

EXPANDING YOUR SOCIAL NETWORK — ONLINE AND BEYOND

CATEGORY

Living

INTRODUCTION

The internet and all the associated new media is changing the world we live in minute by minute. Our children and grandchildren are networked, linked, connected... all media and communication vehicles we should be aware of.

DESCRIPTION/PROCEDURE

Invite a congregant or professional (or a professional who is a congregant!) with in-depth knowledge of the new social media to speak. Topics might include:

- Internet
- Twitter
- Facebook
- YouTube
- Blogs
- viral marketing
- cyber bullying
- Internet security

After the introduction, discuss how communication is changing contemporary life, what it does to enhance social relationships and how it undermines social relationships.

Create a new sisterhood blog with the group and ask everyone to write something for it.

BUDGET

Speaker and audio-visual equipment

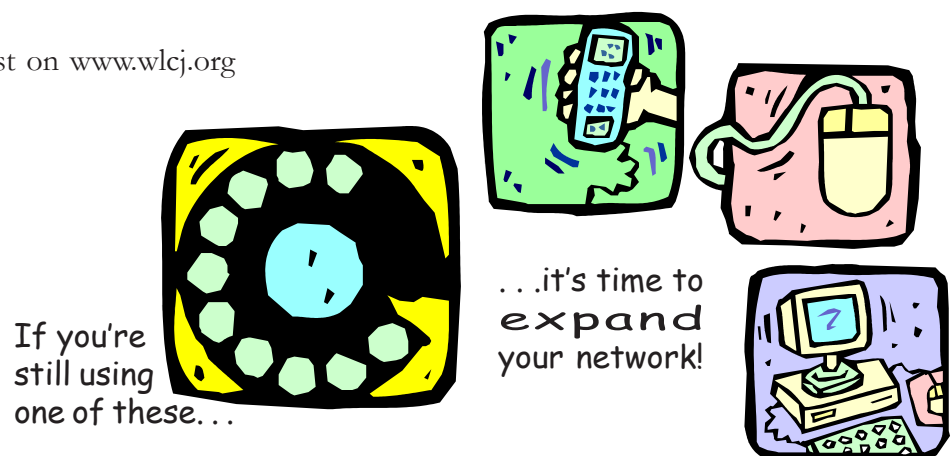
MATERIALS

Use *Image Plus*, the Women's League Public Relations Handbook, for information.

COMMENTS

This could be a way to integrate the generations in your sisterhood, as younger women demonstrate the ease with which they stay in contact with friends and family as well as stay informed about what's important to them.

*available at no cost on www.wlcj.org



SISTERHOOD CHAI – TEA CELEBRATION

CATEGORY

Living

INTRODUCTION

Sometimes we forget to appreciate the women who have been vital to our sisterhoods for so many years. This is a lovely way to honor the senior members of your community.

The first of this two-part program acknowledges and honors the senior women, and then, playing with the word “chai” (as in life and tea) everyone can enjoy a different kind of ceremony, a celebration of tea.

DESCRIPTION/PROCEDURE

Invite all the women in your sisterhood who are over 80 (70/75--whatever makes sense for your membership) to record their personal stories, briefly (one or two paragraphs). They can write them themselves, record them, dictate them to younger members, be interviewed. Involve others in the history/story taking.

Create a presentation of all the stories. Engrave the names of your special women on a plaque for the synagogue (get approval from the synagogue first!).

For the presentation, host a dessert tea party and invite the owner of a local tea store:

- Introduce different types of tea, their history, mysteries, benefits, how they are processed
- Hear how to brew tea, infusing, bags v loose leaves
- Have a tea tasting and review organic, specialty teas (black, green, white, oolong, and pu-erh teas, blends and tisanes)

TIME FRAME

Enough time to identify women, record the stories, create a presentation, and order the plaque

PERSONNEL

Chairs for history project, production of final presentation, tea expert
Catering

BUDGET

Final history presentation
Plaque
Food, paper goods, etc.
Honorarium for tea specialist
Teas

COMMENTS

This program was designed by the sisterhood of Morristown Jewish Center Beit Israel (Garden State Region)



NON-TOXIC ENVIRONMENTALLY SAFE CLEANING KITS

CATEGORY

Living

INTRODUCTION

God's first commandment to humans was to care for the earth. For Jews this is not only pragmatic and economic, it is also a mitzvah.

Most modern synthetic cleaning products are based on age-old formulas using natural ingredients that were passed down through the generations because the chemistry was right. Using naturally derived ingredients provides non-toxic cleaning products that work, protect the environment and save money. Most are found in our kitchen cupboards.

This program is designed to make nontoxic cleaning kits that will last for months. As an added bonus, homemade cleaning formulas cost about one-tenth the price of commercial products.

DESCRIPTION/PROCEDURE

Do on a Sunday a few weeks before Passover and hand out copies of the directions.

You will need to charge. Determine your costs and include in the invitation.

SUPPLIES

tables covered with plastic clothes, buckets, measuring cups and spoons, bowls
baking soda
washing soda (see below)
white distilled vinegar
good liquid soap or detergent
glass jars
tea tree oil (any health store or www.Puritan.com/Tea-Tree-Oil)
clean trigger spray bottles (www.uline.com)

I. CREAMY SOFT CLEANER

Pour about 1/2 cup baking soda into a bowl and add enough liquid detergent to make a texture like frosting. Scoop onto a sponge, and wash the surface. This is perfect for cleaning the bathtub because it rinses easily and doesn't leave grit.

Note: Add 1 teaspoon of vegetable glycerin to the mixture and store in a sealed glass jar to keep moist. Otherwise make as much as you need each time.

II. WINDOW CLEANER

1/4 -1/2 teaspoon liquid detergent
3 tablespoons vinegar
2 cups water
Spray bottle

Put all the ingredients into a spray bottle and shake. The liquid soap cuts the wax residue from commercial brands you might have used in the past.

III. OVEN CLEANER

1 cup or more baking soda
water

1-2 squirts of liquid detergent

While most ovens are self-cleaning, you might want to use this to clean a localized mess.

Sprinkle water generously over the bottom of the oven, then cover the grime with enough baking soda so that the surface is totally white. Sprinkle more water over the top. Let the mixture sit overnight. Wipe up the grease the next morning; the grime will have loosened. When you have cleaned up the worst of the mess, dab a bit of liquid detergent or soap on a sponge and wash off the remaining residue. If this recipe doesn't work, you probably did not use enough baking soda and/or water.

IV. ALL PURPOSE SPRAY CLEANER

- 1/2 teaspoon washing soda*
- A dab of liquid soap
- 2 cups hot tap water

Combine the ingredients in a spray bottle and shake until the washing soda has dissolved. Apply and wipe off with a sponge or rag.

**Washing soda, sodium carbonate, is in the same family as baking soda but much more caustic, and while it doesn't give off harmful fumes, you need to wear gloves. There are many generic brands found in the laundry section of the supermarket. It cuts grease, cleans petroleum oil, removes wax or lipstick, and neutralizes odors in the same way that baking soda does. Don't use it on fiberglass, aluminum or waxed floors unless you intend to remove the wax.*

V. FURNITURE POLISH

- 1/2 teaspoon oil, such as olive (or jojoba, a liquid wax)
 - 1/4 cup vinegar or fresh lemon juice
- Mix the ingredients in a glass jar. Dab a soft rag into the solution and wipe onto wood surfaces. Cover the jar and store indefinitely.

VI. VINEGAR DEODORIZER

Keep a clean spray bottle filled with straight 5% vinegar in your kitchen near your cutting board and in your bathroom. Spray the vinegar on the cutting board before going to bed at night and let it sit overnight. (The smell of vinegar dissipates within a few hours.) Straight vinegar is also great for cleaning the toilet rim. Just spray on and wipe off.

VII. TEA TREE TREASURE

Nothing natural works for mold and mildew as well as this spray. It can be used on a moldy ceiling from a leaking roof, on musty furniture or rugs, and moldy shower curtains. Tea tree oil is expensive but a little goes a very long way. The smell is very strong but will dissipate in a few days.

- 2 teaspoons tea tree oil (available at health food stores)
- 2 cups water

Combine in a spray bottle, shake to blend, and spray. Do not rinse. Makes two cups.

VIII. VINEGAR SPRAY

Straight vinegar reportedly kills 82% of mold. Pour some white distilled vinegar straight into a spray bottle, spray on the moldy area, and let set without rinsing. The smell will dissipate in a few hours.

OUT OF THE BOX AUCTION

CATEGORY

Living

INTRODUCTION

You know the really nice gift that you received three different times? Or let's face it, how many serving platters, salad bowls, gold watches, golf clubs, Ipods – we could go on and on – do you really need? Tired of re-gifting? Help your members clear out their unwanted goods, show their imaginations, and raise money for sisterhood at the same time.

DESCRIPTION/PROCEDURE

Tell everyone to bring in at least one item worth at least \$10.

- They should wrap the items for display
- They should attach a clue about the contents without revealing what the item actually is. Ask them to be clever, subtle, hysterical, inventive!

Sell auction paddles for \$5.00 (sisterhood members) or \$7.00 (non-members).

Read the descriptive clues and auction off the contents unopened, minimum bid \$5.00.

Open the wrapped gift to find out how clever the clue is.

Give out prizes for most clever clue, best wrapped item, etc.

TIME FRAME

You'll need a few weeks between sending out the invitation and the event. Keep reminding members to search through their closets, attics, basements, garages. One person's reject is another's treasure!

PERSONNEL

Publicity
Auctioneer
Judges (perhaps the congregation president or executive committee)

BUDGET

Refreshments
Auction paddles
Prizes

MATERIALS

Auction paddles

COMMENTS

This program was created by the sisterhood of Pine Brook Jewish Center, Montville, NJ (Garden State Region)



CATEGORY

Living

INTRODUCTION

Several generations ago, Jewish teenagers socialized mostly with other Jewish teenagers. With social integration and acceptance, Jewish teens are no longer insulated from outside influences. But today's most prevalent influence on our kids comes from cyberspace.

LMIRL, TDTM, S2R, RME, TIR, LIC, WYWH, CFS, O4U**

If you are an adult and you don't have a clue what any of this means, then you don't have a clue about what teenagers are up to online.

DESCRIPTION/PROCEDURE

Book and study session based on *Generation MySpace: Helping Your Teen Survive Online Adolescence*, by Candice M. Kelsey

Topics for discussion:

- The appeal of MySpace: How interaction becomes addictive, and how to stop it from taking control
- Profiles, ads, and Top 8 Popularity: How "friending" is redefining friendship
- Baring it all: How kids, even as young as 11, are marketing themselves and why they're looking to celebrities and porn stars first
- The drug connection: How social networking has made illicit substances easier for teens to get and even easier to hide
- From predators to cyber-bullies: How to help your kids protect themselves

PERSONNEL

Invite the youth director, high school principal or guidance counselor, and a police detective to help the discussion

- **LMIR: let's meet in real life
- TDTM: talk dirty to me
- S2R: send to receive (meaning send me your picture to get mine)
- RME: rolling my eyes
- TIR: teacher in room
- LIC: like I care
- WYWH: wish you were here
- CFS: care for a secret?
- O4U: only for you

PAJAMA HAVDALAH

CATEGORY

Living

INTRODUCTION

This inter-generational program is perfect for late fall through the early spring when Shabbat is over early.

DESCRIPTION/PROCEDURE

Parents and/or grandparents bring young children dressed for bed and with their favorite teddy bears in tow.

Have everyone gather in a circle to chant havdalah.

Following the service, show a recent children's video, read books, sing songs.

Spread mats on the floor for the children, serve popcorn and juice.

TIME FRAME

1 hour

PERSONNEL

story teller/song leader

BUDGET

movie rental

MATERIALS

mats and blankets

audio-visual equipment

COMMENTS

Involve Z'havah women and their families.

This program was created by the sisterhood of Pine Brook Jewish Center, Montville, NJ (Garden State Region)

