

# Club to honor Hills woman for community role

The Metro Detroit State of Israel Bonds Women's Division will hold a Golda Meir 90th anniversary tribute luncheon honoring communal leader Miriam Shenkman of Farmington Hills, Wednesday, Sept. 28.

Attendance will be limited to 1988 members or intended 1988 members of the Golda Meir Club, an honor society that is celebrating its 10th anniversary. The club, formed with the approval of Meir, recognizes women who, by Israel Bond investments of \$5,000 or more, to help fulfill the late Israeli stateswoman's vision of Israel's future.

The tribute luncheon will be held in the Orchard Lake home of hostess Franka Charlipki. A feature of the afternoon will be a special showing of Israeli art through the courtesy of Gallery Yaki.

Shenkman has been active in the organizational community since she was a young girl. She is a life member of numerous women's organizations, serves on the Detroit Israel Bond Women's Division Executive Board and has served as president of the former Congregation Beth Aaron Sisterhood and the Michigan Branch, Women's League for Conservative Judaism. She was a member of the National Torah Fund Cabinet for 10 years.

She has received the National Community Leadership Award and the Solomon Schechter Medal from the Jewish Theological Seminary and was designated B'nai B'rith Women's 1979 "Woman of the Year." TOGETHER, SHENKMAN and her husband, Jack, have donated a

three-room suite in the Mathilda Schechter Residence Hall on the campus of the Jewish Theological Seminary, a synagogue to the Chabad House on the University of Michigan campus, a school building on Middlebell Road in Farmington Hills to the Lubavitch movement, a room to the B'nai B'rith Youth Village in Israel, an intensive care room to Grace Hospital in Detroit, a residential home to the Jewish Association for Retarded Citizens, and an audiovisual room to Shaare Zedek Hospital in Jerusalem.

They have endowed a library in Beth Jacobs Girls School for Yeshiva Beth Yehudah, sponsored a children's playroom in the psycho-educational clinic at Bar Ilan University, helped sponsor the Tel Pilot Village in Israel for Youth Aliyah, and planted thousands of trees in Israel.

The Shenkmans have endowed an academic chair in "Post Biblical Foundations of Western Civilization," have sponsored children through the Christian Children's Fund, have provided an annual full scholarship for a student nurse at Shaare Zedek Hospital, are contributors to Henry Ford Hospital in Detroit and Sloan Kettering Hospital in New York, and have made a major contribution to Harper Hospital in Detroit for cancer research.

They are also involved as contributors of a new exhibit, "Today - We make Tomorrow" at the Holocaust Memorial Center in West Bloomfield.



Miriam Shenkman community wide booster

Mr. and Mrs. Shenkman each have held individual memberships in the Israel Bonds President's Club; they have traveled to Israel six times.

The Golda Meir Club luncheon honoring Mrs. Shenkman will be followed by a community-wide Golda Meir 90th anniversary tribute dinner Nov. 1.

Then, Mrs. Shenkman will be the Michigan recipient of a one-time special award, a silver replica of one of Golda Meir's favorite brooches. The award is to be presented, with the approval of the Meir family, to selected Jewish women throughout the United States who have given distinguished service to their communities and to Israel.

# Parents: study some values of back-to-school family tips

Shopping for new shoes, clothes and supplies are standard back-to-school rituals for many families. But it is also a time to "size up" the anxieties that children and parents both face.

According to Anne Cairns Federlein, a nationally known expert in family development and consultant to Farmington Hills-based Little Caesars Pizza, children are naturally fearful about the changes a new school year brings: new classrooms, new teachers and changing relationships with their friends.

However, she says, it is often the parents who become more anxious as they live out their memories of going back to school, as they remember the problems of adjusting to each school year's changes and therefore may fear for their children.

Parents may also add pressure to the situation by trying too hard to be "good parents," which can result in tremendous pressure on children to achieve more at earlier ages, Federlein said.

She adds that parents need to recognize that their child is facing these anxieties, address the child's fears with them and then be supportive. Only then can parents help work out their own fears, too.

FEDERLEIN, A professor at a Michigan university has prepared a series of four seasonal "Family Tips" brochures for Little Caesars Pizza.

Federlein advises parents to admit to their children that they had many of the same fears when they were young and share stories of their own experiences in school.

She says this provides the opportunity for children to take out their anxieties by comparing fears. It can also be an ideal time to let children know that life's most uncertain, transitional times can also be life's most exciting adventures.

As children grow older, they talk less about their back-to-school fears, but that doesn't mean they are less fearful.

Federlein says the parent often is the last person to know that a problem exists or is developing and counsel parents to watch for behavioral changes that often indicate the adolescent is under stress. Setting up a comfortable dialogue for the adolescent with an adult, either a friend or relative, can be an ideal way to discuss his or her fears.

FEDERLEIN RECOMMENDS various simple changes parents can make to ease the school transition for their children:

- Re-establish a reasonable bedtime and eating schedule.
- Limit TV time and increase the number of visits to the library. Set a time to read books, both together and alone.
- Take a tour of the new school before classes start. Ask a custodian on duty to show you around.

As the first day of classes approaches, Federlein strongly advises parents to reinforce what a wonderful year their child is going to have, and that school — like life overall — is an adventure.

Once classes begin, she urges parents to help ease their own anxieties by looking for ways to strengthen their communication and relationship with their child's school. For example:

- Visit your child's classroom periodically.
- Assist with making phone calls to parents.
- Serve as a driver or chaperone for field trips.
- Get active on a policy-making board in your school district.

For a copy of Federlein's Back-To-School Tips brochure, send a self-addressed, stamped envelope to: Back to School Tips, Little Caesars Pizza, 23629 Industrial Park, Farmington Hills 48024.

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