



# Congregation Kehilat Shalom News

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Newsletter of the Congregation Kehilat Shalom of Belle Mead, NJ **May 2007** Iyar— Sivan 5767

## Congregation Kehilat Shalom

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## HEBREW SCHOOL HOLOCAUST PROJECT TEACHES SIXTH GRADERS

The sixth grade students prepared a "Wax Museum." Every sixth grader attended school from 9:45 to 11:45 on Sunday, April 15 dressed in a costume and prepared with a self-written monologue to describe the experiences of someone who lived through the Holocaust. It was a wonderful project that conveyed the information and emotion of Holocaust Remembrance Day. The other grades traveled from one Sixth Grader to another and listened to the accounts. Yasher Koach to all of the sixth graders for their hard work and to their parents for their support.

The following was written by Nicole Travers, sixth grader as part of our "Yom Hashoah Wax Museum" project:

My name is Herschel Tribitz. I was born on October 4, 1929 in a town called Satmar which is in the Transylvanian region of Hungary. I was the sixth child out of nine. I have three brothers and five sisters. We were very religious. I went to Hebrew school every day (in addition to regular school). There were about eighteen thousand Jews in my town and the surrounding villages.

When World War II began, the Germans and Hungarians were allies and there were many acts of violence against the Jews. However, when the Hungarians refused to send their Jews to concentration camps it made the Germans angry. Germany invaded Hungary in March of 1944. By April, they began to round up Jews and send them to concentration camps. The first group of Jews to be sent away was the Jews from Transylvania. In May, the Hungarian police told my family that we had to report to the train station where we would be sent away to work on a farm until the war was over. At the time, we didn't know the truth. We believed the lies. We had heard stories about Jews being killed in concentration camps, but thought they were wild rumors. We also thought the war would be over soon because my father used to listen to the radio every night and knew the Russian army was pushing back the Germans.

We went on the train with all the other Jewish families. Each family was allowed to take only one suitcase. We had to leave everything else behind. The train had no seats. Everybody had to stand. It was crowded. There was no room to move around. There was only one bucket for a toilet, but it got filled up fast and would spill over. We were on this train for three days straight and had nothing to eat or drink. Many people got sick. Some even died.

We arrived at a camp called Auschwitz, which is in Poland. There were a lot of German soldiers with machine guns and barking dogs. We saw other people with their heads shaven and wearing what looked like striped pajamas. We were all very frightened. Many children and women were crying. The guards would yell at us to be quiet. This is where by family and I was separated. I was fourteen years old and my brother Beryl was fifteen. However, when we were asked if we were over sixteen, we said "yes" and the guards told us to go stand with a different group. That was the last time I saw my parents and my other brothers and sisters. My brother and I stayed in a barn for about nine days and then were sent to another camp in Austria call Mutthausen. We had to work in the coal mines from morning to night. Our one meal of the day was one slice of moldy bread and a bowl of watery soup. At night we were crowded together in a bunk, with about three people in one bed. We got weak and sick very fast, but if we didn't work we'd be beaten or shot. One day my brother died from hunger and disease.

I was at Mutthasuen for almost one year. In the early spring of 1945, we started hearing bombs getting closer and closer. We knew the Germans were being defeated. One day the camp was deserted and then the American army came to free us. I weighed about 70 pounds at the time and was really weak. I am not sure how I survived. I guess I was just lucky and was determined to go on. If the Americans had come a few days later I might not have survived. We stayed in the camp until we got healthy again and then everybody went to their homes to see who else from their families were still alive. I also went back to Satmar and found out from other people that no one else from my family survived. I stayed in the town for a few months hoping someone would return, but no one did. I left Satmar in early 1946 and never went back. I eventually made my way to Israel to help create a Jewish country so that the Jews would have a place of their own and a place to run if they were ever in danger again.

SEE PICTURES PAGE 4

## CKS Donations

*CKS gratefully acknowledges the generosity of our members and friends.*

Donation in honor of Richard and Sheryl Rosenberg's anniversary and Sheryl's birthday:

*Harry and Kristina Wise  
Marc, Harlene and Brian Rosenberg  
Timothy and Leslie Kowalski  
Dane Cochran and Meryl Bisberg  
Karen and Jon Bartels*

From Richard and Sheryl Rosenberg:  
*in honor of Kate Fridkis' birthday*

From Marc, Harlene and Brian Rosenberg:  
*in honor of the engagement of Alex Jones and Allison McCarthy*

From Marian Tesser:  
*Tree of Life leaf in honor of Marissa Applegate's Bat Mitzvah*

From Natalie London:  
*Passover donation*

From Eric Applegate and Debbie Tesser:  
*In honor of Marissa's Bat Mitzvah; 2) in memory of Harvey Tesser; 3) in honor of Rebecca Underberg-Davis' Bat Mitzvah; 4) in honor of Sheryl Rosenberg's birthday & Sheryl & Richard's anniversary; 5) in honor of Kate Fridkis' 21st birthday.*

From Herb Milich:  
donation

From Meryl Bisberg and Sharon Underberg-Davis:  
*Piano tuning in honor of Rebecca Underberg-Davis' Bat Mitzvah*

From Andrew Sokel:  
*building materials*



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**GREAT SUMMERS HAPPEN BY CHOICE,  
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## Committee Happenings

### Empty Nesters

Finding yourself at loose ends now that the kids are out of the house? Looking to join a congenial social group to occupy some of that new free time? Craving activities with grownups, activities that are fun, cultural (sometimes) and which always include food? Then Empty Nesters is for you.

We are open to singles and couples. We meet once a month. Each member unit takes a turn at planning the activities. We have visited museums, restaurants, had potlucks and many other activities. We always enjoy being together, talking and sharing.

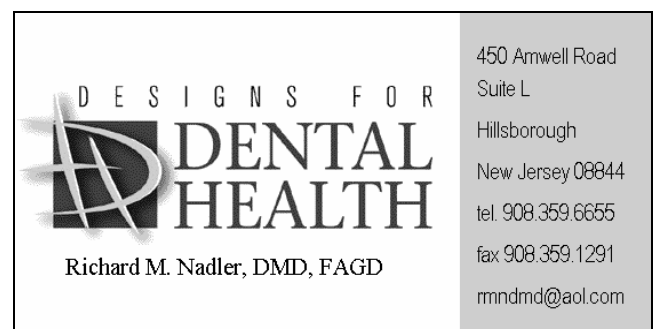
If you think Empty Nesters is for you, or you have questions about us, please contact Richard and Sheryl Rosenberg at 908-253-7049 or [swellcourt@verizon.net](mailto:swellcourt@verizon.net) (with Empty Nesters in the subject line).

### Sisterhood

Attention Women of CKS:

Leslie Kowalski and I are going to try to re-start our sisterhood. Our goal is to get to know more members of CKS and have some fun together. Our first event will be a dessert night at Old Man Rafferty's in Hillsborough, probably in mid-late April. We welcome everyone to the event and would love suggestions on what we should do as a group. If you are interested in joining us (no long term commitment required) please send your email contact info to Lisa's assistant at [annie@luminationsgroup.com](mailto:annie@luminationsgroup.com) with a note that says "put me on the CKS Sisterhood distribution list". Thanks and hope to see you soon!

Lisa Kent  
[lisa@luminationsgroup.com](mailto:lisa@luminationsgroup.com)



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SALES REPRESENTATIVE

## Reminders of Ultimate Truths



A flood. A shooting.

Within hours of each other, reminders of our ultimate powerlessness against natural forces, the fragility of life and the necessity of community.

Anyone who witnessed the flooding here in Central NJ was reminded that despite our

technology and engineering **we exist at the whims of nature**. The sight of the Raritan River flowing through Bound Brook, or of the bridge over Pike Creek all but submerged in the flooding waters was a profound witness to forces greater than our own. We delude ourselves if we think that our homes are permanently and eternally secure.

The tragic deaths on the Virginia Tech campus reminds us that:

•**Any moment may be our last.** We get up in the morning, go about our daily routine and so rarely consider the gift that is each day and that our last interaction with our loved ones may be our last. Have we asked forgiveness for what we regret? Have we taken care of things as well as possible?

We are taught that we should "repent one day before we die." Rabbi Eliezer taught this truth, to which one of his disciples asked, "but do humans know the date of their death?!" Rabbi Eliezer replied, "Therefore you should repent today lest you die! (Babylonian Talmud, Shabbat 153a)

•**There are people hurting among us** - we cannot marginalize or ignore them. I saw NBC airing the video sent to them by the shooter. It was painful to watch; he was so clearly psychotic. He did not share a reality with those around him. He was not in control of his actions. Yet even with his documented history of mental illness, he was able to purchase handguns and ammunition. As the former Secretary of the Labor, Prof. Robert Reich noted in a commentary, the shooter would have needed a prescription from a physician to get the drugs that might have helped him; he did not need to be evaluated by anyone to buy the pistols he used. Without getting into the issues of individual liberty vs. public safety, it seems to me that we ought to make the effort to know our neighbors better and to help where and when we can. It may save our lives.

•**Sometimes ordinary people do heroic things.** Who would have thought that a man who survived the Sho'ah and a lifetime of repression under a totalitarian regime would die saving his students by his act of self-sacrifice? The story of Liviu Librescu, professor of engineering whose presence of mind and personal courage in blocking the door of his classroom with his body allowed almost all of his students to escape alive. His sacrifice made it possible for other, younger people to live.

•**We are all connected.** Because of the sizeable international student population and of the age of immigration in which we live, the circles of pain suffering and grief radiating from the V.T. campus cove large swaths of our planet. For the best poetic expression of this image of

connection see Yehuda Amichai's poem, "The Diameter of the Bomb": <http://lennon.csufresno.edu/~kds31/ami1.html>

Note that in the last line where it says "makes a circle without end and without God" the Hebrew Amichai used for *without end (ein-sof)* is one of the many Hebrew names of God (!). The sentence could be translated as: "makes the circle the Endless and Godless."

•**Human kindness is all we really have:** One of the most touching tales of survival during the shooting was from a very lucky young man who came through it uninjured while fellow students all around him died or were severely wounded. He recalled being on the floor near to a female student he didn't know. During the shooting, a bullet grazed her back. Yet unlike others who covered with eyes closed facing their deaths, they looked into each other's eyes. Not at the carnage around them, and not even to the fear and terror on their faces, but into another human face. The essential human need for each other, for community, in a moment of irrational and grotesque horror.

To me acting humanely, humbly, courageously and compassionately is being Godly. May we work on ourselves so that we can face whatever may come our way with Godliness.

*Rabbi Michael Tayvah*

# Kindercapers

Now in its 13th full year, the JCCBM's non-sectarian pre-school for children 2-1/2 to 5 years old, offers a unique atmosphere, giving children a chance to explore, create, and, most importantly, learn to think and reason.

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Questions?  
Call Peggy Fass 609-466-0146  
or Harlene Rosenberg 908-874-8283





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908-874-8464

## Hebrew School Happenings



### May

2 Wednesday  
 6 Sunday Lag B'omer *Cooking crafts/ Lindsey*  
 9 Wednesday *Cooking*  
 13 Sunday- **Music**  
 16 Wednesday - *Mock Shabbat* 5/6 grade  
 20 Sunday Siyum School runs 10-12 for all sessions- **Dance**

This month promises to be lots of fun between the Lag B'omer activities on the 6<sup>th</sup> and the Siyum on the 20<sup>th</sup>. Please be aware that we are trying a new format for the Siyum this year. All classes will meet at 10 AM for dance, music, fun and games and will culminate in a short award service. Following the Siyum, there will be a community barbeque and the Annual Congregational meeting. Please come and bring your friends and neighbors. Also on Sundays this month from 11-12, we are offering a free program for children who are not enrolled in Hebrew School. Please call the Hebrew School Office or send email if you are interested or know someone who is interested.

### **Summer Hebrew School for All Ages**

The Kehilat Shalom Hebrew School is offering a 6-week program for current students and adults interested in keeping their Hebrew fresh over the summer. The program is designed for all levels of Hebrew knowledge and is a great way for your child to get caught up or get ahead for next year.

When: July 10 – August 14, 2007

Day: Tuesdays

Time: 5:30 – 6:00 Pizza Break; 6:00-7:00 Hebrew Learning

Teachers: Dori Daus and Eli Ungar

Cost: \$100 per student: \$5 per student/night for Pizza

To register, contact Dori at [Dori@ksnj.org](mailto:Dori@ksnj.org) or leave a message on the voice mail (908) 359-0420 x4

*Dori Daus*, Principal



### **Shabbat Superstars!**

<b>March 2</b>
Allison Kent 7th
Josh Kent 9th
Susan Rosenthal 4th
Zach Anderson 8th
Jeremy Bilotti 6th
<b>March 9</b>
Emily Campeas 7th
Jackie Konkowski 7th
<b>March 10</b>
Harry Waskow 6th
Monica McNamara 7th
<b>March 23</b>
Ben Applegate 4th
Marissa Applegate 7th
Becca Underberg-Davis 7th
Rachel Underberg-Davis 4th
Jeremy Bilotti 6th
These students and families should be commended as attendance at services is the best way to be comfortable with the prayers and the order of the service! Great job!

### **Cooking With Josh**

In April, we celebrated Yom Ha'atzmaut (Israeli Independence Day). Each grade had the opportunity to cook a different Middle Eastern dish to experience the foods commonly eaten in Israel. At the end of each session, we all got together to sample falafel and hummus made from chickpeas, Israeli chopped salad full of cucumbers and tomatoes, baba ghanoush made from grilled eggplant, and blue and white (Israeli flag) cupcakes. All these recipes can be found on a great website that shows films of how to make these delicious dishes. Go to [www.videojug.com/](http://www.videojug.com/). Then go to "food" and then choose "middle eastern." Here is my favorite recipe for hummus. Serve it with pita bread or carrot sticks.

#### Hummus

- 1 15 ounce can chickpeas (garbanzo beans)
- 2 gloves garlic
- 1 teaspoon cumin
- 1/3 cup water
- Juice of one lemon
- 6 tablespoons sesame tahini
- 1 teaspoon salt
- Pepper to taste

Drain chickpeas. Put all ingredients in a food processor and process until smooth. If too thick, add a little more water.

Hope you all have fun cooking!

Josh Fischman

### HEBREW HIGH SCHOOL

**Registration:** Registration information for the 07-08 school year has been emailed to congregational families with post b'nai mitzvah teens. Hebrew High School is modeled after adult-education classes and features a wide array of topics for discussion. The class meets on Wednesday for 8th, 9th, and 10th grade students and on Thursdays for 11th and 12th grade students. The two hour sessions from 5:00-7:00 are split into two sections, each with a separate focus and are taught by the rabbi, CKS congregant, paid teacher, or guest speaker. Class begins with an informal dinner (pizza) and time to socialize.

If you haven't received an email about Hebrew High school for 07-08, please contact me.

**Attention: 7th grade students and their parents:** During the last two sessions of Hebrew school, 7th graders will be invited to sample Hebrew High school. On May 9th, the 7th graders are welcome to participate in a class of Hebrew High. On May 16th, the 7th graders are invited to a year-end party with the Hebrew High school students. There will be an information session for parents of 7th grade students on May 9th. Please mark your calendars for these events. More information will be sent in the weekly congregational emails.

Here's what's been happening in Hebrew High School during the month of April.

#### From congregant Jeremy Lerner:

This is Jeremy Lerner, a now proud "Hebrew High" volunteer, with an activity report.

So far I have participated in three sessions. In two of these (with different classes) I shared my experiences from growing up in Wales after WW2, to my subsequent conversion to Judaism. We discussed "magic moments", or turning points, in life. "Instant decisions" we make without hesitation; without regret. Decisions that sometimes defy a simple answer to the question "why did you do that?"

During the third session we discussed a project in the School of Medicine at the University of Pennsylvania that uses an instrument I devised to monitor the effectiveness of cancer therapy. The students were given "normal tissue", they added "pollutants" to make it "cancerous" and then "cured it" by adding "medication". We discussed that if all goes well, we will use light and color to track the progress of a tumor from "bad", "getting better", all the way to "look its gone!" The goal is to speed the journey to wellness for individuals undergoing cancer therapy. Consequently, discussions were centered on the impact of cancer on individuals as well as those of family and friends.

Lastly, I would like to make a general comment about volunteering for Hebrew High. It was an incredibly rewarding experience! Our Hebrew High students are so smart, caring, and so manifestly perceptive that I ended up learning more about myself. This came as a surprise!

**To any Temple members/parents thinking about volunteering for Hebrew High – just do it – you will not regret it. If you have never considered volunteering, please do so now. You can make a difference, and have a great time doing it!** If I am lucky, I will be invited back!

#### From congregant teacher Susan Waskow:

Hebrew High has missed a few classes as we were closed during Passover. We did enjoy the warm weather by taking a break from studies and played Frisbee on a recent beautiful spring day. We've also been playing the Jewish version of the board game Apples to Apples. As a result, the students have been getting a quick overview of Yiddish phrases and Jewish popular culture not usually discussed in Hebrew school. We welcomed Erica Gavzy to our midst as she has recently celebrated her bat mitzvah. We

hope other recent bar and bat mitzvahs will join us as the academic year draws to a close.

**Eli Unger** has continued to teach Thursday's class conversational Hebrew. This month they learned to count to 4,000! Eli also discussed Israeli current events with the class.

Thanks to all our teachers in the Hebrew High school program - Rabbi Michael Tayvah, Susan Waskow, Eli Unger, and new this month, Jeremy Lerner. By the way, Jeremy, you are invited back! Also appreciated are the parents and teens who purchased pizza for the month. Thank you - Lisa Kent, Tom Berger, Natalie London, Sue Krisloff, Carrie Fischman, and Jake Fridkis.

Shalom,

*Karen Fridkis*, Hebrew High School chair [kfridkis@comcast.net](mailto:kfridkis@comcast.net)

### CONGREGATIONAL KEHILAT SHALOM YOUTH GROUP

The planned youth group activity for April is an informal get together at shul on Sunday evening, April 29th. Plans were underway at the time of this column for the youth group to meet at CKS for dinner and socializing. While the adults are having a congregation wide meeting, the teens can be together in the social hall playing board games and cards as well as baby-sitting (if needed).

Looking ahead to May and June, the youth committee is hoping to organize two final events for the year. Possible activities are a canoe/kayak trip and shul-in. Details for both will be forwarded in the weekly congregational email updates.

**The youth committee is seeking new members.** Volunteers are needed to plan, organize, and chaperone next year's youth events. If you have a teen who is interested in participating in youth group events, or if you like working with teens, or even if you have a good idea or two for a youth event, please consider joining the youth committee. The committee does most of the work via email, with an infrequent meeting or two during the year.

### RECONSTRUCTIONIS REGIONAL YOUTH GROUP

In came the nor'easter and out went the scavenger hunt on April 15. No fear, the event was rescheduled for the following week and hopefully the weather cooperated this time. Josh Goldsmith writes: We'll celebrate the beautiful month of April with a scavenger hunt across Princeton's campus and up and down Nassau Street. Who knows what you might have to find—it could be a Bent Spoon cupcake, a napkin from the WaWa, or John Nash! Which team will emerge victorious? We'll find out in our Princeton Scavenger Hunt!

The other April regional event was **The Noar Hadash North American Teen Kallah** on April 27-29. Teens joined from all across North America for an amazing weekend. Reconstructionist teens met to get to know other Jewish teens, have fun, take part in experiential Jewish learning, sing and dance, hang out, and connect with peers from across our exciting youth movement.

#### SAVE THE DATES:



**Sunday, May 6** - picnic, canoeing, and trash pick-up service project.

**Sunday, May 20** - Bonfire and cookout.

Time and place for both events to be announced.

*Shalom,*

*Karen Fridkis*, Youth group chair [kfridkis@comcast.net](mailto:kfridkis@comcast.net)

	<b>BORDERS</b> Bridgewater Commons 908-231-0111 Borders Books & Music Sponsor of the JCCBM Bookfair	
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Jewish LIFE thanks everyone in the community who attended the programs and events offered this season. The Jewish LIFE committee is currently planning the new season. The brochure for the 2007-2008 season will be published in the Fall.

### Volunteer at Stein Hospice

The Martin and Edith Stein Hospice is the only Jewish hospice serving the counties of Middlesex and Somerset Counties that brings their team of caregivers to people's homes- whether a private residence, an assisted living or select nursing homes. They currently care for several patients at the Regency Heritage (Jewish Home) in Somerset, as well as at private homes in Somerset, Bridgewater, East Brunswick and Highland Park. They are in need of caring volunteers who have the desire to offer companionship and support to patients and their families. They also need steady volunteers in the office to help with administrative tasks that support their nurses, social worker and rabbi.

If you have the time and desire to do this special mitzvah, contact:

**Sara Culang**  
**Martin and Edith Stein Hospice**  
 49 Veronice Avenue  
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Upcoming Events...



#### Healing Worship Service

**When: Wednesday, May 30**, from 7:00 to 8:30 PM  
**Where:** Temple Beth-El, 67 Route 206 South, Hillsborough  
**Fee:** None

Rabbi Arnie Gluck, spiritual leader of Temple Beth-El and Cantor Ted Labow will lead an uplifting and reflective service with prayers, meditations and music that promote a sense of wholeness and well-being. The entire community is invited to attend.

#### Coping with Loss - Bereavement Support Group with Rabbi Robin Nafshi and Lillian Swickle, ACSW

**When:** Tuesday evenings, 7:00 PM to 8:30 PM –  
**May 1, 15, 29, and June 12**  
**Where:** Jewish Family Service, 150 W, High St.  
 Somerville, NJ  
**Fee:** \$ 40.00 (\$10.00 per session)

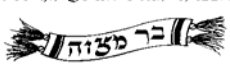
Rabbi Nafshi and Lillian Swickle are creating a safe and supportive space for individuals who have experienced a recent or not-so-recent loss to talk, to listen to others, and to learn practical and spiritual tips to cope and gain strength and healing. Please call Ohr Tikvah to register to ensure a minimum of eight participants in the group.

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# MAY 2007

What's going on at Congregation Kehilat Shalom?

May 2007  
13 Iyyar 5767 - 14 Sivan 5767

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 13 Iyyar 28 L'Omer	2 14 Iyyar 29 L'Omer \$8:41PM PESACH SHEINI Hebrew School & 8/9 Hebrew High Schools 5 - 7 PM	3 15 Iyyar 30 L'Omer 10 - 12 Hebrew High School 5 - 7 PM	4 16 Iyyar 31 L'Omer ii7:40PM 7 PM Singing & Storytelling Shabbat evening service	5 17 Iyyar 32 L'Omer \$8:44PM Emor: Levit. 23.23-24.23 Ezekiel 44.15-31. 10-11:30 AM Torah Study Sanctuaries in Time
6 18 Iyyar 33 L'Omer \$8:45PM LAG B'OMER Hebrew School 8:30 - 10:30 a.m. and 10:45 a.m. - 12:45 p.m. Lag B'omer program	7 19 Iyyar 34 L'Omer	8 20 Iyyar 35 L'Omer 7:30 pm Board of Trustees Mtg.	9 21 Iyyar 36 L'Omer Hebrew School & 8/9 Hebrew High Schools 5 - 7 PM	10 22 Iyyar 37 L'Omer 10 - 12 Hebrew High School 5 - 7 PM	11 23 Iyyar 38 L'Omer ii7:46PM 7:45 PM Food for thought Shabbat Service	12 24 Iyyar 39 L'Omer \$8:50PM Behar: Levit. 25.35-26.2 Behukotai: Levit. 27.9- 27.34 Jeremiah 16.19-17.14. 4:30 PM Shabbat Minhah Service; Alexis Shemesh's Bat Mitzvah celebration
13 25 Iyyar 40 L'Omer Hebrew School 8:30 - 10:30 a.m. and 10:45 a.m. - 12:45 p.m.	14 26 Iyyar 41 L'Omer	15 27 Iyyar 42 L'Omer	16 28 Iyyar 43 L'Omer \$8:54PM YOM YERUSHALAYIM Hebrew School & 8/9 Hebrew High Schools 5 - 7 PM	17 29 Iyyar 44 L'Omer 10 - 12 Hebrew High School 5 - 7 PM	18 1 Sivan 45 L'Omer ii7:53PM ROSH HODESH Num. 28.1-15. 7:00 PM Shabbat Service	19 2 Sivan 46 L'Omer \$8:57PM Bemidbar: Num. 3.40- 4.20 Hosea 2.1-22. 9:30 AM Shabbat Shaharit Service; Mia Van Peenan's Bat Mitzvah celebration
20 3 Sivan 47 L'Omer Hebrew School Siyum 10:00 - noon all sessions 12:30-3:00 PM Annual Congregational Meeting	21 4 Sivan 48 L'Omer	22 5 Sivan 49 L'Omer ii7:56PM EREV SHAVUOT	23 6 Sivan \$9:00PM SHAVUOT (YIZKOR) Exo. 19.1-20.23, Num. 28.26-31. Ezekiel 1.1-28.3.12.	24 7 Sivan	25 8 Sivan ii7:59PM 7:45 PM Shabbat Service	26 9 Sivan \$9:03PM Naso: Num. 7.18-7.89 Judges 13.2-25.
27 10 Sivan	28 11 Sivan	29 12 Sivan	30 13 Sivan	31 14 Sivan		

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

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B'nai Mitzvah (training, service questions)	Rabbi Tayvah- 908-359-0420 ext. 2 rabbi@ksnj.org
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