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## Jeannie Weiner

# Volunteer's cause is a plea for Society Jewry

By Lorraine McClish  
staff writer

A woman who quit a nursery-school teaching job to work toward lessening the plight of Jews in Russia was named Volunteer of the Year by B'nai B'rith Women.

Jeannie Weiner took the citation from the organization's Midwest region, which is comprised of 28 chapters.

The list of the Farmington Hills resident's activities is a long one that stretches far beyond her Southfield-based chapter and even the B'nai B'rith Women regional activities in her zeal to make a plea for Soviet Jewry.

She reactivated the plea for Soviet Jewry with widespread publicity in the Detroit area on Dec. 10 last year, declared Human Rights Day by the United Nations.

She now is serving as public relations chairwoman for the Soviet Jewry Committee of Jewish Community Council. She is a member of Russian Acculturation Committee of Jewish Community Center. She works to get news of the Russian Jews into the local community and will talk anywhere she's asked to tell of the importance of writing to Jewish families in Russia through the Adopt a Family program.

"THEY NEED publicity," Weiner said of the approximately 100,000 Jews who are known to wish to leave that country.

"Dollars isn't going to do it for them. Our job is to keep those people in the limelight, give those families hope and support and let them know that some one out there cares."

"When we write to the Soviet government asking the whereabouts of a Russian Jew by name we're not harassing him, we're protecting him," Weiner said. "We're letting the government know that we're keeping track."

The keeping track she speaks of is a lesson the Jewish community took from Denmark during World War II. "When the Danish Jews were sent off

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— Art Heman

to concentration camps their government was extremely concerned. These people weren't a nameless horde. Every name was known, and that government knew just where each of those citizens were and what was happening to them.

"That's why it's so important we know names and write to families on an individual basis," she said.

Weiner is not overly interested in rattling off emigration numbers or statistics. She is very aware however that the emigration from the USSR has dropped this year to a "dismal low," she said.

"Talking about numbers tends to make you lose sight of the individual; the separated families; the prisoners of conscience who have gone to Siberia for their crime of wanting to leave the country, which is their only crime," she said.

WEINER'S interest in Russian Jews stemmed from a book she read on Russian history and a couple of books she read subsequently as her interest deepened in the subject.

Then, as president of her B'nai B'rith Chapter, Tzedakah, she arranged for a speaker to address the membership on the status of the Jew in Russia. The upshot of that was a vote by the Tzedakah membership to join the Adopt a Family program.

Either groups or individuals may adopt a Russian Jewish family which officially has applied to leave the coun-

try by writing a minimum of one letter a month.

Weiner is convinced the letter writing is the keeping track that cuts down considerably on the harassment.

"A form of that harassment that is pretty common would be to be fired from your job the minute you apply to leave the country, then jailed because you had no job," Weiner said.

For the Russian Jews who do manage to get to the United States, Weiner works in the area of acculturation to put these people in touch with what Judaism is all about.

"So many are labeled Jews yet have no idea of what the holidays mean, or know our history or even know what a Jew is since all of the religious training was banned," she said.

WEINER CARRIES on her work by encouraging Americans to send packages and write letters to Russian Jews, and have those who make it to the United States speak publicly about their experiences.

She encourages young Jewish men in the United States to have a Russian twin in absentia while he is going through his bar mitzvah.

She will be instrumental in the Detroit Symphony Orchestra concert that will be dedicated to Soviet Jews next season.

"It all helps to spread the word," she said.



RANDY BORST/staff photographer

The Midwest Region of B'nai B'rith Women named Jeannie Weiner Volunteer of the Year for work which caused the entire gamut of man's ills.

The Farmington Hills resident is a member of the Southfield-based Tzedakah Chapter and Congregation Shaarey Zedek.

## Symposium

# The goal is to be free to relate — not react

By Lorraine McClish  
staff writer

Art and Rose Heman, the husband and wife teaching team who have become known throughout the northwest suburbs for their classes in communications skills, now head up Dr. Romero's Symposium International. The symposium is an ongoing program in human understanding that will be based in Mercy Center.

"It has a unique slant on helping you get in touch with you," Heman said of the process that is now being taught in eight major cities in the country.

"Most of us spend our lives reacting to people and situations without ever knowing why. Reacting means to act again. The symposium process is designed to put you in touch with the reasons you react. Then it shows how you can change the reactions that are detrimental to you," he said.

"The goal is to be free to relate to people and situations, not react over and over again."

The symposium program holds that the reacting, or the old tapes that are played out over and over again, are carried out in all five dimensions of one's life: the physical, mental, spiritual, social and financial.

"So you can get into a rut in any or all of them, and many of them overlap," Heman continued.

"We create the circumstances of our lives by our thoughts, our attitudes, and this affects family, marriage, work, happiness, self-confidence, determination, motivation, money, use of talents, the whole works," he said.

DR. ROMERO'S Symposium International was developed by Rutilio Romero, a chiropractor in New Mexico who is now a specialist in stress-free living.

The program is based on research of how attitudes affect all facets of one's life and the premise that mankind need not be satisfied with a life that is unhappy, confusing, meaningless or frustrating.

"His research found that society just failed to instruct people in how to understand their full potential and how powerful each person really is," Heman said.

"We can help ourselves and each other when we have a simple working knowledge of, and an understanding of, what makes us the way we are."

Romero's research started with his interest in allergies when he first recognized that stress caused a chemical imbalance in the body.

Now he is convinced that the negative attitudes of hate, anger, held resentment and fear are the culprits which cause the entire gamut of man's ills.

That gamut could include accidents, financial despair, unhappy relations, low self-esteem or low motivation.

THE SYMPOSIUM process is spelled out in three weekends, spaced one month apart. At the end of each weekend each participant is given private time with an instructor to assist the individual in applying the principles specifically to the individual's need.

Those who go through the process are invited back at any time without charge.

"Some come back just to keep in touch. Some come back because they might have more stress in one area of their lives than another, and at some time or other that stress is conducive to disease," Heman said.

When Heman speaks of stress-relat-

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ed disease he speaks of it affecting all of the five dimensions of one's life.

"You can have cancer of the pocket-book as well as the body," he said. "You can have a diseased marriage or a diseased relationship with your own child. All of this is directly connected to our attitudes, and we show how to understand those attitudes."

"You can get the entire comprehensive insight into basic human nature in three weekends," he said.

There is one trained instructor at each session for each five participants in the process, led by the Hemans.

ROSE AND ART Heman have team taught communications to individuals,

to couples and to parents who were having trouble talking with their children.

They frequently are called upon to lecture by Oakland Community College, Farmington Youth Assistance, Unitarian-Universalist churches and by private groups.

They have been seen and heard on both radio and television.

By profession he is an engineer. She is a teacher of holistic childbirth education classes who works in Providence Hospital's Birthing Center.

A free introductory lecture to symposium generally is given about a week before the weekend sessions begin.

The couple will take inquiries by calling them at 540-4166.



Rose Heman



Art Heman

## Gray Panthers convene in Mercy Center

"A New Age for All Ages" is the theme of the Gray Panthers' Third Annual Mid-America Conference June 25-27 in Mercy Conference Center in Farmington Hills.

The conference will open at 7:30 p.m. Friday with a public session featuring Maggie Kuhn, 77, convener of the Gray Panthers, and Leslie Kwass, a 32-year-old attorney from California. Kwass, who chairs the Gray Panthers National Steering Committee, and Kuhn, founder and major spokeswoman of the Gray Panthers, personify the theme of the conference.

Maggie Kuhn is a frequent visitor to Detroit, where she speaks to audiences of all ages. For many people, she is a role model of successful aging.

Leslie Kwass became involved with the Gray Panthers while she was a law student and an intern with the Senior Citizens Law Program in San Francisco. In addition to her role as chair of

the Gray Panthers National Steering Committee and a full-time job, she teaches classes in nursing home advocacy.

The opening session on Friday night will be followed, on Saturday and Sunday morning, by a number of workshops open to Gray Panther members only.

A SPECIAL session on "Social Security: An Intergenerational Issue" will feature Wilbur Cohen on Saturday afternoon. Cohen, former Secretary of Health, Education and Welfare (HEW) under President Johnson, teaches at the LBJ School of Public Affairs at the University of Texas and the School of Education at the University of Michigan. He is the national chairman of SOS, a coalition of organizations, including Gray Panthers, to protect Social Security.

Other workshop leaders include Ellen Waters, director of Continuum Cen-

ter, Oakland University, whose subject is "Improving Interpersonal Communication." Henrietta Moore, Chicago Gray Panther, whose subject is "Techniques to Implement Gray Panther Philosophy," and Carol King, national board member of the National Organization of Women.

Mary Macht, professor of social work, University of Wisconsin; Jane Barany from Institute of Gerontology, University of Michigan; Maurice Waters, professor of political science, Wayne State University; and Solomon Axelrod, professor emeritus, School of Public Health, University of Michigan, will also lead seminars.

GRAY PANTHERS is an intergenerational, grass-roots movement committed to eradicating "ageism," discrimination against people on the basis of chronological age.

Throughout the country, members serve as watchdogs of the Social Security

system, advocates of nursing home reform, and support the peace movement.

The organization's Media Watch Task Force and National Media Center in New York, look for what they consider omissions and distortions which result in age-stereotyping.

In 1975, Gray Panthers successfully persuaded the National Association of Broadcasters to amend the Television Code of Ethics to include "age" along with race and sex as an area in which the media need to be more sensitive.

Conference hosts are Gray Panthers-Metro North and Gray Panthers of Southeastern Michigan (Ann Arbor). Delegates from Illinois, Minnesota, Wisconsin, Indiana, Missouri, Kentucky, Kansas and Michigan will participate in the conference.

Mercy center is located on 11 Mile Road, east of Middlebelt Road.

## Church calls for courage to face world dangers

Earlier this month in Boston, Christian Scientists from around the world heard their church leaders appeal for greater attention to spiritual courage in the face of the world's present dangers. Members of Farmington Church of Christ, Scientist were among those in attendance at the denomination's 87th annual meeting.

"We face threats of conflict and the brutality of conflict," said Michael B. Thornelee, chairman of the Christian Science board of directors.

"There is a great yearning throughout the world for the elimination of nuclear dangers. The only answer to this yearning," he said, "comes from an understanding of God and divine power. It unfailingly guides thought and action toward solutions not yet seen."

Several thousand members of First Church of Christ, Scientist, in Boston,

were present for the meeting, which included inspirational sessions as well as reports by church officers on the group's publishing, membership and informational activities.

The church was reported free of debt.

The audience heard details of expanding secondary use of its newspaper, The Christian Science Monitor, through print and radio syndication, and in a television news format test program.

Thornelee told members, "Christendom has its work cut out for it in these times. Christian Scientists must do their part with courage, wisdom and much love."

Dorothy E. Klein, a practitioner and teacher of Christian Science in Boston, was named church president for 1982-83.