Friday, December 16,
between 9 AM and 2 PM and 2–6 PM,
Brandeis Baltimore members (us!)
will offer a gift wrapping service
to customers at the Woodholme
Barnes & Noble Booksellers.
For information or to sign up for
a two- or three-hour shift,
call Mona Berman, 410-655-3285.

Book Mini-Sale To Continue at November Meeting

OWING TO OUR SUCCESS at the Opening Meeting in September, we will continue the mini-used books sales at our next meetings. Our theme for the November meeting is **books of Jewish interest**. For the March 15 meeting, it will be **mysteries**.

As before, please drop off your used books at the home of Eva Silversmith, 2607 Taney Road, or bring them to the meeting. We will take care of any not sold.

Please, only books in good condition need apply—none that are musty, smelly, torn, or stained—save those for your recycling bin!

All money raised from
this year's BNC Baltimore fundraising
goes toward the Fulfilling the Promise,
Scholarships for Students Majoring in Science,
and Science for Life campaigns.