



# JCC JCBM News

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Newsletter of the Jewish Community Center of Belle Mead **February 2006** Shevat 5766

## JCCBM

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## BULLETIN FROM THE BOARD

### The 3 M's – Mitzvah, Menschlichkeit, Mentor

It all happened one day, a little more than three years ago. Who could have predicted the outcome? No, this is not the beginning of a fictional short story. It's the story of a family adventure that my family embarked upon.....destination unknown.

My father in law, Morris (Grandpa Moishe), had moved into Acorn Glen, an assisted living facility in Princeton. He didn't want to leave Brooklyn but he could not be left alone. His wife Dora now needed full time care for her progressing Alzheimer's disease. My family was thrilled to have him so close to us. Our visits could be frequent and he could be a part of our daily life. My children got to spend so much quality time with him without the burden of traveling. As we got to know the residents at Acorn Glen, it became obvious to me that those who were Jewish needed a Jewish connection. About the same time, my daughter Arielle was beginning her studies for her Bat Mitzvah and thinking about a mitzvah that she could do. We asked the director of Acorn Glen if we could come in each Friday night and say Shabbat blessings with the Jewish residents. She thought that this was just what these residents needed. In addition to our Shabbat gatherings, we have hosted holiday events for Rosh Hashanah, Chanukah and Passover throughout the years.

Over these years there have been many changes to our "Jew Crew". New people have moved in, some have moved out and sadly some have passed away. In December, my father in law died, leaving a void in our lives. As we sat at Acorn Glen just hours after his death, I asked my children if they still wanted to continue coming to Acorn Glen. Without hesitation, they said yes. It's been three Shabbat's and one Chanukah dinner since his passing and we miss his smile terribly but the smiles of our extended family, the "Jew Crew", keep us going. We started out helping them and now they are helping us through this time of transition in our lives.

Now, back to the 3 M's.....doing **mitzvahs**, help teach your children some **menschlichkeit** (*the properties which make one a mensch*) and you become their **mentor**. These are life lessons that cannot be learned in our "Blue Ribbon" schools. So....teach your children well.

*Audrey Starkman*

Trustee

The Family Service on February 3, 2006

will be in honor of our new members.

Everyone is encouraged to come and welcome them.

The Oneg will be sponsored by the Membership Committee.

## Youth Group News/Hebrew High

### JCCBM YOUTH GROUP

On December 23rd the youth group and their families carried on JCCBM's new December tradition of a hosting a catered dinner. The dinner was followed by services lead by Kate Fridkis, substituting for Rabbi Tayvah, with a group of competent teens taking turns leading the prayers. Dan Krisiloff, Jonathan Yuresko, Liz Smulian, Josh Kent, Josh Cige, and Jake and Gabe Fridkis were the teen service leaders for the evening. Thanks to the many congregants who attended the dinner and services to make this evening a success. Special thanks to Kate, who was called to help at the last minute, and to the parents of the teens who helped coordinate this event, provided the oneg, and set and cleaned up for the meal, especially Lisa Kent, and Natalie London.

The January youth group event originally scheduled has been moved into February due to the conflicts with mid-terms and recital commitments of members.

### **SAVE THE DATE: Thursday, February 9, 2006 - 6:00-9:30 - *Two Women***

The youth group will be traveling to the JCC of Bridgewater to see the American Hebrew Repertory Theater's production of *Two Women*. The play is a two hour poignant comedy in five scenes, with each scene an encounter between two females, ages 10 to 95. Please join us for this evening of entertainment starring fellow congregant Sheryl Rosenberg. The cost is \$10 per ticket. The youth group will meet at our synagogue and carpool to Bridgewater for the 7:00 show. Return time to the JCCBM is approximately 9:30. Drivers are needed. Please contact me if you can chaperone.

### **SAVE THE DATE: Saturday, February 25, 2006 - 6:00 p.m to Sunday, February 26, 8:00 a.m. Shul-in**

Back by popular demand - the SHUL-IN! The teens are preparing for a sleep-over (or not!) at our synagogue on the weekend of February 25th. The shul-in will start on Saturday evening at 6:00 with a planning meeting of the teens and interested adults. Following the meeting, Rabbi Tayvah will lead the teens in a havdalah service. Dinner will be prepared and served by the teens. There will be time for lots of socializing, a movie, meals, and snacks. Help is definitely needed. Specifically, we need a chaperone or two, people to coordinate the dinner and movie, and volunteers to provide dinner, snacks, and breakfast.

### **RECONSTRUCTIONIST REGIONAL YOUTH GROUP**

During December's winter break the teens met in Trenton to work at TASK, Trenton Area Soup Kitchen. They spent the late morning and early afternoon helping prepare and serve lunch to those in need. This event was such a rewarding experience for the participants that plans are being made to repeat it this spring. Please keep watch to news of when this worthwhile community service event will take place again.

In January the regional youth group met for an evening of comedy at member Matthew Rosenthal's home. Alissa Wise, the new youth coordinator, provided a walk through Jewish film comedy for the teens to view. Starting with the Marx brothers, through Woody Allen, and ending with Jon Stewart, the teens were kept laughing at the humor of

these and other great Jewish comedians. Thanks to the Rosenthal family for hosting the event and to Josh Goldsmith and Alissa Wise for chaperoning.

On January 22, the regional group had plans to ice-skate at Mercer County Park in the afternoon.

February's plans are still up in the air at this time. There are tentative plans to attend a concert in Sayreville on Monday, February 13th. Chasidic reggae singer Matisyahu will be performing. Watch your emails for more information about the concert or other upcoming events for the regional youth group in February. Shalom,

*Karen Fridkis*, Youth Activities chair

### **HEBREW HIGH SCHOOL NEWS**

In January the Hebrew High School was in full force, meeting each week on Wednesday and Thursday evenings.

Wednesday's class discussions covered a wide range of topics. Susan Waschow lead a discussion on stem cell research. Rabbi Tayvah talked about Jewish mourning practices. Barbara Lehman was scheduled to continue her Jewish history class.

Thursday's class, lead by Rabbi Tayvah, watched a film about and discussed Poland in the early 1900's as well as other topics.

Below are the thoughts of one of our students from Hebrew High School.

From Lindsey Rosenthal, Wednesday Hebrew High School class:

At Hebrew High, we have been getting into controversial issues such as stem cell research. We get to state our opinions on issues and we go over facts about the issue, while still having fun. It really helps you get to know what your classmates feel about the issues. You learn and get to know people at the same time!

<b>February's Hebrew High calendar:</b>	
Wednesdays:	Thursdays:
February 1	February 2
February 8	February 9 - NO CLASS - Youth group trip to see Two Women will replace regularly scheduled class. See Youth Group column.
February 15	February 16
February 22 - Jim Ohls will lead a discussion about food stamps	February 23 - Jim Ohls will lead a discussion about food stamps

Shalom,

*Karen Fridkis*, Hebrew High School chair

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## JCC Donations

*The JCC gratefully acknowledges the generosity of our members and friends.*

### Regular Donations

#### Members

Marc & Harlene Rosenberg	In memory of Morris Starkman
Carol & Frank Jones	In honor of the wedding of Amanda Bar Ces & Joshua Jones In memory of Ben Shaw & Ursula Shaw
Mark & Amy Brandwein	Yarzeit
Peggy & Bob Fass	Donation to the Building Fund, In memory of Morris Starkman, Sol's father.
Mitchell & Nancy Javeline	In loving memory of Joseph Isenberg's Yahrzeit
Robert & Peggy Fass	In memory of Samuel Plotnick, Michael Tayvah's father.
Eric Weitz & Judy Forster	In memory : Dr. Plotnick

#### Non-Members

Ann Lebowitz	In memory of Morris Starkman
Acorn Glen Assisted Living	In memory of Morris Starkman
Irma Spivak	For the memorial of Morris Starkman , father of Sol Starkman.
Lucas Hartley & Sarah Levine	In recognition of Rabbi Tayvah's officiation of our wedding.
Marie Hansen & Barbara Hansen	In memory of Morris Starkman

### High Holiday Member Donations

Mary Wasserman	HH Donation
Marc & Harlene Rosenberg	HH Donation
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### High Holiday Non-Members

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## Hebrew School Happenings

### LEEBA"H

2/1 Class Wed  
 2/5 Class Sun craft- Blue Box Bob  
 2/8 Class Wed craft Shabbat 5-7  
 2/12 Class Sun Tu Bshvat Seder  
 2/15 Class Wed  
 2/19 No Class President's Weekend  
 2/22 Class Wed  
 2/26 Class Sun- **Dance**



Please come and sit in on our Tefilot that start each class. It is a great way to learn some prayers, enjoy the feeling of community and set a great example for our students all in fifteen minutes. It is wonderful to see so many students attending Shabbat services!

### Pizza Night

If anyone is interested in supervising our Fifth, Sixth, and Seventh Graders after Hebrew School one Wednesday a month, I will happily collect money and order pizza from New World. Please contact me if you are available to supervise or put together a monthly flyer/email.

### In Need of ....Digital Camera

The digital camera that I used for taking pictures of the Hebrew School Students has finally gone the way of all things. If someone has a digital camera or digital camcorder that they would be willing to donate, I would really appreciate it.

### Registration

Registration will happen on April 30, 2006. Registering at this time helps the school plan for the coming year and ensures that your child will be placed in the section that is most convenient for your family. Paying in full saves money!

### New Teachers...

Tara Schleifer is no longer teaching on Wednesday evenings due to her class schedule at college. I am delighted to announce that we have hired Ian Silverii to teach 5<sup>th</sup> Grade Hebrew and 7<sup>th</sup> Grade Jewish Studies. Students warmly greeted Mr. Silverii's fresh outlook and enthusiasm. Dan Krisiloff has been hired as Mr. Silverii's teaching assistant in 5<sup>th</sup> Grade Hebrew and as co-teacher with Jake Fridkis teaching 6<sup>th</sup> Grade Hebrew on Wednesday evenings. Students and teachers have both expressed pleasure at this new organization.

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GREAT SUMMERS HAPPEN BY CHOICE,  
NOT CHANCE!

## Shabbat Superstars for December

Last Name	First Name	Grade	Early/Late
Goldhammer	Lea	K	Late
Anderson	Kelly	1	Early
Kowalski	Tess	1	Late
Ravitz	Jessica	1	Early
Waskow	Dorothy	1	Early
Brown	Ross	2	Late
Murphy	Ian	2	Early
Orlando	Jeremy	2	Late
Anderson	Zachary	3	Early
Cige	Adam	3	Early
Rosenthal	Jason	3	Early
Weitze	Jason	3	Early
Carson	Dylan	4	Early
Cohen	Emma	4	Early
Javeline	Joanna	4	Early
Meissner	Nicole	4	Early
Ravitz	Rebecca	4	Early
Roe	Katie	4	Early
Weitze	Scott	4	Early
Auerbach	Gregory	5	Early
Bilotti	Jeremy	5	Late
Bradley	Connor	5	Early
Bradley	Nora	5	Early
Brown	Louis	5	Late
Dalpe	Derek	5	Late
D'Andrea	Jaclyn	5	Late
Klinger	Daniel	5	Late
Skoultchi	Mari	5	Early
Speilholz	Rachel	5	Early
Waskow	Harry	5	Early
Kent	Allison	6	Late
Mostel	Jadmin	6	Late
Ravitz	Alex	6	Early
Reed	Kimberly	6	Late
Roe	Maddie	6	Early
Starkman	David	6	Early
Cige	Mara	7	
Kaufman	Daniel	7	
Mynick	Dan	7	
Fridkis	Gabe	8	
Kent	Josh	8	
Cige	Josh	9	
Fridkis	Jake	9+	
Krisiloff	Dan	10	

*Shelosheem = 30*

My torn shirts have gone to my daughter for her sewing projects. The Shivah candle finally burned out after ten and a half days (!). I avoid listening to music, and won't attend parties, concerts or performances. My showers are shorter and I have two weeks of stubble on my face. My mornings, and sometimes my days are

framed by the need to find a minyan so I can say kaddish.

I live in the territory of *shelosheem*, the first thirty days of mourning.

I observe these rituals and restrictions since they give me a path through the land of grief from alleys of Loss to fields of Acceptance. I walked this way once before, thirteen years ago, when my only brother died of cancer. The instruction set proved its worth to me then and, so far, it has helped me and my family to bear the death of my father.

I experienced much in the last weeks of *kislev*/December as my mother and I attended to my father's needs in what turned out to be his final weeks. I can already feel that I will be sharing some of my journey here in the coming months when it is appropriate to the continued growth and development of our congregation. For this month I want to focus on the practical lessons I learned going through this experience.

#### **Advance Directives: Living Wills; & a Health Care Proxy**

At least four times in the two weeks since my father was admitted to the hospital and then to a nursing home, my mother or I had to invoke his Advance Directives. Thankfully he had made his wishes known years ago in a Living Will, naming my mother as his Health Care Proxy and me as the alternate. This empowered us to make medical decisions for him: to get him the care he wanted and to remove any devices or treatment not in accordance with his wishes. On what turned out to be his last day, I had to vigorously argue with medical staff for his wishes with an original copy of his directives in hand. Because of his forethought I was able to structure a quiet and calm environment in which he was able to die with his wife of 49 years at his side.

I cannot stress how important it is to — in writing! — name someone you trust to be your medical proxy and to clearly let that person know your wishes. If this feels too hard to do, consider the alternative of strangers making those choices for you and your family.

#### **Hospice**

Although my father was not formally enrolled in a hospice program, many of the lessons of Hospice Movement have long framed my approach to dying. We worked with his caregivers to maintain as serene an environment as possible with visits, singing, nightly Hanukkah lightings by his bedside, and artwork from his

two grandchildren. Hospice also taught me that doing a life review is an important part of the dying process. Even when someone is unconscious or, as was my father, semi-conscious, there is much others can do to help this internal psychological review. My father grew up speaking Yiddish as the son of immigrant parents. A few nights before he died, I played for him Yiddish poetry readings and recordings of Yiddish radio broadcasts from his youth. I will never know what he thought during this, but there was a noticeable difference in his outer behavior; his lips moved as the CDs played. Something was going on.

This past summer a local Jewish Hospice program opened in our area. Based in Somerset at the Central New Jersey Jewish Home for the Aged, (now called the "Wilf Campus for Jewish Living") the *Martin and Edith Stein Hospice* helps the dying and their loved ones to navigate the passages between life and death. They serve people of all backgrounds and religions. Get to know them. Volunteer for them. Help with this essential mitzvah of accompanying the dying. (Phone #: 732 568 9150; e-mail: [sali@wilfcampus.org](mailto:sali@wilfcampus.org))

Finally, *Tzedakkah*. Experiencing death first hand, sitting with a corpse, doing the rich and deep traditions of our culture surrounding the end of life, I was reminded of the finality of death and the ultimate reality of our earthly existence. We live for, what is in the larger perspective, a relatively short period of time. For some it is measured in many decades as it was for my father. For others it may be merely a few years or even less. What is ultimately true is that we can use what time we have here on this earth to do righteousness, to bring about justice, and to make this world more Godly.

This is the core of the old Jewish notion (found in the book of *mishlay* / Proverbs) that *tzedakkah saves from death*. Not in the literal sense, but in the sense that by our doing *tzedakkah*, in acting righteously, giving to just causes, making whole the work of the Creator we find a way to bring our individual lives into the eternal Life of the universe.

Doing *tzedakah* is always worthy; it is especially so following a death. One of my favorite *tzedakkah* resources is: [www.ziv.org](http://www.ziv.org). Take a look at their site, learn about this life-giving mitzvah and become part of it.

[p.s.: I've been wondering how best to get a message out to our community. If you read this, please send me an e-mail. I'd like to generate a data-set of what percentage of the community and beyond may be reached in this way. Thanks!]. *Michael Tavvah*



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## Jewish Community

### Ohr Tikvah Jewish Healing Center

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#### *Creating a Joyful Sound: Kabbalah Kirtan*



**Sunday, March 5, 2006 - 4:00 PM**  
JCC, 775 Talamini Road, Bridgewater

In celebration of Jewish Arts Month, Ohr Tikvah Jewish Healing Center and the JCC will present a special musical program of Kabbalah Kirtan that blends call-and-response chanting of Hebrew text with joyous live music featuring the beautiful voice of Susan Deikman and harmonium and drums.

Susan created Hebrew Kirtan and has fused together the chanting traditions from the Middle East and India and sacred Jewish mystical traditions, chanting Jewish psalms and songs.

"Hebrew Kirtan comes out of devotional, or bhakti, yoga," she explains. "I use the sefirot — the 10 characteristics or energies of G-d in Kabbalah — to show how G-d is expressed within the different parts of the human body.

"Chanting works on the energy centers in the body because the vibrations of the sounds open them," Susan says. "People feel the sefirot resonating inside, and this is part of why they start moving and dancing. Through the sheer pleasure of sound and rhythm, Kabbalah Kirtan fills you with *ahavat olam*, "Infinite Love," and opens your heart to experience the Mystery of One."

**Donation: \$10.00 per ticket. Please call 908-725-6994 in advance to let us know you are coming. Tickets will be available at the door.**

### Events

#### *Visiting the Sick: Making It Easy and Meaningful*

**When:** Sunday, February 12 - 10:00 to 11:30 AM

**Where:** JCC, 775 Talamini Road, Bridgewater

**Fee:** Donations welcomed

Are you reluctant to visit the sick because you are unsure about when to visit and what to say? Rabbi William Horn, Rabbi Emeritus of the Jewish Community Center of Summit, will offer tips for making your visits easy, enjoyable and meaningful. Hear Rabbi Horn's engaging humor and heart-warming stories from his 43 years experience as chaplain and rabbi. *Bikur cholim* (visiting the sick)

is a mitzvah; it is an opportunity to express both responsibility and loving-kindness.

#### *African Drumming Just for the Fun of It*

**When:** Sunday, February 26 - 3:00 to 4:30 PM

**Where:** JCC, 775 Talamini Road, Bridgewater

**Fee:** \$ 5.00

Have you ever played an African drum or created music with a rain stick? It's a great way to release stress and tension and have fun. Join us as percussionist David Malchman shows us how to create joyful music together as a community. You don't have to be musical to participate! Men, women and teens are welcome.

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SALES REPRESENTATIVE

## Jewish LIFE

### SAVE THE DATE FOR JEWISH LIFE NIGHT OF LEARNING

**Save the Date!! Saturday, March 4, 2006 for a NIGHT OF LEARNING**, a community-wide evening of study with Rabbis from across the Jewish LIFE family. They will join together to share wit, wisdom and insights in areas of interest and passion. This program will offer the opportunity for members of our community to study and learn with Rabbis serving the Jewish LIFE family. *More details to come!*

*Invitations by Sharon*

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# FEBRUARY 2006



What's going on at the JCC of Belle Mead, NJ?

February 2006  
3 Shevat 5766 - 30 Shevat 5766

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 3 Shevat Leeba"n & 8/9 Hebrew Chai Schools 5 - 7 PM	2 4 Shevat 10 - 12 Hebrew Chai School 5 - 7 PM	3 5 Shevat 5:02PM New Member Shabbat 7 PM Story Telling Shabbat Service	4 6 Shevat \$6:06PM Bo: Exo. 11.4-12.28. Jeremiah 46.13-28.
5 7 Shevat Leeba"n School 8:30 - 10:30 a.m. and 10:45 a.m. - 12:45 p.m.	6 8 Shevat	7 9 Shevat	8 10 Shevat Leeba"n & 8/9 Hebrew Chai Schools 5 - 7 PM	9 11 Shevat 10 - 12 Hebrew Chai School 5 - 7 PM	10 12 Shevat 5:11PM 7:45 PM Food for thought Shabbat Service	11 13 Shevat \$6:15PM Beshalah: Exo. 15.1-16.10. Judges 5.1-30.
12 14 Shevat Leeba"n School 8:30 - 10:30 a.m. and 10:45 a.m. - 12:45 p.m. Tu Bshvat Seder	13 15 Shevat \$6:17PM TU B'SHEVAT	14 16 Shevat Board of Trustees meeting 7:30 PM	15 17 Shevat Leeba"n & 8/9 Hebrew Chai Schools 5 - 7 PM	16 18 Shevat 10 - 12 Hebrew Chai School 5 - 7 PM	17 19 Shevat 5:19PM 7:45 PM Musical Shabbat Service	18 20 Shevat \$6:23PM Yitro: Exo. 19.1-20.17. 6.1-13.
19 21 Shevat <b>No Leeba"n School, President's Weekend</b>	20 22 Shevat Presidents' Day	21 23 Shevat	22 24 Shevat Leeba"n & 8/9 Hebrew Chai Schools 5 - 7 PM	23 25 Shevat 10 - 12 Hebrew Chai School 5 - 7 PM	24 26 Shevat 5:27PM 7:45 PM Shabbat Eve Service	25 27 Shevat \$6:31PM Mishpatim: Exo. 22.4-23.5. Shabbat Shekalim Exo. 30.11-16. II Kings 12.1-17 (Sephardi ritual: II Kings 11.17-12.17).
26 28 Shevat Leeba"n School 8:30 - 10:30 a.m. and 10:45 a.m. - 12:45 p.m.	27 29 Shevat	28 30 Shevat ROSH HODESH I Num. 28.1-15.				

[;Candle Lighting, \$Observance End. Times are for Belle Mead, NJ]

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**The JCCBM Newsletter is published monthly, except July. Deadline is the 15<sup>th</sup> of each month.**

**Every effort will be made to publish contributed items, but due to space restrictions, placement and format are at the discretion of the editor.**

**Advertising Policy.** You can advertise in this newsletter to inform the community of your business or profession. Advertising is accepted based on its interest and applicability to our readership. Location in the newsletter is at the editor's discretion. The JCCBM does not necessarily endorse or vouch for the products and services of our advertisers. The newsletter is published 11 times per year (no issue in July). E-mail a file with the art to the editor, or provide camera-ready art on clean, white background. Advertiser responsibility to meet deadlines. Rates are low and must be paid in advance. For information and a rate sheet, please contact the editor.



The Newsletter of Jewish Community Center of Belle Mead

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*Fulfilling the religious, educational and social needs of our Jewish community since 1982.*

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