

At Last... Some Straight Talk About Nutrition!!!

B'nai B'rith Women - Halailah Chapter - Invites you to attend a Nutrition/Exercise Workshop, presented by: Mary Beth Garrison, a licensed Dietitian and Nutritionist and a regular on WSOC-TV's Healthbeat.

Date: Wednesday, Nov. 16

Time: 7:30 pm

Place: The home of Carol Klein - 9807 Glastonbury Ct.

Come and learn some sound ideas for improving your energy and productivity levels thru proper nutrition.

For RSVP and Directions call Carol Klein at: 846-4709 (evenings before 10:00pm).

THE FEMALE A-GENDER IS JUST FOR YOU!

THE THIRD ANNUAL CHARLOTTE
JEWISH WOMEN'S RETREAT...
IT'S TIME YOU TOOK A BREAK!

Ladies, it's here, what you've been waiting for! Women of B'nai B'rith, Hadassah, Sisterhood, synagogue and ORT have worked extremely long and hard to fulfill the legacy bequeathed us by the Almighty. It's time for us to take a break!

Leave all your cares behind and come to the 3rd Annual Charlotte Jewish Women's Retreat on January 21-22 at the Southpark Suites Hotel. The focus will be on **you!**

The program begins Saturday, January 21 with a "picnic" dinner, a Women's Havdalah service and an Image Update Workshop with Tessa Dunn.

Sunday, January 22 starts with a buffet breakfast followed by a day of fun, educational and interesting speakers. You will not want to miss this! So grab a friend (or two or three) and come out to the Female A-Gender for a very special experience.

The cost is \$65 and includes double occupancy, three meals, and all programs and speakers. Topics include Jewish Ethics, Color In Your Year-round Garden, Jewish Women and Power and Communication as Empowerment. Unable to join us? We have a special offer; all the Sunday programs and lunch for only \$22. The program ends at 4:00 p.m. on Sunday.

The registration deadline is January 1, 1995. Send your checks payable to: Crown City Chapter, WAORT, to: Heidi Rotberg, 5323 Gorham Drive, Charlotte 28226. For more info call Heidi at 365-3859 or Lorrie Klemons at 846-6790. Crown City Chapter of ORT has organized this retreat as a gift to the Jewish Women of Charlotte. Enjoy!

BBW Officers Installed

President: Presidium

Vice-President:

CVS: Jill Kofman

Fund Raising: Marcia Stern

Membership: Cindy McManus

Program: Carol Klein and

Laura Reich

Communications: Jane Marcus

Treasurer: Jill Kofman

Secretary:

Financial: Robin Graff

Corresponding: Amalia

Warshenbrot

Recording: Robin Graff

Counselor: Randy DeFilipp

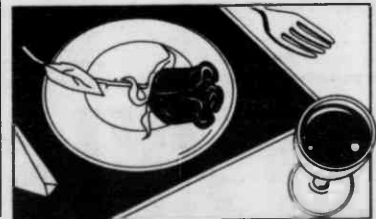
This coming year BBW will be reinstating a special project called the Judaism Institute. The goal of this project is to educate School Board Members, Board of Education Members, Teachers in the Charlotte-Mecklenburg Schools, both public and private, and our friends in the non-Jewish community about Jewish holidays and traditions. Our target date for this project is the end of October or the beginning of November. We know everyone will want to be a part of this exciting project. If you would like to help, please call Wendy Rosen (364-9765). We will need EVERYONE'S help.

The Speizman Jewish Library planned a reading incentive program which was piloted this summer and will continue throughout the next school year. Encouraging children ages 6 to 12 to read Jewish literature, prizes will be rewarded for 5 books read - a Treasure Chest prize, and 10 books read - a paperback book by an Jewish author. Halailah board members voted unanimously to sponsor the book prizes, from donations to the Becky Shulimson Fund.

Our chapter will do a Chanukah luncheon on the November 28. Please call Wendy Rosen if you are interested in helping.

*You're
Invited!*

**C h a n u k a h
L u n c h e o n**



**Action
PRINTING
graphics**

• QUALITY • FAST •

Commercial Printing • Full Color Printing • Typesetting
Copies • Pick-Up and Delivery • Convenient Free Parking
Monday - Friday, 8:30 - 5:30

★ 315 West Morehead Street ★

Call 332-1164 or Fax 332-7804

B'nai B'rith Halailah Chapter Events

1. The Avodah council sponsored a social for the Halailah and Charlotte Chapters on Saturday, July 17 at 7 pm. The event was an "Havdeli," that is, a dinner and pool party and Havdalah service.

2. We had our first membership tea on August 19 for new and perspective new members. The meeting was at Claire Putterman's house.

3. Our chapter has been involved with two funds, one for our Foster Family Program and one for Senior Adults. We regularly solicit food and baked goods and volunteer time to these worthwhile projects. Our Senior Adult luncheon was held on September 13, Monday, in honor of Rosh Hashanah. Anyone in the community who would like to make a cash donation to go specifically to any of these programs may do so. All donations and inquiries can be made through Jil Kofman, 9221 Chislehurst Road, 28227, 545-5802.

4. The week of October 18, Halailah Chapter will be joining other women's organizations in the community to build a Habitat for Humanity house. Eileen Darholt is the Halailah representative. She can be contacted at 366-3057.

5. Halailah chapter will have our fall fund-raiser on October 19. Please call Claire Lind at 541-3048 for more details.

6. Personal Giving will be held in late September. This year will be a combined chapter event. Call Wendy Rosen for more information.

With Deedee Daumit...Your Home ... as Good as Sold!

When you want to sell your home, you need the best working for you. Deedee Daumit is as "good as gold" when you want your home sold. Here's why you should team up with her:

- Your goals are her goals... her customer comes first
- Her innovative marketing techniques benefit you
- Very professional and knowledgeable
- Expertise in financing, merchandising, negotiating and closing



Deedee Daumit is Sold on Service!

RE/MAX Masters Associates

6739 Fairview Road, Charlotte, NC 28210

Office: 362-5570 Home: 366-8648



- Individual SHORT TERM Major Medical (30-185 Day Coverage)
- Individual Comprehensive Major Medical
- Group Medical for Business (1-25 Individuals)
- Low Cost Term Insurance

Yes, I would like more information

Name _____

Street _____

City _____

State _____

Zip _____

Telephone () _____

Date of Birth _____

5950 Fairview Rd., Suite 400, Charlotte, NC 28210

Phone 552-5559 • Fax 552-5595

The Great Little
Hotel For Really
Big Events.

The
Park Hotel

The most elegant yet
intimate functions
happen at Charlotte's only
Four Star and Four
Diamond hotel...
the Park Hotel.

Weddings, Anniversaries, Bar
and Bat Mitzvahs, Social
Sensations... let us make
yours perfect.

The Park Hotel
2200 Rexford Rd., Charlotte, NC 28211
704/364-8220 • 800/334-0331

