

# Jewish Women's Getaway at Ramah Darom



November 10-13, 2019





Dear JWG Participants,

I am so pleased to welcome you to the 8th annual Jewish Women's Getaway at Ramah Darom. This retreat is an opportunity to spark your creativity, rejuvenate your spirit and seek out joy. I had the pleasure of attending Ramah California's Ruach Nashim weekend in March, which in many ways was the impetus for our Getaway at Darom. It was a weekend filled with companionship, spirituality, relaxation and fun which also inspired me to reflect on new and different approaches to communal gathering and Jewish joy.

My biggest takeaway was the structure of their "Neshama Workshops", a long-form session structure which allowed participants to dig deeper into one creative outlet to manifest the theme of the weekend. I loved the way each workshop group worked together to create something new, and shared their inspiration with the community. Our new *Kavannah* tracks intend to provide you with that same opportunity for meaningful creative expression which will bring to life our theme of Blessings.

My blessing to you this Jewish Women's Getaway: May you laugh loudly, rest peacefully, breathe deeply and enjoy immensely. I look forward to spending this magical time with you.

*Bivracha,*

**Eliana Leader**

*Director, Kaplan Mitchell Retreat Center at Ramah Darom*



Shalom!

I am BEYOND excited to welcome you to this year's Jewish Women's Getaway. JWG is truly at the intersection of everything that I love. Deeply meaningful Torah learning and conversation - check! Creative expression - check! Delicious fall weather (with matching cocktails) - check! Time away from kids and the daily grind to reinvigorate my spirit - check! Women creating connections with each other and building community - check!

I seriously cannot imagine a more perfect combination. It's just what I need after the craziness of the High Holidays, before the Thanksgiving/Chanukkah/Winter Break insanity just ahead. I hope that you too will find your breath, have time to really sink into the experience, feel the creative energy and come out ready to dive into life feeling renewed and maybe even transformed. And if you feel like you need a little direction or have any questions please know you can always come to me and our amazing Ramah Darom team to help you out!

With *Brachot* (Blessings),

**Emily Kaiman**

*Program Manager, Kaplan Mitchell Retreat Center at Ramah Darom*

# JWVG TOP 10

## Top Ten Things to Know About Jewish Women's Getaway

**1. Check In:** All visitors must check in at the Welcome Center upon arrival. At the Welcome Center, visitors will receive a Program Guide and additional welcome materials.

**2. Kashrut & Food:** We are a kosher campus and we ask for your help in maintaining our kashrut. All your meals, snacks, and beverages are provided. Outside food is not allowed in the Dining Room.

There is a hospitality room with all day coffee, tea and snacks in the Library/Mercaz.

**3. Meal Times:** Meal times are an opportunity to catch up with friends and meet new people. We have provided prompts on the tables to help you get to know everyone you are sitting with.

There are always people around to answer your questions, but here are a few guidelines:

- Bring plates/cups/utensils to the busing station and help to clear tables after each meal.
- The meal begins with a blessing and concludes with announcements and blessings.

*All special dietary food needs will be served from just inside the prep area of the kitchen.*

**4. Medical & Emergencies:** For minor medical issues, first aid kits are available at the Welcome Center reception desk, in the Main Dining Room, the Marcus Lodge Hotel community room (ground floor), the Mountainside Hotel kitchenette (lower level) and the Lakeside Hotel sitting room (bottom floor).

In the event of an emergency, call 911 (or 7-911 from any land-line on campus). Be prepared to state the nature of the problem and your location:

70 Darom Lane, Clayton, Georgia 30525

Please also dial 9300 internally or 706.782.9300 to reach our receptionist who will help notify a staff member of the situation.

**5. Parking & Driving:** The speed limit on campus is 5mph. Please park only in approved parking locations. Once you have parked near your housing location, we ask you leave your vehicle parked for the duration of the retreat. Guests are not permitted to drive through campus.

**6. Phone & WiFi:** Retreats are a great time to disconnect from devices to enhance our connection with others, and we encourage you to "unplug". Wireless internet service is available throughout the facility via RetreatGuestWIFI. If you are having any issues connecting to the internet, please call the customer support line at 1.800.257.6290.

**7. Sessions:** We encourage you to join in as much as you are able, but particularly to be present for all Community *Sicha*/Conversation times and *Kavannah*/Immersive Track times. We have four different types of sessions that you will experience throughout the retreat:

- **Kavannah/Immersive Tracks:** Immersive tracks in art, theater/comedy, writing and music led by professional artists and educators to help us explore our theme of Blessings.

- **Chugim/Electives:** Outdoor adventures and fitness, arts and crafts, and participant-led sessions.

- **Community *Sicha*/Conversation:** Meaningful conversations about this year's theme of Blessings.

- **Z'man Keyf/Social/Fun:** Evenings, meals and afternoon wellness hours provide an opportunity for YOU time. Connect with friends new and old, take a walk or just relax on the porch, marvel at the changing leaves, a glass of wine in hand.

**8. Smoking, Illegal Substances & Firearms:** Firearms, illegal substances and related paraphernalia are not permitted on campus. Smoking is not allowed inside any building. There is a designated smoking area on the back porch outside of the Mountainside Dining Hall. A fee will be assessed to rooms or areas showing evidence of smoking or smoke damage.

**9. T'fillot/Prayer:** We will begin each morning with offerings for a spiritual practice. *T'fillot* will be part of this spiritual time. Everyone is encouraged to wear *kippot*, *tallit* and *tefillin* if it is their practice.

**10. Valuables:** Ramah Darom is not responsible for any missing or lost items. If you are staying in a hotel room and are uncomfortable leaving valuables in your room, keys are available with a refundable deposit.





# Monday, November 11

TIME	ACTIVITY	LOCATION
9:45 - 11:00am	<p><b>Community Sicha with Rabbi Danielle</b> This conversation and learning time will be the basis for the creative work in our <i>Kavannot/Immersive Track</i> times each afternoon. Together we will explore the theme of Blessings.</p>	Synagogue/Beit Knesset
11:15am - 12:15pm	<b>Chugim/Electives</b>	
	<b>*Climbing</b>	Alpine Tower
	<p><b>*Tempera Batik Brachot with Anita</b> Create a striking visual work of art using bold ink and vibrant tempera paints to visually express blessings.</p>	Art Studio/ <i>Omanut</i> (Arrive on time. Plan on a 7min walk)
	<p><b>*Book Within a Book with McKenzie</b> Handmade books make wonderful keepsakes. Create 2 handmade books that nest within each other for journaling, drawing and memorabilia.</p>	
	<p><b>*Visual Journal Keeping with Miriam</b> Using the landscape of Ramah Darom, learn about recording your travels through words and drawn images. We'll explore line, texture, mark making, composition, scale and how the act of drawing helps us to see rather than just merely look.</p>	
	<p><b>The Wonderful World of Skincare with Shannon</b> In a world where we are inundated with advertising, blogs and random Facebook posts that promise to change our faces and heal our hearts, how do you choose what's right for YOUR face? In this session, we will discuss basic skincare steps and ingredients while addressing your questions.</p>	Multipurpose Room/ <i>Moadon</i>
	<p><b>Kippah Crocheting 101 with Eliana Leader</b> Come learn the first steps of crocheting and kippah making! In this session we will learn a basic crochet stitch and hand placement, which are the fundamentals of woven kippot for every size and pattern.</p>	Synagogue/Beit Knesset
	<b>Nature Exploration Hike with Amy</b>	Meet at the Pizza Patio
12:30 - 1:30pm	<b>Lunch</b>	Lakeside Dining/ <i>Chadar</i>
1:45 - 3:45pm	<b>Kavannah/Immersive Track Time</b>	
	<b>Theater/Comedy with Jackie</b>	Multipurpose Room/ <i>Moadon</i>
	<b>Writing with Sarah</b>	Synagogue/Beit Knesset
	<b>Music with Eliana</b>	Library/ <i>Mercaz</i>
	<b>Art with Anita</b>	Art Studio/ <i>Omanut</i>
3:45 - 4:15pm	<b>Snack Break</b>	Mountainside Dining/ <i>Chadar</i>

**\*Preregistration is required!**

# Monday, November 11

TIME	ACTIVITY	LOCATION
4:30 - 5:30pm	<b>Chugim/Electives</b>	
	<b>*Climbing</b>	Alpine Tower
	<b>*Tempera Batik Brachot with Anita cont.</b>	Art Studio/ <i>Omanut</i> (Arrive on time. Plan on a 7min walk)
	<b>*Book within a Book with McKenzie cont.</b>	
	<b>*Visual Journal Keeping with Miriam cont.</b>	
	<b>Modern Line Dance - ריקוד with Shirley</b> Low impact exercise - this is an introduction to modern line dance for those who are ready to challenge their body and brain!	Multipurpose Room/ <i>Moadon</i>
	<b>Stigma and Mental Health with Ellyn</b> With all the advances in the field of medicine, a mental health diagnosis still brings stigma. What are some of the challenges facing people with a mental health diagnosis and their families? What can we do as individuals to work for better outcomes?	Synagogue/ <i>Beit Kneset</i>
	<b>100 Ways to Use Coconut Oil with Robyn</b> From deodorant, to moisturizer, to sweet raw treats - this magic ingredient is the answer to all your problems!	Mountainside Dining/ <i>Chadar</i>
	<b>Gardening with Amy</b> Get your hands dirty as we tend to the Ramah garden.	Ramah Darom Garden (Across from the Covered Basketball Court/ <i>Beit Am</i> )
5:45-6:45pm	<b>Wellness Hour</b> Take a nap, enjoy a hot shower, or join us for some light movement, fresh air or games!	
	<b>Mindfulness Walk with Becca</b>	Meet at the Pizza Patio
	<b>Yoga with Megan</b>	Multipurpose Room/ <i>Moadon</i>
	<b>*Giant Swing</b>	Giant Swing
	<b>Mah Jongg 101 with Laurie</b> Come learn the basics for this fun game. Once you start playing, you may never want to stop!	Library/ <i>Mercaz</i>
7:00-8:00pm	<b>Dinner</b>	Lakeside Dining/ <i>Chadar</i>
8:30-10:00pm	<b>An Evening of Comedy with Jackie Gold</b>	Mountainside Dining/ <i>Chadar</i>

**\*Preregistration is required!**

# Tuesday, November 12

TIME	ACTIVITY	LOCATION
7:30 - 8:30am	<b>Morning Movement: Morning Walk with Eliana Leader</b> Wake up with some movement and get closer to your daily 10K steps today!	Meet at the Welcome Center
8:00 - 8:45am	<b>Morning Spiritual Space with Eliana</b>	Synagogue/Beit Knesset
8:30 - 9:30am	<b>Breakfast</b>	Lakeside Dining/Chadar
9:45 - 11:00am	<b>Community Sicha with Rabbi Danielle</b> This conversation and learning time will be the basis for the creative work in our <i>Kavannot</i> /Immersive Track times each afternoon. Together we will explore the theme of Blessings.	Synagogue/Beit Knesset
11:15am - 12:15pm	<b>Chugim/Electives</b>	
	<b>*Ground Timber Challenge</b>	Ground Timber Logs
	<b>*Visual Prayer with McKenzie</b> Using collage techniques, combine paper, found objects, photographs and more to create unique visual representation of blessings or intentions to focus on in the coming year.	Art Studio/ <i>Omanut</i> (Arrive on time. Plan on a 7min walk)
	<b>*Your Name in Hebrew Calligraphy with Miriam</b> Learn the basics of Hebrew calligraphy using a broad edge marker. The techniques you learn can be applied to all kinds of different calligraphy fonts—both Hebrew and English. You'll learn how to write your Hebrew name (or a transliteration of your English name) in calligraphy.	
	<b>Kippah Crocheting 102 with Eliana Leader</b> In this session we will start the initial circles of our kippot! You will learn the standard patterns of double and single stitching to make a single colored kippah. Participants in this session can take the yarn and needle home with them to continue their projects.	Mountainside Dining/Chadar
	<b>Food for a Healthy Gut with Amy</b> A healthy gut is important for general health. We'll sample and make products including kombucha, sauerkraut and others that you can easily make at home to support your health.	Main Dining/Chadar <i>Ochel</i>
	<b>SPEAK E-A-S-Y with Cyndi</b> Calling all teachers, public speakers, actors (or just anyone who speaks alot in their day/job!). Come and learn techniques of phrasing and pacing to help you enhance your communication as well as some fast tips on vocal hygiene to help you preserve your voice.	Multipurpose Room/ <i>Moadon</i>
	<b>Building a DREAM(S): A Behind the Scenes Look into Parenting a Child with Mental Health Needs with Laurie</b> I've lived a roller coaster as the a parent of a child with mental health challenges. Through my experiences, I started a parent support group (DREAMS- Delivering Resources to Parents of Emerging Adults through Meetings and Support) in my community. In this session I will share how to start a similar group and also provide time to connect with others who have faced similar challenges.	Synagogue/Beit Knesset

**\*Preregistration is required!**

# Tuesday, November 12

TIME	ACTIVITY	LOCATION
12:30 - 1:30pm	<b>Lunch</b>	Lakeside Dining/ <i>Chadar</i>
1:45 - 3:45pm	<b><i>Kavannah/Immersive Track Time</i></b>	
	<b>Theater/Comedy with Jackie</b>	Multipurpose Room/ <i>Moadon</i>
	<b>Writing with Sarah</b>	Synagogue/ <i>Beit Knesset</i>
	<b>Music with Eliana</b>	Library/ <i>Mercaz</i>
	<b>Art with Anita</b>	Art Studio/ <i>Omanut</i>
3:45 - 4:15pm	<b>Snack Break</b>	Mountainside Dining/ <i>Chadar</i>
4:30 - 5:30pm	<b><i>Chugim/Electives</i></b>	
	<b>*Odyssey Ropes Challenge *ends at 6:30pm</b>	Odyssey Course
	<b>*Visual Prayer with McKenzie cont.</b>	
	<b>*Your Name in Hebrew Calligraphy with Miriam cont.</b>	
	<b>DIY Zine Making with Emily</b> If you've never heard of a zine, fear not, you're in the right place. Whether you're just starting out or are a seasoned creator, zines are a great way to publish your own art, poems, writing, musings, and anything else you want to express – without needing anyone else's permission to do so. So join me and lets get crafty.	Art Studio/ <i>Omanut</i> (Arrive on time. Plan on a 7min walk)
	<b>Makeup Bag 911 with Shannon</b> Bring your makeup bags and we'll discuss how to keep your products sanitary, when it's time to let them go and how to use that random thing you bought at Sephora.	Multipurpose Room/ <i>Moadon</i>
	<b>Easy No-Bake Truffles with Francine</b> Desserts don't have to be intimidating or take forever to make. Learn a few easy no-bake desserts that you can use the next time you're entertaining (or whenever you need a quick chocolate fix!).	Mountainside Dining/ <i>Chadar</i>
	<b>Gardening with Amy</b> Get your hands dirty as we tend to the Ramah garden.	Ramah Darom Garden (Across from the Covered Basketball Court/ <i>Beit Am</i> )

**\*Preregistration is required!**



# Kavannot & Brachot

## Track Leaders & Rabbi



### **Jackie Gold** Theater & Comedy Track

Jackie was raised on the tough middle-class Jewish streets of Brooklyn, NY. Growing up in a conservative-Jewish home meant having to develop a quick sense of humor and a sharp tongue. She started her journey as a dancer which parleyed into a love of theater. She attended Brooklyn College before traveling out west to California to continue her career.

Jackie has been working as a stand-up comic for the past decade. In 2018, she released her first comedy album "Maximum Occupancy" which debuted at #1 on Amazon and iTunes. She has been a writer for CBS, Comedy Central and VH1.



### **Sarah Klegman** Writing Track

Sarah is a creative writer, storyteller and founder of the carb-loving community, Challah Hub. You may have seen her in video collaborations with BuzzFeed, or during one of her enthusiastic appearances of arguable significance on Comedy Central, The Great British Baking Show on PBS or on KTLA. She regularly performs in live shows around NY and LA, as well as in Jewish learning festivals all over the world. Her podcast series, "What's Wrong With You?" aired on the Awkward Human network last year, and her work has been featured in The Huffington Post, The LA Times, The Dodo, XO Jane, Grok Nation and more.

Sarah just finished writing her first book last year and is currently developing her first solo live show. In addition to being a writer, storyteller, podcaster, and co-founder of Challah Hub, she is also Head of Creative Content for the Jewish women's wellness nonprofit, At The Well. No, \*you\* never sleep.



### **Eliana Light** Music Track

Eliana works with Jewish communities worldwide to unlock the wonders of our sacred heritage through meaningful music, powerful prayer, excellent education and creative consulting. She is the author of Hebrew in Harmony, a curriculum published by Behrman House that teaches

prayer and Hebrew through music, and the founder and director of the G!D Project, an educational initiative focused on accessible, meaningful conversations about G!D and spirituality through ritual, text and creative expression. Eliana received her Masters in Jewish Experiential Education from the Davidson School at JTS in 2016 and is based in Durham, NC.



### **Anita Stein** Art Track

Anita is an artist who specializes in drawing and landscape pastels. Her art is in a number of local galleries around Atlanta.

Anita taught art for fifteen years at Atlanta Jewish Academy and she ran the art department at Camp Stone, a Jewish overnight camp in Pennsylvania, for many years. She is a passionate teacher who loves to integrate Judaic text into art. Anita has paintings at the Raiford Gallery in Roswell, GA at Circa in Tyrone, GA and on her Etsy store, Dust and Smudge.



### **Rabbi Danielle Upbin** Rabbi-in-Residence

Originally from New York City, Rabbi Upbin graduated with honors from Barnard College, Columbia University, with a BA in Political Science and Minor in Theater. She was ordained from the Jewish Theological Seminary of America in 2002 also having received a Masters in Hebrew Letters. She has served as rabbi-in-residence at numerous Conservative congregations around the country, teaching about prayer and leading services. She was also a chaplain in the Disaster Services for the Red Cross after 9/11 in New York City.

In addition to her rabbinic studies, Rabbi Upbin is a professionally trained singer and a past member of the Screen Actors Guild. Leading Jewish prayer in a joyous and soulful manner is one of Rabbi Upbin's passions. Currently, Rabbi Upbin is the Associate Rabbi and *Shlichat Tzibur* (prayer leader) at Congregation Beth Shalom in Clearwater, FL. She has studied meditation, Hassidism and yoga with the Institute for Jewish Spirituality, among other places, and brings a spiritual and uplifting dynamic to her leadership. She is actively involved in a local Interfaith Coalition, Pinellas County Board of Rabbis, Hadassah, and has served on the board of the Florida Holocaust Museum in St. Petersburg. Rabbi Upbin resides in Clearwater, FL with her husband, Rabbi David Weizman and their four children.

# Presenters

## Thank You To Our Chug/Elective Presenters

**Shirley Bryan** teaches Modern Line dancing at the Osher Lifelong Learning Institute (OLLI) at the University of Kentucky. Always trying to improve her skills she holds an NTA Level 3 certificate. Using various styles of music and rhythms, she teaches proper line dance step technique and terminology to upbeat tunes. She is known for her ability to help folks with "two left feet" discover ways to overcome that and enjoy low impact exercise! Join Shirley in class while she helps you stretch your body and brain through cognitive learning to help ward off the aging brain.

**Ellyn Jeager** is one of the original members of Or Hadash. Last year Ellyn ran for the Georgia Senate and although it was a close race, came in 5 points shy from a victory. She was the Director of Public Policy and Advocacy for Mental Health America for 22 years and taught Mental Health First Aid for years. Ellyn has continued to remain active in mental health issues along with her passion for public policy.

**Miriam Karp** is a ketubah artist based in Atlanta, GA. She loves exploring peoples' ideas and histories then translating them into a new visual statement. After college and a 5-year stay in New York where she studied Hebrew and English calligraphy, Miriam went back to school to get a Masters' in Fine Arts in Painting from Indiana University. She taught art at Miami University of Ohio while painting and exhibiting around the United States. She started Custom Ketubah in 1995 when she moved back to Atlanta, adding a line of giclée prints a few years later. In addition to her work with ketubahs and Bar/Bat Mitzvah certificates, Miriam designs *tallitot* (prayer shawls), fabric banners for synagogues and just about anything else that can be made with paint, calligraphy, or fabric. She is the mother of one daughter, two dogs, and 4 aquatic turtles. Besides being an artist, she is an avid vegetarian cook, reader, traveler and hiker in the woods with her dogs.

**Shannon Martindale** holds a BA in German from the University of Tennessee, Knoxville and a Master of Public Administration from Valdosta State University. She is currently the Assistant Store Manager for a locally owned feed and pet supply store in Knoxville, TN where she's enjoying being able to utilize her vast retail experience while meeting adorable dogs and bringing a little glam to the feed store. When she isn't at her full-time job, she occasionally works as a freelance makeup artist and is so excited to co-chair LimmudFest 2020 for Limmud Atlanta & Southeast here at Ramah Darom! Her most memorable moment outside of Judaism was the day she helped initiate Dolly Parton into Sigma Alpha Iota Women's Music Fraternity. They were the only people in the room in sequins, stilettos and false eyelashes.

**Megan Marlene Moran** attended college outside of Asheville in Western North Carolina, where she was exposed to the plethora of natural beauty in the Southern Appalachians. This experience instilled within her a deep sense of connection, stewardship and gratitude for the outdoors. Megan's expertise emerged from finding that she could empower and soothe herself through yoga, personal fitness, and a holistic approach to wellness and her wish to facilitate the same for others. She loves trail running through Black Rock State Park, mountain biking around Stonewall Creek and swimming in the majestic, wild and scenic Chattooga River! She feels so blessed to call these mountains her home.

**Amy Price** loves all things outdoors and excited to be leading gardening and nature activities. She lives in Chamblee with her husband, son and 9 chickens. Professionally she supports people of all abilities to find employment opportunities and dream big for their lives. She has spent time at Isabella Friedman working for The Teva Learning Center doing outdoor environmental education. This is where her passion developed for exploring the connection between Judaism and the environment. She has also spent time farming at a youth village in Rwanda.

**Laurie Reiskind** is a mother of two Ramah Darom alumni. An Occupational Therapist by training, she has made a career of volunteering in the local community and Jewish community. Laurie is a long-time member and past president of Congregation B'nai Israel of St. Petersburg. Her hobbies include travel, mah jongg and sports. She is not much of an athlete but is a super fan.

**Henrietta (Cyndi) Silverman** has been a speech language pathologist for 50+ years. Her passion has been to help people communicate clearly and in a way that helps the listener get the most information.

**McKenzie McKenzie Wren**, MPH, is the part-time Program Manager for the Southern Jewish Network for Gender and Sexual Diversity (SOJOURN) as well as the Chief Engagement Officer for her independent consulting firm, Culture on Purpose. She is a skilled facilitator who believes in the power of the community to create its own answers. Her particular areas of focus are helping businesses and nonprofits create cultures of collaboration and inclusion. McKenzie holds a BA from American University and an MPH from Rollins School of Public Health. She is president of Congregation Bet Haverim as well as a proud alto in their phenomenal chorus and lives with her two teenage sons and husband in Atlanta.



## RECREATION

- A** Tennis Courts
- B** Hockey Court
- C** Basketball Courts
- D** Farm
- E** Swimming Pool/Breicha
- F** Sand Volleyball Courts
- G** Covered Basketball Court/Beit Am
- H** Odyssey Course
- I** Activity Field/Kikar
- J** Alpine Tower, Climbing Wall & Swing
- K** Timber Challenge Course
- L** Lakeside Fire Pit/Medura
- M** Archery Range
- N** Arts & Crafts Center/Omanut
- O** Gan
- P** Boat Dock & Lake/Agam
- PP** Softball Field

## MEETING SPACES

- Q** Mountaintop Pavilion
- R** Old Dining Hall/  
*Beit Am Katan and Beit Etgar*
- S** **Beit Am:**  
Amphitheater  
Covered Stage  
Covered Basketball Court
- T** Mountainside Pavilion/  
*Mirpeset Tefillah*
- U** Pizza Oven & Fireplace Patio
- V** **Levine Center:**  
Dining Hall/*Chadar Ochel*  
Multipurpose Room/*Moadon*  
Spiritual Center/*Beit Kneset*  
Library/*Mercaz Aryeh*
- W** Lakeside Pavilion/*Margam*
- X** Treehouse

## LODGING

- Y** Welcome Center
- Z** Cottages (Z1 - Z5)
- AA** Marcus Lodge
- BB** Mountainside Hotel
- CC** Deluxe Cabin
- DD** Mountainside Cabins (1-12)
- EE** Lower Roads Cabins (13-20)
- FF** Lakeside Cabins (21 - 32)
- GG** Lakeside Hotel

