

#StrongerTogether

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## August Newsletter #1



### "Supportive Partnership is Exactly What We Need in This Time of Uncertainty".

**Don't look back on this year with any regret. Take time to think about why you entered The Jam Project. What would you like to gain for the remainder of the year? Being a buddy and having a buddy is crucial in 2020. You both have a unique bond - use this to your advantage!**

Due to Stage 4 Restrictions, it is with great disappointment that we have to resume to **online Jam catch ups** until further notice. **Fortnightly** catch ups will be done virtually via Zoom, FaceTime or House Party (locked room).

You are welcome to get together more often on these platforms if you wish, as this is a crucial time to **stay connected** with one another. We have been doing it so well and will be able to do it successfully again.

Hannah Goldman, one of our 2020 buddies, recently wrote to us about her #strongertogether Jam experience: *"I have formed a strong relationship with my match during isolation and it has proven to be not only successful, but an incredibly unique and special experience. My match and I have maintained weekly communication since isolation began back in March, and*

*have made an effort to make our chats exciting, fun, and meaningful. We have shared in each other's hobbies of painting and baking together all over video and this has been an amazing tool to bring us closer together. Our FaceTimes are something both her and I look forward to every week and **having this positive and supportive partnership is exactly what we need in this time of uncertainty.***

In our latest Jam Session, we learnt how we can connect effectively online using the positive tips from Jordana Borensztajn. We gathered some of these in the article below.

If you have any further questions regarding virtual catch ups please contact Naomi Swart (by [email](#) or phone).

Keep smiling,  
Naomi & Liat  
The Jam Project Team

## Smile and the World Will Smile With You.



As part of our July Jam Session, the Jam family joined together to hear **Jordana Borensztajn** - Public Speaking Coach, Keynote Speaker, Author and Humourist. Jordana shared her experiences and ideas on confident public speaking, and the ways we can experience various situations with confidence.

Here are some highlights from our Jam Session with Jordana:

- The best presenters share their gift - they teach and inspire.

- Breathe in for 4, hold for 2, breathe out for 4 - repeat.
- Tap in to your passion - it can help you to connect and showcase your expertise.
- Don't aim for perfect, it's the enemy of success.
- 70% of communication is body language, 23% is voice tone and inflection, 7% is the spoken word.
- Smile more - this increases and builds trust, naturally makes us feel happier.
- Intentionally speak with inflections.
- Practise does not make perfect - it makes better.

Should anyone feel they wish to contact Jordana she has kindly extended herself to the Jam cohort.

## Be a Role Model, Be Yourself.



In this newsletter we are exploring the topic of **role models**, looking at the various types and how they can impact and shape us.

At a very young age, our role models arise from our closest circle - our parents. This circle then widens to our grandparents, siblings, teachers, friends and mentors. As we grow, we begin to look globally for role models.

*"Each person must live their life as a role model for others"* said Rosa Parks, an activist in the civil rights movement.

**Each and every one of us can be a role model.** The Jam Project is a wonderful opportunity to be just that to someone else. Buddies and participants can both be role models to each other!

We chose three role models who represent traits we found inspiring yet achievable: *being brave and hopeful*;

*believing in yourself; and being proud and strong.* Next, we included a set of questions and activities to help you develop your inner hero. And finally, some role models discussion points for your next virtual Jam catch up.

We hope you will enjoy this special project!



### **Anne Frank - Bravery & Hope**

*"In spite of everything I still believe people are really good at heart" / Anne Frank*

To be brave and heroic does not mean you only need muscular strength. Anne Frank utilised the power of the pen and her mind; **journaling and being positive.** Anne exemplifies a heroic young woman - her bravery and perseverance is to be admired as she never gave up hope on the human spirit.



### **Golda Meir – Believe in Yourself**

*“Trust yourself. Create the kind of self that you will be happy to live with all your life. Make the most of yourself by fanning the tiny, inner sparks of possibility into flames of achievement” / Golda Meir*

Israel's first female Prime Minister was a strong leader, who followed her beliefs. She dedicated her life to the plight of Israel and its people; to bring peace to the land. She remained **humble** through her role of Prime Minister as she did not believe in the luxuries that came with the role. A valuable lesson to learn from her life and personality is to **be true to yourself**.



### **Fran Drescher – Proud & Strong**

*"I went into the world, threw myself into the world, and great things came out of it" / Fran Drescher*

Fran Drescher is a comedian who became an actress with her own comedy show *The Nanny* (we all remember that voice, right?). Fran is a **strong woman** who showed the world how she can utilise her skills to her advantage, while being successful, openly Jewish and **proud** of it.



## Positivity

- Can you try to reflect on your day in a positive way?
- Can you journal every day three things you are grateful for?
- What are your accomplishments?



## Authenticity

- What does *to be authentic* mean to you?
- How can you bring authenticity into your every day life?
- Oscar Wilde said 'Be yourself, everyone else is taken' - what makes you unique?



## Humour

- How can you light up situations using humour?
- How can you use humour in a positive way?
- Who makes you laugh?

## Who Are Your Role Models?



Next time you catch up with your Jam match, try discussing the topic of role models. Here are some useful discussion points to get you started:

- Who are your role models?
- What characteristics make someone a role model?
- Who are the female role models in your family?
- How are you influenced by your role models?



- Have your role models changed over time?
- What makes you, you?
- How can you become a role model to others?

## Upcoming events.

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### JAM SESSION WITH JACOB KOMESAROFF

Our August Jam Session will include guest speaker **Jacob Komesaroff**, Community Engagement Consultant. Jacob - a role model in the area of social change - will be exploring how we can take action to support causes we are passionate about whilst we are in lock-down together.

**Sunday, 23 August 2020**  
**6:30pm - 8:00pm**  
**via Zoom**  
**Attendance is required.**

[REGISTER HERE >](#)

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## Would you like to help us?

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