

## Keynote Address

9:00 am — 9:45 am

### Rabbi Stephen Foster and Senator Joyce Foster.

Rabbi Steven Foster spent his entire 40-year rabbinate at Temple Emanuel in Denver, CO until he retired in 2010. Senator Joyce Foster served at his side as a state senator and the first Jewish woman on the Denver City Council. They have spent 50 years as leaders on social justice issues. Talking about religion and politics often causes heartburn among some people, but for Steven and Joyce Foster, religion and politics have been the heart of their marriage. This love story is a refreshing compilation of political

idealism, relevant spirituality and sacred service. At the end of the day, it is a call to people (Jewish or not) to be the best one can be.

#### • Session 1: 9:55 am –10:50 am

##### A. The Supremes: The Voices of the Women of the Supreme Court.

Arizona's Justice Sandra Day O'Connor was the first woman to serve on our nation's highest court. She passed the baton to Ruth Bader Ginsburg, with whom she served and paved the way for Justices Sonia Sotomayor and Elena Kagan. These women may be "Sisters In Law", but their voices are individual. Each come from formative backgrounds and represents her community in the cacophony that is our Supreme Court. See how each justice has overcome adversity and found her voice as an advocate and a role model for all women. Learn about the harmonious and discordant notes that these three justices have offered to the symphony of Supreme Court jurisprudence. In the immortal words of Diana Ross and the Supremes: "Come See About Me." **Honorable Wendy Morton**

##### B. "Nutrition and the Emotional Aspects of Eating"

In this workshop we are going to explore how food affects emotions and how emotions affect food. You will learn how to distinguish Emotional Hunger from Physical Hunger, how Hormones and Neurotransmitters affect Emotional Eating, and how to beat Cravings Effortlessly... and much, much more.

**Christi Christiaens CCN, CMTA, FDN, CPT**

##### C. Women in Islam

What are the roles of women in Islam? As understood internally and externally, how have these women adapted and changed in recent years? Karolyn will also address the use of women in radical Islam for recruitment and advancement of the cause of jihad. **Karolyn Benger**

**D. Creative Arts to Enhance Your Stages of Life –** Do you love the arts? It is never too late to find your passion or your creative side. Learn the many benefits of staying active and engaged through the arts for any age. See first hand some examples that will get you motivated and excited!

**Janet Arnold**

**E. Jews, "The Canary in the Coal Mine".** It is 2016 and 2.5 million European Jews see no future for themselves and their progeny in Europe. In 2015, 10,000 Jews fled Europe - most heading to Israel. The age-old monster of European antisemitism has emerged again with a vengeance. It is a daily occurrence. European antisemitism is not just a problem for Jews, but for all Europeans. What is happening and why? What does this mean for American Jews and our future? During part of the session, Lisa will Skype live from Paris with Nidra Poller, author and expert on European Jewry. She will update us on the current situation.

**Lisa Benson, National Security Foreign Policy Analyst & Broadcaster**

#### • Session 2: 11:00 am –11:55 am

**A. Hannah & Judith – Two Real Women of the Bible** – Hannah and Judith: Who are these women in our Biblical tradition? What can we learn from the examples of their lives? How do we make our needs known? When should we pray and when should we act? Let's learn more about these two special women in our tradition. **Rabbi Bonnie Koppell**

**B. "The Renaissance of Israeli Food in America"** Israel gives so much to the world, including its cuisine. Much of this influence can be attributed to Israeli/UK chef Yotam Ottolenghi and Israeli/American chef Michael Solomonov, whose cookbooks and restaurants have garnered international recognition. Israeli cooking is a melting pot of various Middle Eastern and European dishes, flavors and cultures - North African, Syrian, Persian, Yemenite, Iraqi, Ethiopian, Russian, Ashkenazi and many others. According to Solomonov, "Food is a good metaphor for Israel... "From a culinary perspective, you just couldn't ask for more."

**Chef Snir Mor** will give us a tour of Israel's contribution to eating well.

**C. The Election 2016 – The Good, the Bad & the Ugly** We will have a new president. With all the commentary on the voting since November 8th, we will examine the underlying issues and results including a Jewish perspective and analysis. This fascinating session will examine voting patterns by age (millennials, GEN X, baby boomers and seniors), denomination ( Was there a difference in voting patterns among liberal and traditional Jews), location (suburbs vs. city), affluence and much more. What issues resonated with you and with other Americans and why? **Jay Roth**

##### D. The Boycott, Divestment & Sanction Movement, and Its Impact on College Campuses, the Corporate Boardroom and Beyond.

What is BDS? Who is behind this movement? What are their goals? Modern anti-Semites have taken a page from the Nazi playbook to organize destructive global boycotts against Jews, the State of Israel and Israeli products. The BDS movement has been employed as a weapon to delegitimize and isolate Israel and Jews. This session will guide you in how to effectively respond to media outlets, journalists and universities and counter this economic warfare against Israel. **Ginette Weiner**

**E. "Step Out of the Box and into Your Genius"** Thinking out of the box is no longer good enough without any action to follow. When you step out of the box, what do you step into? Experience the freedom and joy to create your life every day and get in touch with your own dynamic spark of genius. A significant boost in curiosity, aliveness and personal productivity are guaranteed. **Otto Siegel, MCC,M.Ed**

## Symposium REGISTRATION

•**Place:** Ina Levine Jewish Community Campus. 12701 N. Scottsdale Rd., Scottsdale, Arizona. 85254.

•**Cost:** \$48.00 – includes registration, materials and lunch.  
Early Bird Discount: \$45.00 . Teachers in our Jewish schools: \$30  
Full time college students with ID \$15. Registration at the door: \$52  
No Refunds.

To qualify for Early Bird Discount, the Registration Fee must be received by November 15, 2016.

#### You may register by phone/fax/mail:

Ph: 480.634.8050

Fax: 480.634.8051

jewished@bjephoenix.org

or

Please return this form no later than November 23rd, 2016.( Mail to: **Women's Symposium C/O Bureau of Jewish Education**  
**12701 N. Scottsdale Rd. Ste. 206.**  
**Scottsdale, AZ 85254**

**Please print. Thank you!**

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**Please indicate 1<sup>st</sup> and 2<sup>nd</sup> choices from both Sessions 1 and 2.**

**Using letters A, B, C ,D and E.**

**Session 1:** 1<sup>st</sup> choice \_\_\_ 2<sup>nd</sup> choice \_\_\_

**Session 2:** 1<sup>st</sup> choice \_\_\_ 2<sup>nd</sup> choice \_\_\_

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- Hadassah Valley of the Sun
- Women’s Philanthropy of the Jewish Federation
- National Council of Jewish Women



*“On the Cutting Edge... Today’s Jewish Woman”*  
12th Annual Women’s Symposium  
Sunday, December 4, 2016

Bureau of Jewish Education of Greater Phoenix  
12701 N. Scottsdale Road, Ste 206  
Scottsdale Arizona 85254

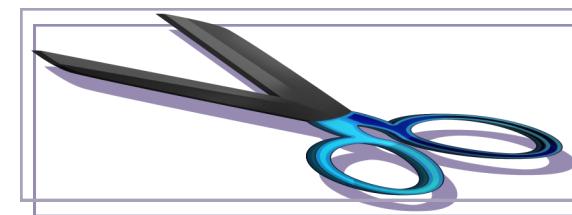


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In partnership with  
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Hadassah Valley of the Sun,  
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Valley of the Sun JCC and  
Women’s Philanthropy of the Jewish Federation  
invite you to participate in



*“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, December 4, 2016**

8:30 am to 8:55 am: Registration  
9:00 to 9:45 am: Keynote Address  
Breakout sessions: 9:55 am—11:55 am  
Spa Cuisine Lunch\*, “Amuse Bouche” Demo &  
Fabulous Raffles Noon—1:00 pm

\*Dietary Laws Observed