

## From the President



*Wow! You're the first woman President of NAORRR – way to go! I've heard that's an old-boys' network, really set in its ways.*

I suppose, but if the members elected me as President, it must mean something, right? On some level at least, our colleagues are thinking that perhaps “the way it’s always been done” doesn’t have to be the absolute standard anymore. We can change and grow!

*Oh c'mon, it's going to be a brick wall all the way and you know it.*

I don't know it, and it hasn't been a brick wall so far. So far, actually, there's been some pride that NAORRR beat out the U.S., that I beat Hillary and that Jerry is the first First Man. (He LOVES that!) Not that members are happy that Hillary lost, just that it's nice for this “old boy's network” to have broken the barrier first.

*So what's gonna happen? What's gonna be new beyond your being the first woman President?*

First, if things go the way I'd like them to go, more retired women colleagues will become involved. We have so much to offer women colleagues; they just don't know it yet! Hopefully after I attend, and speak at, the WRN Convention in early June, there will be a positive response.

Second, for years many of us have wanted to get together more than once a year. Even more important, dozens of retired rabbis who can't afford to travel to – and register for – our annual Conventions want to see old friends and make new ones. A colleague in Baton Rouge, LA, is interested in working with me on a small retreat

*continued on page 2*

## From the Executive Vice Presidents END OF AN EPOCH?



Every great civilization of the past has come to an ignominious end. Sparta and Athens faded into legend.

After only two centuries, *Pax Romana* gave way to the Dark Ages. The *convivencia* that made Muslim Andalusia “the gem of the world” ceded power to fundamentalist Almohads from North Africa and a fruitful experiment of mutual cross-fertilization came to a shuddering halt. The empires of Great Britain, France, Spain and Russia dissolved. But, until recently, it never occurred to us that the United States that we love could disintegrate before our deaths.

The signs of regression are all too apparent. Suspicion of intellectual elites is widespread as many citizens prefer alternative facts. Crass bombast has overtaken respectful exchange of ideas. Immigrants are vilified. Freedom of an independent press is threatened. The news outlets that we trust have been called liars and fabricators. Freedom of religion is again being interpreted to mean that we can bring our religion into the public square without consideration for those who do not share our faith. Twenty-five state governments are in the hands of politicians who are pledged to shrink government and the safety net, break labor unions, repress minority voting, restrict women's access to health services, move away from protecting racial and sexual minorities.

For relief, we cannot look to Israel, once a beloved haven, because it too has made a similar move to the right. A year ago, we were on a high as, in Jerusalem, at Robinson's Arch, the

*continued on page 2*

## From the President

*continued from page 1*

in the Spring. Again, hopefully, it will happen!

*Well, OK, time will tell . . .*

Yes, you-who-always-see-the-glass-as-half-empty, time **will** tell; and by the way, don't forget all those personal *mitzvot* we're pushing for this year. We didn't bring in a non-academic Scholar-in-Residence for the 2017 Convention just for fun. Jonah Pesner's intense passion for Social Action & Social Justice is something I intend to urge us to keep alive all year – remember, each one of us is to engage in one new *mitzvah* during 2017. Our world desperately needs **all** glasses to be seen as half-**full**. We can do it!

Finally, I wish all of you a *Zissen Pesach*, plus a Spring full of joy.

Shalom,

*Connie*

Connie Golden, President

## From the Executive Vice Presidents

*continued from page 1*

CCAR conducted a Thursday morning service at which a woman rabbi chanted from the weekly *sedra*. In the prime minister's office, there was talk of creating an open, public, egalitarian prayer space. Since that moment, there has been no movement to make the promise a reality. The possibility is quickly fading that Israel will provide a polity in which our values can be expressed.

At such a moment in history, it is challenging to speak of hope; but hope has been the genius of our ancestors. In the slave barracks of Egypt, in the midst of ghettos, pogroms, and extermination camps, our people has dared to traffic in hope. In a moment such as these, we value the companionship of our colleagues. We have shared six decades of hope that the maladies that have plagued humanity might be addressed and overcome. We have seen unprecedented advances in medicine, science, and technology. It becomes all the more imperative that we plot together to stem the tide of stinginess and selfishness that threatens to overwhelm our society. We have glimpsed the Promised Land in the distance but we have not entered it. Our rabbinic vision and voice is all the more important in this tumultuous time. Together, we

must keep the hope alive of a messianic future in which all humanity can share the blessings we have enjoyed.

*Beth and Frank*  
Beth and Frank Waldorf

## NAORRR and WRJ

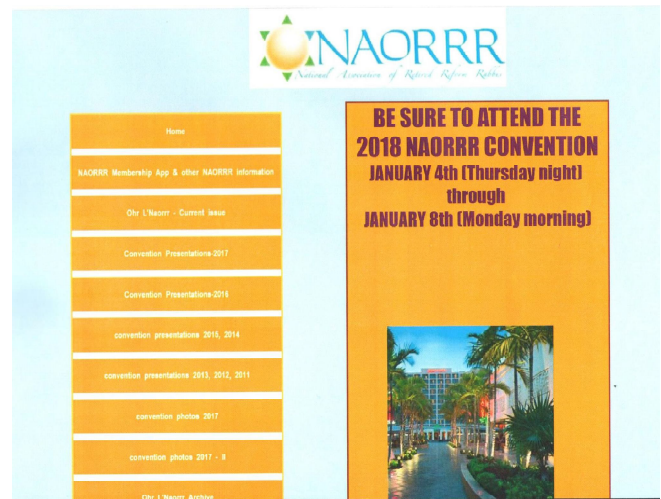


Thanks to those women who accepted my invitation to join the Women of Reform Judaism (WRJ) as individual members during our recent NAORRR convention. and a special thank you to those who are and have been members of WRJ over the years.

This is an important time for all of us as American or Canadian citizens to stand up for the rights of women in our society. I encourage those of you who are not yet WRJ members to consider joining now. Please go to [www.wrj.org](http://www.wrj.org) and read about the important advocacy activities that you are supporting when you are a part of WRJ. If you are associated with a congregation that has a Sisterhood, please join. If you do not have a local Sisterhood, follow the directions on the WRJ website and please join as an individual member, including the information that you are a member of NAORRR. We want WRJ to recognize that the women of NAORRR are a uniquely important support group and that we stand for women's rights throughout the world.

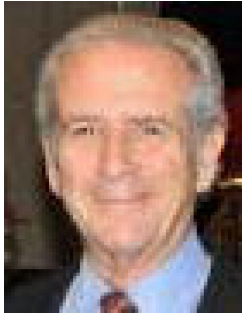
We are stronger together.

*Resa Davids*



Go to the  
**NAORRR website**  
**[www.naorrr.org](http://www.naorrr.org)**  
to see a photographic review of  
the fabulous  
**2017 convention**

## *A Preview of NAORRR 2018 in Boca Raton, Florida January 4-8, 2018*



To My Friends in  
NAORRR -

Your Program Committee has worked hard to begin a process that I think will lead to a wonderful conference in Boca next January – we have tried to listen to all the suggestions that you have made and we think we will produce a challenging, fulfilling and memorable conference. Some changes as well as some standards are in the works.

The first change will be right off the bat on Thursday evening. In order to be more inclusive of our new attendees, we felt we needed a special way to begin. So Thursday evening will be a combined dinner honoring our new members and first timers. All of us together will have a chance to renew old friendships and make new ones. Our colleague, Bob Alper, a wonderful comedian and also a ‘first timer’, will be a special guest and get us off to a great start.

Our theme for the conference is **“Of Politics and Peoplehood”**. The committee wanted to focus this year’s major presentations on a retrospective of the new administration’s domestic policy and foreign policy, especially as it relates to Israel.

We have invited former Senator and Secretary of the Interior, Ken Salazar and President of ARZA, Josh Weinberg, to be our guest speakers, along with Florida Congressperson, Debbie Wasserman Schultz. Immediately after their presentations (on separate days), we will have break-out discussion groups to be facilitated by our colleagues and members of the Program Committee. This, too, is new, and we think it will add to our being together and sharing ideas.

Our workshops – six of them – will take place on Saturday morning before Shabbat services. There will be some spiritual academic workshops, some practical workshops and some surprises.

During Shabbat services we will honor our 50-year members with *Aliyot*. The significant honoring of these colleagues and their spouses

will be on Sunday evening at dinner. Our colleague, Hillel Cohn, will again do the 50-year honors at that time. The dinner will focus on those celebrating their jubilee year as rabbis rather than on an installation as in past years.

Shabbat afternoon and dinner will be free time. Our Saturday evening’s entertainment will be a wonderful concert performed by Rabbi Joe Black.

These are a few of the ways in which this year’s conference will be a wonderful experience for all. More to come in the months ahead.

*Steve*

Steve Foster

1st Vice President - Chair, Program Committee



Do you enjoy taking pictures? NAORRR is looking for individuals who enjoy taking pictures and/or videography and who attend the annual NAORRR convention to volunteer to take photos and videos at the conventions. The photos will be published in *Ohr L’Naorrr* and posted on the NAORRR website both to preserve our history and to enable those who are unable to attend the annual convention to have a visual report of what took place.

If you are interested in doing this please contact Hillel Cohn at [rabbihcohn1@cs.com](mailto:rabbihcohn1@cs.com) or the Waldorf’s.

This is a wonderful way to perform a *Mitzvah* for NAORRR - and to show off your skills.



PHOTOGRAPHY  
AND VIDEO



Heartfelt   
**THANKS**  
**TO OUR VOLUNTEERS!**

We are grateful to the many who volunteered at the 2017 Convention by filling welcome bags, organizing meal tickets, registering members, ushering, distributing and collecting *siddurim*, and packing up on Monday. Thanks to:

- Cecile & Steve Arnold
- Sheila & Hank Bamberger
- Pat Bloom
- Susie & Julian Cook
- Vivian & Irvin Ehrlich
- Joyce & Steve Foster
- Irene Friedman
- Bernice Goldberg & Paul Swerdlow
- Connie Golden
- Jean & Jon Haddon
- Jay Heyman
- Neil Kominsky
- Bob & Helen Kravitz
- Jack Luxemburg
- Fred Natkin
- Carolyn & Michael Oppenheimer
- Bob Orkand
- Steve Peskind
- Phil Posner
- Karen & Marty Scharf
- Judy & Ron Shapiro
- Ines & Rifat Sonsino
- Greta Lee & Don Splansky
- Phyllis & Earl Starr
- Diane Steinbrink
- Arlene & Jeff Stiffman
- Karen & Marty Weiner
- Barbara & Hank Zoob

### ***A Special Mazal Tov***

We extend a very special Mazal Tov to our Executive Vice President Emerita, Ag Herman on her 95th birthday and on being honored by Beth Chayim Chadashim of Los Angeles with the “Rabbi Erwin & Agnes Herman Humanitarian Award.” The award is in recognition of her decades of service including being an AIDS activist, her role in the founding of BCC, her creation of the first PFLAG clergy group and her sponsorship of the first online resource center on LGBTQ issues and Judaism. The award was presented at a Gala Awards Brunch & Concert held on March 26, 2017 at the Saban Theatre in Beverly Hills, CA.



**NAORRR thanks the following for their generous contributions to our Convention program:**

- ☆ Howard Voss-Altman and the community of Temple Beth El (Providence, RI) in honor of Leslie Gutterman.
- ☆ The clergy, staff, leadership and community of Temple Beth Shalom (Needham, MA) “celebrating and offering a heartfelt Mazal Tov! to Rabbi Rifat and Ines Sonsino on Rifat’s 50 years of sacred service.
- ☆ Rabbi Mara Nathan and Temple Beth-El (San Antonio, TX) clergy and staff in honor of Sam and Lynn Stahl.
- ☆ The clergy, staff, leadership, and community of Emanuel Congregation (Chicago, IL) celebrating the remarkable contributions to Jewish life by Rabbi Herman Schaalman and his wife, Lotte, saluting them on three important milestones in 2016: his 100th birthday, the 75th year since his ordination, and their 75th wedding anniversary.  
(These contributions were made and received prior to the deaths of Lotte and Herman Schaalman, וזכרונם לברכה)
- ☆ Jim Prosnit and the community of Congregation B’nai Israel (Bridgeport, CT) in honor of Arnie and Serena Sher.

**Donations to NAORRR were received from:**

- ☆ Karyn Kedar in honor of Mark and Hannah Shapiro
- ☆ Bernard Shapiro in honor of Hillel Cohn
- ☆ Patti and David Kopstein in honor of Irvin Ehrlich
- ☆ Marianne Dreyfus in honor of Connie Golden becoming NAORRR’s first woman president. She wrote, “Stanley and I have known Connie a long time. My thoughts and good wishes will be with all of you in January.”
- ☆ Joe Black and Congregation Emanuel Denver in honor of Steve and Joyce Foster.



# Tips for a Healthy and Happy Retirement



*Editors Note: Recently on [www.newretirement.com](http://www.newretirement.com) there was a wonderful piece by Kathleen Coxwell entitled "41 Tips for a Healthy, Wealthy and Happy Retirement." I have excerpted and modified ten of*

*those "tips" that seem to especially apply to the NAORRR family of retired rabbis, spouses/partners, and to those who are nearing retirement. Appended are a few italicized comments that relate these "tips" to our special circumstances.*

**1. Make Exercise Fun** - Try making exercise something you look forward to instead of something you have to do. Instead of walking (trudging) on a treadmill, take walks through the park or go for mini hikes. Still does not apply to you? Why not listen to music or - better yet - bring a friend along and talk and laugh as you get the heart rate going. *On my morning walks I often listen - and even sing along - to Debbie Friedman's "As You Go On Your Way: Shacharit - The Morning Prayers."*

**2. And, if Walking is Your Exercise, Walk Fast** - Many research studies have found that how fast you walk after age 60 is a good gauge of longevity. Apparently, your walking speed can prevent dementia, shorter life spans and depression.

**3. Keep a Schedule and Structure** - Retirement is a major life change, and not all of it is fun. But with a schedule, you can help avoid the boredom and restlessness that comes with switching from a busy life to one where busyness only happens because you want it to. Studies have shown that a structured life is one of the keys to happiness... When you retire you are faced with days and evenings at your leisure. While you may find this novel and a bit exciting, you may want to define some specific routines to maintain order and structure.

**4. Think Positively About Aging** - Really interesting research from Becca Levy, an associate professor of epidemiology and psychology at Yale University, shows that when older adults think of getting old as a positive experience - being about wisdom, self-realization and satisfaction they 1)function at a higher level, 2) live 7.5 years longer, and 3)are more likely to eat well, exercise and avoid vice.

**5. If You Have a Health Setback, Adopt a Positive Outlook** - Much new research indicates that you are who you think you are. The power

of positive thinking is turning out to be very true. The Journal of the American Medical Association recently reported that seniors with a positive bias toward themselves and life are 44% more likely to fully recover from a bout of disability than someone with a negative outlook.

**6. Be Social** - Research abounds on the benefits of being social as we age. The links between healthy social relationships and better health are well established. One study from the Pennsylvania State University found that when the social activities are linked to physical exercise, even more benefits are achieved. And it turns out that the opposite is also true. Researchers at the University of Chicago found that loneliness in older people may increase the chance of death by 14%. *For rabbis and rabbis families whose career has been filled with both the opportunities and obligations of 'being social' the liberation from 'being social' seems to be enticing. But that emancipation from 'being social' can lead to isolation which can have negative consequences.*

**7. Get Out and Do Something Amazing - It Is Not Too Late** - You can do anything and become anything that you want. If you've always wondered what would have happened if your life had taken a different turn, this is your golden opportunity to make that turn and see what happens. Regular older people are doing amazing things. They hike the Pacific Coast Trail, take up skydiving and go back to school. It is exciting to see what today's retirees accomplish. Older Americans today are more vibrant than those of the past... Retirement does not need to be about retiring from the world.

**8. Learn a New Skill** - If you ever wanted to learn how to play piano or build a cabinet, there's no better time than after you retire. Forbes says you could even take on several new skills every year.

**9. Think of Yourself As Young** - Ellen Langer, a professor of psychology at Harvard, showed that mental attitudes can reverse the effects of aging and improve physical health. She has spent her life proving time and time again that age is truly a mindset and not a number. If you think of yourself as young, you can be young. She has shown that mental attitude can reverse the effects of aging and improve physical health.

**10. Stay Inquisitive About the World Around You** - It's easy to become isolated and fall into a rut after you retire. Keeping a curious mind will allow you to really enjoy learning hoe the world works.

*The conclusion of this "41 Tips" is compelling:*

*continued on page 6*

# Tips for a Healthy and Happy Retirement

continued from page 5

“Instead of a time for slowing down, retirement could very well be the doorway you walk through to a whole new experience. Strive for an active, inspiring, fulfilling life where you’ll learn new things, listen to new music, dance new steps, and embrace the things that you already love. If you find that you’ve got a million excuses about why you can’t do this or that, maybe it’s time for a change of perspective. So you aren’t physically able to hike? Chances are you can take a walk on the beach. You get the idea. With a strong mind, healthy body and a well-laid plan, you can look forward to a happy retirement instead of allowing it to surprise you in some good and not-so-good ways. By taking control of how you approach it, you will have a much better chance of creating your retirement instead of just allowing life to happen to you.”

## Membership Application

Included in this issue of *Ohr L’Naorrr* is the membership form for 2017. The form states “NAORRR welcomes all CCAR members who are retired or nearing retirement, their spouses/partners and surviving spouses/partners.”

In a review of the membership policies of NAORRR in 2016 the long-standing commitment to treating rabbis and their spouses/partners equally was reaffirmed by the NAORRR board as it voted to make the annual dues of *all* members \$50.00. It also decided that membership dues for surviving spouses of rabbis will be waived entirely.

There are lots of good reasons for becoming a member of NAORRR. A key reason is that registration for the annual convention is limited to members. While *Ohr L’Naorrr* is mailed to all CCAR members who have reached the age of 60 and are thus already retired or approaching retirement, the periodic electronic NAORRR information is only available to members.

While those who have been ordained for 50 or more years are made honorary members of the CCAR and are thus exempt from paying dues, we encourage our 50+ members to contribute to the CCAR in lieu of paying dues.

So - if you have not yet renewed your membership for 2017 – now is the perfect time to do that. And – if you are not yet a member and want to be part of this extraordinary organization – send in your membership form and check and have the satisfaction of knowing that YOU are part of the NAORRR family.



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