

THINGS WE DO

Men's Club Meeting

Sunday, January 7, 2007

The Society of Israel Philatelists

January 8, 9 and 29

Adult Yoga Class

Starting Thursday, January 11

Italian Shabbat Theme Dinner

Friday, January 12

Family Shabbat

Friday, January 19

50 plus

January 23rd, 1:00 pm

Painting on Silk - Matzah Covers

Wed, January 24, 7:30 pm &

Sun January 28, 10:00 am

Tu B'Shevat Program

Friday, February 2

Lunch and Sing

Saturday, February 3

Cooking with Stacey

Starting Tuesday, February 6

Israeli Dancing

Saturday, February 10

See Inside for Details On These and Many More Events

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Sometimes On a Saturday Morning

From time to time I will see a man without a tallit at Shabbat services and figure there's a pretty good chance he is a non-Jewish guest, especially if there is a Bar or Bat Mitzvah ceremony in progress. So we stand up and he stands up, we sit down and he sits down. He is being respectful, but it's obvious that he doesn't have a clue.

I have attended church services on occasion and I have the advantage of being able to read English so I can take part in the service where I feel comfortable, or just follow silently at other times. I feel empathetic towards

Continued on page 10 . . .

From the Delegate's Seat

An overview of Women's League Convention 2006

From arrival early Sunday morning November 12 at the Sheraton City Center Hotel in Philadelphia, there was non-stop catching up with old friends like Rabbi Eligberg's mother – Leona from Montreal and her friend Patsy Aronson from England to meeting and working with new friends like Wanda Pitzele from Central Branch and Paula Coplon from Marietta, Georgia, Southern Branch.

No sooner had we registered then it was time for our first seminar, the Eichel Chayil Personal Seminars.

Continued on page 24 . . .

Eishet Hayil Nomination: Ruth Anne Koenick

Prior to the bi-annual Women's League convention, each Sisterhood chapter was asked to nominate its Eichel Hayil. What follows is our description of Ruth Anne Koenick as printed in the convention program booklet for the Eichel Hayil luncheon which honored many fine women. Please also see the copy of the beautiful certificate Ruth Anne was presented with as recognition of this honor.

Ruth Anne Koenick is B'nai Tikvah Sisterhood's Woman of Valor, our Eishet Hayil. Her role as wife, mother, friend, educator at Rutgers University, and director

Continued on page 21 . . .

PRESIDENT'S MESSAGE

All of us joined Congregation B'nai Tikvah for a reason. Something drew us here. For some it may be to make sure our children have what we never really had growing up. For others, it's to become closer to G-d. Maybe it was to learn about your heritage, your religion, or maybe just to be a part of something you can feel good about. For some, it just happens to be convenient, and that's OK too. Whatever our personal reasons, there's a place for us here.

Continued on page 5 . . .

THE RABBI SPEAKS Rabbi Michael Goldstein

“Let It Grow”

Do you like to eat olives, figs or grapes? How about barley or toasted wheat? Do you put honey on your toast? Have I got a holiday for you! Read on and mark the date in read on your calendar as you will not want to miss it - **Friday evening, February 2nd**.

As I write my column this month, the weather is appropriate to my topic. It is far closer to the temperature of the Galilee and northern Israel than it is to New Jersey. I will seize the opportunity and remind us that although it is the middle of the winter in our area, it is the middle of the life-giving rainy season in the Land of Israel. December through February is when the bulk of the Winter rains fall. The temperatures tend to be in the 40's to 60's throughout the country and everything is green and growing. No wonder our ancestors in the 16th century established Tu B'Shevat in this season. Although the name derives from the date, 15th of Shevat, it is really a celebration of the Land of Israel and especially of the “Seven Species” listed by the Torah as the central produce of Israel. “*A land of wheat and barley, of (grape) vines, figs and pomegranates, a land of olive trees and (date) honey (Deuteronomy 8:8).*” It sounds very similar to the now famous Mediterranean diet that is supposed to be good for us. There is lots of good anti-oxidants, fiber and “good” cholesterol in these foods. In past years, B'nai Tikvah has marked Tu B'Shevat with an elaborate Seder, a mystical Kabbalistic tradition almost four hundred years old.

This year, we are going to combine the camaraderie and fellowship of a communal Shabbat dinner with a celebration of the Land of Israel. We will orient our menu to include foods from Israel. In particular, we will focus on using the Seven Species in the different dishes in celebration of Tu B'Shevat. We will prepare the food ourselves, and volunteers to help with the cooking will be welcome, of course. What is a good meal without a good wine? We will taste four different wines from Israel. If you have not tried Israeli wine recently, you have been missing a lot. (If you like them, perhaps you will decide to purchase them from Sisterhood to enjoy at Pesach!) We also will share some poems, songs and readings related to the Seven Species. It will be a very enjoyable evening February 2nd beginning at 6:00 PM.

The month of January is also the perfect time to show support for Israel in another way. This is the traditional month to plant trees. The soil is well-

watered and the tree seedlings can take root quickly. The custom of planting trees around the time of Tu B'Shevat began with the Zionist return to the Land in the late eighteenth and early nineteenth century. That time also marks the beginning of the famous Blue Boxes campaign. This past summer, the forests of Northern Israel suffered serious damage from the hundreds of Hizbullah-fired rockets and the fires they caused. Large areas must be replanted and parks rebuilt. The JNF is in the forefront of this work, and now is the time for us to help. We can go to www.jnf.org to read a report of the damage and details on the effort to repair it. We can also donate on line.

As winter surrounds us here, think sunny Israel and get into the spirit of Tu B'Shevat.

Lehitraot,

Rabbi Michael Goldstein

7 West Church Street
Milltown, NJ 08850
732-729-1999



- Old fashioned candies
- chocolates
- Sugar-free assortment
- kids novelties
- custom favors and gifts

Something for everyone!

CONGREGATION B'NAITIKVAH'S WINTER

BLOOD DRIVE JAN. 21

Thanks to
Jeff & Bil Keane



At the Synagogue 11 am until 3pm...

Dolly has a very good Question!

Donors 17 and up must be in good general health, and weigh at least 110-lbs. Please eat before donating. And have an ID with your signature.

FDA regulations require a social security number on your donor application. Your help is vital. Lend a hand, be a donor! And bring a friend, or two!

For more information about Two-Unit ALYX donations, visit The Blood Center of N.J. at www.bloodnj.org.

Questions?
Call Marty Engel @ 732 297-3198

ACTIVITIES AT A GLANCE

- Every Tuesday
8:00 -10:00 PM Open Court Men's Basketbal
- Every Thursday
7:00 - 8:00 PM Adult Yoga Class (Except Jan. 4)
- Every Saturday
10:30 AM Junior Congregation Service
- Thursday, Jan. 4th
7:30 - 9:00 PM USY Meeting
- Friday, Jan. 5th
6:00-8:00 PM USY Dinner
- Sunday, Jan. 7th
10:00 AM -12:00 Men's Club Meeting
- Monday, Jan. 8th
7:30 - 10:00 PM Israel Stamps Club Meeting
BT Chapter - All Welcome
- Tuesday, Jan. 9th
7:30 - 10:00 PM Israel Stamps Club Meeting
BT Chapter - All Welcome
- Wednesday, Jan. 10th
7:30 - 10:00 PM Adult Education Program
- Thursday, Jan. 11th
7:00 - 8:00 PM Adult Yoga Class
- Friday, Jan. 12th
6:30 PM Italian Shabbat Theme Dinner
8:00 PM December Birthday Shabbat Service
- Thursday, Jan. 18th
7:00 - 8:00 PM Adult Yoga Class
7:30 - 9:00 PM USY Meeting
- Friday, Jan. 19th
6:00 PM Family Shabbat Dinner (Breakfast)
and Services (ages 2-7 & their family)
- Sunday, Jan. 21st
Blood Drive
Kadima Day
- Tuesday, Jan. 23rd
1:00 PM 50+ General Meeting
- Wednesday, Jan. 24th
7:30 PM Sisterhood Meeting
8:00 PM Adult Ed Program: "The Story of an
Intermarriage Gone Right" – The Story
of Esther.
Presented by Dr. Kerry Olitzky of the
Jewish Outreach Institute. Part 1
- Thursday, Jan. 25th
7:00 - 8:00 PM Adult Yoga Class
- Sunday, Jan. 28th
Sisterhood Meeting
- Tuesday, Jan. 9th
7:30 - 10:00 PM Israel Stamps Club Meeting

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OUR HAZZAN'S VOICE Cantor Bruce Rockman

Being there is the Most Important Form of Consolation

When my mother, Bashe of blessed memory passed away in 1997, our community guided us through the mourning process. I will never forget those people who helped us with the arrangements, prepared our home for shiva and filled our home with warmth and optimism. I think those who you who have lost a close relative understand with very few words, the dilemmas and pain of a mourner. For some this helps make us more understanding and compassionate individuals. There is an understanding among mourners, a sense of authentic empathy.

This article deals with our reality and is not intended to be sad tale of tribute. I intend to remind you that there is hope and inspiration that can be a wellspring of spiritual growth at times of grief. We look to our tradition for comfort. We turn to our religious leaders, people with experience, compassion, understanding and knowledge to guide us through a labyrinth of rituals and emotions. A rabbi and or a cantor typically direct the process but the role of friends and the congregation can be as powerful and as significant as the role of the clergy.

It is comforting to know that as a member of a spiritual community, many of your needs will be cared for. Friends will oversee preparations for shivah and will try to help you cope during this very sad and stressful time. As a mourner, we are overwhelmed with grief and should not need to deal with daily trails and tribulations. At the same time, life continues for the mourner who, while attempting to cope, is often confronted with the reality of daily life. Some are relieved to get their minds off of their loss and prefer the distraction to their pain.

One of the biggest challenges during shiva is for the friends and the community. Unless we are particularly close to the family, many people do not know what to do. Though saddened by our friend's loss, people often feel understandably uncomfortable attending funerals and shiva homes in particular. **Being there is the most important form of consolation.** You are there to show your support and that you are concerned. You are honoring the deceased and doing a mitzvah. What should you say? Not much. Offer your condolences and listen if the mourner wishes to speak. Your presence has already helped the healing.

There are wonderful books about the Jewish way of mourning, one such book is "A Time to Mourn, a

Time to Comfort" by Dr. Ron Wolfson and David J. Wolpe. Many people depend on such books for guidance while engaged in the mourning process, which is understandable. But if you read these books while **not** grieving, you will not only understand the process better but you will be a greater asset and better friend to those close to you who mourn.

It is inevitable that we all experience sorrow and loss during this long grieving and healing process. Each morning we recite *Psalm 30* prior to the first kaddish of the *Shacharit* or morning service, recognizing our grief, confusion, and desolation. This Psalm, as our tradition teaches us, concludes hopefully.

*"You transformed my mourning into dancing,
my sackcloth into robes of joy-
that I might sing Your praises unceasingly,
that I might thank You, Adonai my God forever."*

Cantor Bruce Rockman



SCHEDULE OF DAILY SERVICES

Sunday	9:00 AM Shahareet	7:30 PM	Mincha/Maariv
Monday		7:30 PM	Mincha/Maariv
Tuesday		7:30 PM	Mincha/Maariv
Wednesday		7:30 PM	Mincha/Maariv
Thursday	7:00 AM Shahareet	7:30 PM	Mincha/Maariv
Friday		8:00 PM	Kabbalat Shabbat
Saturday,	9:30 AM Shabbat	4:15 PM	Mincha/Maariv

Babysitting available Shabbat morning 10:00 AM - 12:00 PM

HAKOL

The Newsletter of
Congregation B'nai Tikvah
JCC of North & South Brunswick
 1001 Finnegan's Lane
 North Brunswick, NJ 08902

Published monthly except for July and August. Submissions are welcomed about Congregation events, group activities, and other material relevant to the Jewish community.

All Submissions for HAKOL are due by the 15th of the preceding month

We recommend sending submissions and correspondence via e-mail to:
Hakol@bnaitikvah.org

All e-mail submissions are acknowledged via e-mail. You may also put submissions in the HaKol mailbox in the synagogue office. All submissions are subject to available space and editorial constraints. Please call Phil Welsher at 908-874-0959 if you have any questions.

SUBMISSION FORMATS:

Text:

Editorial submissions should be in MS-Word, AppleWorks, plain text, rich text format or typed directly into the body of an e-mail. No special fonts or graphics embedded in the text file will be guaranteed. Graphics and photos should be submitted separately, rather than inside other files or documents

Graphics & Images:

Advertisements should be submitted in one of the following formats: Quark 5.0 or earlier, Indesign CS1, PDF, EPS or TIFF, BMP or JPEG files may also be used. All text should be converted to black and white. All images should be converted to grey scale.

All images submitted for scanning must be photo or photo quality images.

ORDER FORMS & FLYERS:

Submit order forms and inserts to be sent with the HaKol mailing to the editors by the 15th of the preceding month

FOR ADVERTISING INFO:

www.bnaitikvah.org/hakol.html
 HaKolAds@bnaitikvah.org
 or 732-846-8692

PRESIDENT'S MESSAGE Dan Greenberg

Continues from page 1;

Sometimes however, in the fast-paced world in which we all live, it's far too easy to overlook things that go on at the synagogue. It's more comfortable to stay at home, or to not have to rush back from somewhere, or to simply overlook synagogue events. For whatever reason, they tend to be relegated to the bottom of the priority list, casually forgotten and effortlessly disregarded.

So let's take a look for a minute at some of the things that went on in our building and our community this past month alone:

There was a presentation by Sergeant Robert Garofolo addressing the sites that your children visit on the Internet, and how you can keep them safe as they surf.

There was a Chinese buffet dinner, accompanied by a presentation by two families who recently enjoyed a trip to the Orient.

The Jewish Perspective on Organ Transplantation was discussed by a panel of speakers including organ donor family members, living donors and transplant recipients.

Two residents of the Middle East Coexistence House at Rutgers spoke about their experience and motivations in forming a community where Jews, Muslims, Christians, Hindus and Agnostics all live together.

A special Hanukah Bazaar was held in the multi-purpose room on two successive Sundays.

Dozens of people with kids aged 2-7 enjoyed the dinner and the Family Shabbat service.

We celebrated Hanukah in our synagogue with dreidels, donuts, music and singing and then came together to talk business at our semi-annual congregational meeting.

Students and adults shopped at the Religious School Book Fair.

Yoga, Open Basketball, cooking classes and the Society of Israel Philatelists all met regularly.

We reached out to the community and hosted over 100 people at our first (hopefully annual) Community Hanukah party at Carolier Lanes. Dinner, music, bowling, games, gift bags and more were enjoyed by all who attended!

Vital Pharmaceutical Topics That Concern Us All was presented by Dr. Linda Gooen & Ann Zar Taub, RPh, and covered this like how medications can hurt rather than help, related economic issues, proper management of pharmacology to stay healthy longer and much more.

The movie "A Kid from Brooklyn" was screened.

So how many events did you and your family come to? How many activities did you participate in? As January begins, have you made plans to come to B'nai Tikvah for the exciting things we have on the calendar in coming weeks? I hope to see you soon!

B'shalom,

Danny Greenberg

THE OFFICE VOICE Nitsat Hadas Elami – Administrative Director

By the time you read this article, the Hanukah Bowling Party will have already taken place and hopefully was a success. Perhaps some of you wondered how we could afford to offer such a rich program (including food) for such a small fee per person. The answer is a community effort!

First of all, to help us save money we had volunteers who prepared some of the food and picked some of it up. Unfortunately, as I write this article I don't yet have the names of these wonderful volunteers. Please know your efforts were greatly appreciated. In addition to these volunteers, we also had help from our food provider – Levy's Kosher Italian Cuisine in Manalapan (732-683-9978). When they heard of our community-wide Hanukah Party, they offered us a nice discount so that we could afford the food we wanted within our budget.

Additional help came from the Bowling Alley (Brunswick Zone, Carolier Lanes in North Brunswick) who also discounted our fees in a joint attempt to bring people in to bowl and to enjoy the Holiday.

The Holiday Season isn't the only time of the year that members of the community – synagogue members and non-members alike – have come together to benefit the synagogue. Here are a few examples:

Recently we painted parts of the outside front of the building, above the windows of the Lobby, the offices and the old school wing. When we asked for bids on the painting, there was one contractor, Frank Hagen, who gave us a big discount. He said that he would like to help our community and, if we were happy with his service, he hoped to gain more work from our members. His price after the discount was about 30% less than the closest bid for the same job. I am glad to tell you that we are very happy with the work he did! If you are looking for painting or other small repair jobs at home, you might want to give Frank a call at 732-762-4287.



(732) 329-2255

DR. STEVEN B. DICKERT

CHIROPRACTOR

58 Wetherhill Way
(Corner Georges Road)
Dayton, N.J. 08810

By Appointment

Just before the High Holidays this year, we were preparing the parsonage for the family of Rabbi Goldstein to move in. We were working with very short windows of time for each step to be completed. The carpet cleaning was done by Michael Antczak. He did a great job at a discounted price and was very prompt with the time of arrival and the quality of the work.

In the past, we received free installation of the equipment in our new kitchen from Paul Damen (732-291-0761) who works with Gabowitz Appliance. Paul told us that he doesn't charge houses of worship, no matter what their denomination.

It might sound like I am giving free commercials here for all these people. Yes I am!! And I'm doing it on purpose. They helped us and I would like our community to know about it. I am hoping that if you will need any of these services, you might contact those who helped us and let them know that our Bulletin, HaKol is where you heard about them. In this way they will know that helping us is helping them. In the future, it might allow us to get good prices again and keep prices low on parties, repairs and, at the bottom line, Membership Dues.

Nitsat Hadas Elami



**Eyewear is a great accessory...
It can change your appearance...
Your personality!
Come visit us!**

HOURS: Mon., Tues., Wed., Fri: 10-6
Thurs: 10-7:00 Call for Weekend Hours

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(A & P Shopping Center & Arthur Street)
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A MEMBERSHIP MINUTE

Ruth Anne Koenick, VP Membership

Heartfelt Condolences to:

The family of our congregant Ruth Rosen
Judi Klein on the passing of her uncle,
congregant Mayer Barrack
Barry Portnoy on the passing of his aunt,
Sandra Sacks

A Rfuah Sh'layma to all who have been ill.
We wish them a speedy recovery.

Mazel Tov to:

Ellen and Richard Schwartz
on the bar mitzvah of their son Brian
Karen and Jeffrey Cohen
on the bat mitzvah of their daughter Courtney
Shelly and Ken Wistreich
on the bar mitzvah of their son Brian
Lisa and Gary Warner
on the bat mitzvah of their daughter Jessica

Is there a new Jewish family who recently moved into your neighborhood? Is there someone living on your block who you know is unaffiliated? Do your children have Jewish friends whose parents are not members of a synagogue? If your answer is yes, please don't keep B'nai Tikvah a secret. Each month I send information to unaffiliated families, some who have asked for a copy of HaKol or other information and others whose names have been given to me by current B'nai Tikvah families. You are our best "ambassadors" to the unaffiliated. And remember, if you refer a family and they join for at least one year, you get 25% off your dues for the next year.

So tell your friends about the community you call home, a multigenerational community where you can make lifelong friends, find spiritual fulfillment and can contribute to the continuity of Conservative Judaism.

Contact Ruth Anne Koenick at
membership@bnaitikvah.org or at 732.828.8141 (no voicemail) for more information or to refer a family.

From The Webmaster

Between the Issues

Every month, all of the staff and most of our volunteers rush to get their articles to the Hakol editor by the deadline. But, more often than we like, there are last minute changes and other events that either don't make it, or because of the hurry and confusion, arrive too late to be accurately proofread or verified.

Even the email announcements, which are sent weekly, are subject to the same difficulties. Fortunately, in my case, it's easy to send an addendum, which is just another excuse for me to pass along something witty or interesting I found on the net.

By now, most of our congregants are getting these updates and announcements via the weekly CBT Newsletter, but not all of you. So, please, if you are not getting the latest info, give your email address to the office or directly to me, and you'll be sure to have everything between this and the next issue of Hakol.

Gary Bergman
Webmaster@bnaitikvah.org

Don't confuse the issue with the facts!

CBT CLASSIFIEDS . . .

Need something you don't have?
Have something you don't want? Let Us Know!



MUSICIANS WANTED

Is making music a part of who you are?

If you're a proficient pianist or a savvy sax player, if you can make a clarinet croon, or if you can play any instrument well and you love the thrill of performance...

Sons of Tikvah may have a part for you to play!

We know you're out there, but we don't know where!!

Contact Cantor Rockman
by e-mail, cantor@bnaitikvah.org
or call him at the synagogue.



CONGREGATION EVENTS AND INFO

“Cooking with Stacey”

The next adult cooking class with Stacey Rockman is scheduled to begin Tuesday, February 6th. Enrollment is limited. Please register by January 31st. Use the flyer in this issue of Hakol or visit the website and click on ‘programs’.

Lisa Mason: Programming@bnaitikvah.org.

PICK-UP YOUR HEELS AND JOIN US FOR: ISRAELI DANCING

B'nai Tikvah members are invited **FREE**, to an Israeli Dance program on Saturday evening, February 10th. Don Schillinger of Rak-Dan Entertainment is offering to *members only, free* Israeli Dance Lessons from 7:30 – 8:15 PM.

After the lessons, members are invited to dance away the night during the Open Dance Marathon from 8:30 PM – 2:00 AM (this is Free too!). Bring your friends to the Open Dance portion.

Non-member fees for the Marathon segment are: Adults/\$12 per person, and Students/Children/\$8 per person.

Much thanks goes to Nurit & Mike Brown for bringing this program to B'nai Tikvah.

If there are any questions, please call the office at 732-297-0696.

ADVERTISING IN HAKOL

Each issue of HaKol reaches over 400 Jewish households. HaKol advertising is one of the most cost-effective way to reach your local Jewish community. HaKol advertisers get free hyperlinks to their websites at www.bnaitikvah.org. HaKol is published 10 times a year, monthly except for July & August.

2006-2007 HAKOL ADVERTISING RATES

Size	Art Dimensions (w x h)	Annual Contract: 10 Issues	Single Issue
Full Page:	8" x 10.5"	\$675	\$100
Half Page:	3.75" x 10.5" 8" x 5"	\$525	\$80
Quarter Page:	3.75" x 5"	\$400	\$60
Business Card	2" x 3.5"	\$300	\$45

Contact Beth Schurman at HakolAds@bnaitikvah.org

ADULT YOGA CLASS TO BEGIN JANUARY 11TH

(Men & Women Welcome)
Taught by Certified Instructor:
Jul McCormick



WHEN: Thursdays, Jan. 11, 18, 25,
Feb.1, 8, 15, 22 & March 1, 2007

TIME: 7-8:00 pm

WHERE: Preschool Wing, classroom 2

FEE: Synagogue members: \$65 for 8 week session
Non-Members: \$75 for 8 week session

For More Info contact: Programming@bnaitikvah.org

Registration Form:
www.bnaitikvah.org (click “programs”),
or call 732-297-0696 ext. 12

This 8 week session promotes flexibility, strength, coordination, and increased self-esteem. Practicing yoga provides body awareness and a positive love for the self, inside and out. Each class is designed to cultivate a sense of self control, relaxation and well being.

Register by **JANUARY 8TH**

Bring your friends, spouses, significant others and any other adults that may benefit from yoga.

ITALIAN SHABBAT THEME DINNER

The next Shabbat theme dinner is scheduled for Friday, January 12th at 6:30 PM. The theme is Italian! Rabbi Goldstein and his family will be speaking about their trips to Italy.

Register for the dinner by January 10th. The flyer is in this issue of Hakol.



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CONGREGATION EVENTS AND INFO

The Society of Israel Philatelists Central Jersey Chapter at B'nai Tikvah

The Society of Israel Philatelists (SIP) is the largest Holy Land philatelist (stamp collectors) society in the world with members in every state and many foreign countries. The local chapter meets at B'nai Tikvah on the second Tuesday of each month at 7:30 PM (except for July and August and Jewish holidays). Members of the local chapter range from beginning collectors to experts and collect all aspects of Israel, Palestine, Holy Land and Judaica stamps.

Each month the local chapter has a program of interest to all members ranging from guest speakers to slide shows from the topics in the national SIP library. At each meeting there is a "show and tell" at which members get assistance in identifying material and show items from their collection.

The chapter has a new issue service that provides the new stamps issued by Israel at a very favorable price. Remember that all stamps purchased from Israel for your collection help Israel financially. The collecting of Israeli stamps is an excellent way to increase your knowledge and interest in Israel and Jewish and Israeli history. The cost averages only about \$30 per year to purchase stamps.

Members of the national SIP are sent bi-monthly, a copy of "The Israel Philatelist", the award winning publication with articles of interest and information on every phase of Holy Land and Judaica philately. Each member is given one free advertisement in the journal once every year which is an excellent way to sell, buy or trade material. Members may borrow books from the national library as well.

Collectors of Palestine stamps attend the Palestine Study Group which meets at B'nai Tikvah the last Monday of each month at 8:00 PM (except Jewish holidays). Members of this group specialize in the collection of stamps from Palestine and the Holy land prior to the establishment of Israel in 1948.

Dues to the Society of Israel Philatelists are \$25 per year and \$12 per year for Junior members. Other dues categories are available.

Please come and try a meeting for free.

If you have any questions, please contact Ann Rosenzweig at: anndyapt@aol.com or call Lisa Mason, Programming Director at 732-297-0696.

The dates for the January meetings are January 8 & 9 and January 29th. The meetings are held from 7:30 – 10 PM in the library.

Tu B'Shevat

Friday, February 2, 2007

Services, Program and Dinner.

Tu B'Shevat, the 15th day of the Jewish month of Shevat, is a holiday also known as the New Year for Trees. One custom on this holiday is to eat a new fruit. Some people plant trees on this day.

At Bnai Tikvah we will hold a dinner from the Land of Israel and a Tu Bishvat Experience.

Please join us for this fun-filled event and dinner on Friday, February 2, 2007, starting with Kabbalat Shabbat services at 6pm.

(meal will include 4 Israeli wines and will be vegetarian)

Please See the Flyer with this Issue for Details

LUNCH AND SING

In celebration of Shabbat Shira
SATURDAY, FEBRUARY 3, 2007

Please join us after Shabbat services as we enjoy lunch and singing in celebration of Shabbat Shira. There is no charge for this lunch, however, sponsors would be greatly appreciated.

Donations will help offset the costs associated with this lunch.

Please See the Flyer with this Issue for Details

Family Shabbat Dinner

Friday, January 19, 2007 (RSVP by 1/17/07)

Promptly at 6pm in the Kiddush Room

Our breakfast dinner will include waffles, challah soufflé, and blintz soufflé. Fresh veggies to nibble before hand. Cost \$6 per adult, \$4 for children 2-12.

Please See the Flyer with this Issue for Details

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Another Viewpoint

Continued from page 1;

Sometimes On a Saturday Morning

the guest and can take a chance that I can do some good and make the guest into a friend; or at least to make his experience into a positive one.

A couple of years ago when my wife Mili was still with me, but wheelchair bound, I arranged for her to be transported to Long Island to attend the Bar Mitzvah of a grandson. I sat at the end of the pew with Mili at my side in her wheelchair, and her aide, a woman, on my other side. After a few sit ups and sit downs, I asked the aide if she was Christian. She nodded yes. (I had to ask, because nowadays there is a whole alphabet of religions, sub-religions, and cults that go all the way back to pre-history.) I opened a siddur for her and showed her where we were at. Her face lit up and she whispered "oh, I know that".

As a member of a black Baptist church, she was amazed to find that so much of our liturgy was similar to hers. And of course, why not? The next day at Mili's nursing home, I overheard the aide enthusiastically explaining to the staff how much she enjoyed the service (and how much our service was like theirs).

During our Shabbat and other services, except for friends and familiar faces, we tend to close ourselves off from contact with others. This is natural, as prayer, even when we don't understand the words, can be a time for introspection and we may create a mental bubble around ourselves. We may also feel shy about intruding on others and fear rejection. And so it may be easier to pay no attention to strangers.

If a guest is close by I will reach over to him or even move my seat a bit and hand him a siddur, if he is not already holding one, and quietly explain that when a page is called out, he will usually find the English directly opposite to the Hebrew. I always get a nod and a smile of thanks. And when the Rabbi calls for page 820 in the Etz Chaim bible I will point to the red book and whisper why the change.

I do enjoy the look of surprise and comfort on the face of our guest when he realizes this is something that he is already familiar with from his church experience and he can now actually be a part of the service whether it is a reading from the siddur or from the bible.

Jewish prayer practice, to most non-Jews is as opaque as a stone wall, until we open the door for

them and they can get a glimpse inside and feel that it is not so different after all. Payback time came for me on a Shabbat morning when I had helped a gentleman through our service. As I was leaving the sanctuary, in the lobby I saw a man talking to his wife who had just arrived in time for the luncheon. He spotted me and waved me over to meet her, and introduced me as the person who had turned the service from a chore into an interesting learning experience.

Believe me, this made my day. I have done this a number of times, not always such a dramatically positive ending, but it was always worth the effort.

So don't be shy. Try it, you'll like it and maybe even make a friend.

Aaron Rosloff

December, 2006

*Only 154
more days
till*

NURSERY SCHOOL NEWS PHYLLIS DENENBERG, DIRECTOR

Horns Tooting and Lights Blinking

In conjunction with our unit on community helpers, the Township of North Brunswick (working through Mayor Womack’s office) sent over a garbage truck, street sweeper, fire truck and a police car all at the same time! There were horns tooting and lights blinking!

We invited residents of the Buckingham assisted living facility to join us in our Chanukah celebration. Our nursery children made the residents beautiful pictures to take home with them. Our pre-k class went on a trip to the Oscar and Ella Wilf Campus for Senior Living. The yiladeem sang songs and gave them special pictures too.

This month, we have parent teacher’s conferences on Wednesday the 10th for the 3’s and 4’s and Thursday the 11th for the 2’s. There will be no school that Wednesday the 10th, however there will be teacher’s assistants to watch your children while you are in your conference. Sign up sheets will be posted in the hallway.



The B’nai Tikvah Nursery School Gets a first hand look at the trucks and cars that serve our communities.

On Wednesday January 17th, the 3’s and pre-k will be going to the State Theatre in New Brunswick to see a presentation on the works of the children’s author Leo Lionni.

Near the end of the month we will have a visit from “Blue Box Bob”, the tzedakah box from the Jewish National Fund to teach us about tzedakah and trees in Israel for the upcoming Tu B’shevat holiday.

On the 31st of the month, the 3’s will go on a trip to the Zimmerli Art Museum. The pre-k went a while ago.

January 31st is also the first official day of registration for the JCC Day Camp summer of 2007 and Nursery School 2007-08

This year, we are giving the Bnai Tikvah members and currently registered families first “dibs” on spaces for each class. They can register starting January 16th. Don’t be closed out! Register!

Until next month!

Phyllis G. Denenberg, Director

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RELIGIOUS SCHOOL REPORTS Ann Kanarek, Director

TNT: TORAH AND TEENS: A DYNAMITE PROGRAM

Teaching teens is a challenge, but it can yield exceptionally worthwhile results.

So...how do you go about teaching teens...First it takes a group of committed high school teens....then carefully find a staff possessing qualities of actors, stand up comedians, charismatic cheerleaders and creative ideas people. When these skills are blended...our teens are motivated to discover the messages of Torah.

Teaching Torah to teens helps teens become more literate, committed and connected members of the Jewish community. However, before designing a method for teaching Torah, we first have to understand where our teens are coming from. Teens often dismiss information that doesn't come from their own generation's youth culture and they can be a very difficult audience to teach. It takes a confident and inspiring team of educators to reach them and a curriculum that shows them that the classical study of texts can be both fun and intellectually stimulating.

Our Chai High School program makes Torah accessible for teens and is adapted and taught in an informal way. Teens love to discuss, debate and share interpretations. The topics and Torah themes that we choose relate to their lives and are presented in their language. As our students learn Judaism's messages they go out into the community, "do Torah," care for others and do gemilut hasadim (acts of lovingkindness). Applying Torah's wisdom in their daily lives enables them to feel good about themselves and become "mensches."

Rabbi, Ms. Melissa Burnett, Ms. Perelle Bernstein and Ms. Danielle Rosensweig...you make these lessons come alive for our students and help facilitate these experiences.

We thank you.

CHAI SCHOOL "CHAI" LIGHTS

On Sunday, December 10th a panel of participants joined Rabbi Goldstein in a discussion "On Organ Donation." The presentation generated many questions and much interest. The discussion was enlivened by the personal and emotional stories of our panelists. We thank our guest panelists, *Ms.*

Betty Isaacson, Mr. and Mrs. Marvin Kurland, Mr. Thomas Pearson and B'nai Tikvah congregant, *Mrs. Eileen Zweig* and family, for their dedication and time. They shared their personal experiences and insight with us and helped to raise the awareness of our students and their families about the life-saving importance of organ donation. The program was invaluable and served greatly to bring this difficult topic into the consciousness of all involved.

B'NAI TIKVAH THANKS the Jewish Book Fair's Chairperson *Gina Giuffre* and her committee of volunteers: *Janice Baer, Stacey Cadoff, Linda and Fred Jacobs, Lori Kaye, Andrea Katz, Linda Kohn, Hope Peters, Patti Rosen, Jodi Segalewitz, Lisa Seidman, Susan Shapiro, Nancy Asher Shultz, Debbie Tucci, Terri Woller*. They did a wonderful job running the Jewish Book Month Book Sale for the Religious School. We thank everyone supporting the Book Fair. Our proceeds will benefit the school's enrichment program.

BARTONS PASSOVER CANDY SALE

It's not too early to start thinking Passover. Check our website and your children's book bag for a **Barton Passover Candy Sale form**. Our candy sale will begin **January 21**. If you have any questions regarding the candy, please call us at the School Office, 732-297-0295. All student entrepreneurs will be rewarded with an incentive prize. Our top prizes are very exciting. So, join the fun; sell to family and friends but **PLEASE** do not solicit door-to-door. Our children's safety is important to us.

Your support of the candy sale will go to future extracurricular and school enrichment programs.

The sale will end on February 25!!

Many thanks for your support!!

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RELIGIOUS SCHOOL REPORTS

Ann Kanarek, Director

WINTER WEATHER SCHOOL CLOSINGS

In the event that it becomes necessary to cancel school due to inclement weather, (on Sunday and midweek) every effort will be made to ensure that school closing announcements are made on radio (*WCTC 1450 AM and WMGQ 98.3 FM*) and on the website (www.wctcam.com), click on storm closings and "B" for B'nai Tikvah. School closings will be automatic at the cancellation of North or South Brunswick schools.

Best wishes to everyone for a happy and healthy "secular" new year.

The faculty and I look forward to the rest of the year and know it will continue to be interesting and exciting.

Ann Kanarek,

Religious School Director

RELIGIOUS SCHOOL REMINDERS:

Sunday, January 7:

Bet Class PACT program: *Family G-d Talk*, 10:00am-12:05pm.

Sunday, January 14:

NO SCHOOL - Professional Growth Day

Monday, January 15:

NO SCHOOL - Martin Luther King Day

Sunday, January 21:

Dalet class: C.A.F.E. program: *Yad workshop* (with guest artist, Avi Zuckerman)Wed.,

Friday, January 26:

Alef Naming Dinner (6:30pm) and Service (8:00pm)

Sunday, January 28:

Chai School Special Program with *Theater Ariel*

Sunday, February 4:

Kg., First and Second grade P.A.C.T. program: *Tu B'Shevat*, 10:30am-12:05pm
Hei Class program, "World Wide Wrap"

Sun., Jan. 14:

NO SCHOOL Professional Growth Day

Mon., Jan. 15:

NO SCHOOL, Martin Luther King Day



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B'NAI TIKVAH YOUTH

KADIMA

Hey Kadimaniks!!

Thursday, January 4th

*GET NAKED 6 - 7:30pm

B'nai Tikvah Youth Lounge

How it's done:

Wear as many layers of clothing as possible. Working in teams, you are awarded points if you are wearing the items that are called out by the judges.

You will also receive points for creativity and style!!

*This program was designed by the Hagalil regional office of United Synagogue of Conservative Judaism.

RSVP to Rachel by January 2nd.

Sunday, January 21st (Snow date 1/28)

REGIONAL KADIMA FUN DAY 2 til 6 pm \$25

Hosted by B'nai Tikvah

Get ready to celebrate with Regional Kadima friends, while enjoying food, fun, games, and excitement!!!

February Events-

TBA- "Name that Video"

24th -REGIONAL DANCE

Parents- If you are available to volunteer at Kadima Fun Day please contact me!

Questions? Concerns? RSVPing?

Contact Rachel

via email rsakofs@yahoo.com or 973-886-2813.

U.S.Y.

Hey N/S Brunswick USY!

Ready to start 2007 year off with a BANG!!!

Start the year out right by coming to N/S Brunswick's Interchapter/Regional Youth Service! A completely USY-led service, will be taking place on Friday, January 5th at 8pm in the Main Sanctuary followed by an Oneg. There will be a lot of singing and ruach, so bring your voice, friends, and be ready for some fun!

Join USY for the Regional Dance on Saturday, January 13th. It will be \$7 per USYers. Please RSVP to Audra (blondy0131@aol.com) no later than January 5th, time to follow.

Mark down Thursday, January 18th at 7:30pm at the Temple as USY SATO Casino Night. Bring money and your "A" game.

In February, N/S Brunswick is going to the Continental Airlines Arena to see the New Jersey Devils face the Tampa Bay Lightning. The Arena will be giving out free Devils hats to the fans! The cost is \$38, transportation will be provided, and it is yet another interchapter event! If you are interested in going, please mail a check to the temple office, attention USY. The check should be made out to N/S Brunswick USY. This will be an awesome and really fun event, so please send your check in by January 14th.

On February 24th at 8PM, we will be going cosmic bowling. More details will be available as February rolls around.

Have a great start to your year!

Jodi Eisenberg

2006-2007 Communications VP

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B'NAI TIKVAH COMMUNITY

50plus

Meeting; January 23rd, 1 PM

The Fifty Plus Group will meet on Tuesday, January 23, 2007, at 1p.m. in the social hall of the Synagogue. We are pleased to welcome Rabbi Goldstein to our meeting. An informal social afternoon will follow.

Our meetings are open to guests, as well as prospective members. Congregation B'nai Tikvah membership is not required. Dues are only \$15.00 per year.

Please join us for the afternoon or for the year. Refreshments will be served.

For more information about 50plus please call;

Doris at 609-860-1498 or

Annette at 732-297-3562.

MEN'S CLUB

NEXT MEN'S CLUB MEETING

Date: Sunday, January 7, 2007

Time: 10am sharp, please

Speaker: Howard Waksman, MD
Pulmonary Specialist

Please join us for a very informative multi-media talk on Sleep and Cardiovascular Health by Dr. Howard Waksman. Dr. Waksman is a specialist in the field of Pulmonary Medicine and a partner in a very active practice with offices in East Brunswick and Somerset. He is also a very active temple member.

Many temple members have already benefited from his extensive knowledge of the medical field. We strongly urge you to attend this meeting.

If you have not paid your annual men's Club dues of \$36, please bring a check.

We will ask the usual \$4 donation for a full lox and bagels buffet breakfast. Please RSVP as soon as possible so that we can purchase the refreshments.

We look forward to seeing you at the meeting.

Ed Birch & Steve Katz

Co-Presidents

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Marc Rubenstein, DPT Geoffrey Hunt, PT
Sean Moore, MPT



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B'NAI TIKVAH COMMUNITY



Allow For the Possibility

On December 13, Sisterhood held our general monthly meeting. We invited Reiki Master/Teacher Linda Jean Isele to explain Reiki (pronounced Ray-Key) to us and answer questions in an informal setting. Reiki is a gentle healing modality that enhances the body's well-being. Everyone at the meeting was invited to sit in a chair and have the gift of Reiki shared with them by Linda Jean. About 10 of the meeting attendees volunteered to experience the hands-on energy transfer. It is said that recipients experience an increase in well-being and health, and a sense of mental and emotional harmony. All that attended were fascinated and intrigued by this technique.

Rabbi Eligberg joined us during the installation of his mom onto the International Women's League Board.

UP COMING EVENTS

Painting on Silk -- Matzah Covers

Wed, January 24, 7:30 pm &
Sun January 28, 10:00 am

Come to one date or both! Sponsored by Sisterhood.

No cost for Sisterhood members, non-members \$5 (which can be used towards dues)

Social Action Item for January -- Bring new or like new shoes to the event.

Refreshments on Wednesday/ Breakfast on Sunday

RSVP to Bobbi Binder at eemaof3@comcast.net by January 19



Hamantashen Workshop

Sunday, February 25 10:00am

RSVP to Bobbi Binder at eemaof3@comcast.net by February 18

Adult CPR Training

Sunday, March 18

(time and sign up information will be coming in next month's Hakol)



Save the Date - Passover Poker

Saturday, April 7, 8:30 pm

A progressive poker game & FUNdraiser sponsored by Sisterhood during Passover (what else would you do on a Saturday night during Passover)

The Judaica Shop

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an existing mezzuzah, add a menorah, driedel, serving piece or picture frame to your collection. Has your son, daughter, husband, nephew, etc grown out of their Bar/Bat mitzvah Tallis? Tallitot and kippot to match every personality (even Scoobie Doo!). The jewelry selection is large and eclectic.

Hours:

Sunday 9am to noon;
Tuesday 4pm to 6pm;
special appointments never a problem!

Email us at:

judaica@bnaitikvah.org.



Wine Tasting and Wine Sale

at the Purim Carnival - March 4

Torah Fund Drive Continues

Thank you to Ann Rosenzweig and Fern Katronetsky for their continued support of Torah Fund. Ann and Fern are both Torah Fund benefactors and we thank them for their commitment to Torah Fund and to preserving Conservative Judaism.

Did you know that enrollment at the Jewish Theological Seminary reached a record high for the 2005-2006 academic year, totaling 715 students? List College enrolled 205 students, The Davidson School, 137, The Graduate School 192; the H.L. Miller Cantorial School, 44; and the Rabbinical School, 137.

So how does that connect to Torah Fund? As Jews, we are ultimately responsible for each other. As Conservative Jews, we have a responsibility to help educate our future leaders. Your donations support a broad range of programs at these schools to promote, preserve and perpetuate the Conservative/Masorti Judaism movement .

Continued on page 21 . . .



Dear Fellow Congregant and Friend of Israel:

As an investor (or potential investor) in Israel Bonds, you will be interested to learn of important changes to the Israel Bonds portfolio that became effective March 1. These changes include the addition of new securities and features, including **instruments with maturities of only two years.**

Highlights include:

- **Savings Bonds.** These new bonds are offered with a choice of 2 year or 10 year maturities. The bonds have a minimum \$2,500 purchase price, and carry a fixed rate of interest payable upon maturity.
- **Jubilee Bonds.** Two new bonds have been added to the Jubilee series. Like existing Jubilees, they are available for a minimum \$25,000 investment, and carry a fixed rate of interest. The Jubilee series now has maturity options of 2, 5, 7, or 10 years.
- **Floating Rate LIBOR Bonds.** Israel Bonds continues to sell 10 year LIBOR bonds, available for a minimum \$5,000 purchase -- \$4,000 or \$4,500 for IRAs.
- **Mazal Tov Bonds.** The popular \$100 gift bond remains available
- **Discontinued Instruments.** Israel Bonds no longer sells 7th Development Issue bonds or 8th Zero Coupon Bonds. New and existing securities can provide alternatives to these discontinued instruments.

The versatility of the new Israel Bonds portfolio offers significant choices for numerous investment objectives, including retirement plans, foundation endowments, matching funds programs, and charitable and personal gift-giving. For a prospectus and complete purchase details, you can call our local Israel Bond Office (732-828-0200) or visit www.israelbonds.com.

The new Israel Bonds portfolio will play an important part in helping to build a new Israel. We are confident of your continued support.

Sincerely,

Larry Cohen, Israel Bonds Co-Chair
Larry.Cohen@BnaiTikvah.org



State of Israel Bonds



Investment Rates (Illustrative Only, not an offering)

4 th JUBILEE ISSUE BOND	
(2-YEAR)	4.95%
(5-YEAR)	5.00%
(7-YEAR)	5.15%
(10-YEAR)	5.30%

6 th FLOATING RATE LIBOR BOND	
(10-YEAR)	5.20%

Fixed Annual Interest Rate for Bonds Purchased March 1, 2006 Through March 9, 2006

- Fixed annual interest rate for the life of the bond is determined at the beginning of the Sales Period in which the bond is purchased. Interest is payable by check mailed May 1 and November 1.
- The bonds are being issued in book-entry form. Certificates will be issued only to government Agencies, pension funds, financial institutions and Employee Benefits Plans that so request at the time of purchase.
- The original registered owner of the Bond can assign the Bond by way of collateral security to an Institutional Lender.
5-YEAR: after 3 years from issue date.
7-YEAR: after 4 years from issue date.
10-YEAR: after 5 years from issue date.

MINIMUM SUBSCRIPTION: \$25,000 AND MULTIPLES OF \$5,000

STATE OF ISRAEL SAVINGS BOND	
(2-YEAR)	5.00%
(10-YEAR)	5.40%

Fixed Annual Interest Rate for Bonds Purchased March 1, 2006 Through March 9, 2006

- At maturity, holder receives \$2,756 per \$2,500 unit on the 2-YEAR bond and \$4,230 per \$2,500 unit on the 10-YEAR bond.
- Interest not paid until maturity.
- The bonds are being issued in book-entry form. Certificates will be issued only to government Agencies, pension funds, financial institutions and Employee Benefits Plans that so request at the time of purchase.

MINIMUM SUBSCRIPTION: \$2,500

MAZEL TOV BOND (5-YEAR)

- At maturity, holder receives \$126 representing an interest rate of 4.73%. This interest rate is effective through March 9, 2006.
- Non-transferable except in limited circumstances (e.g., to a charity).

Initial Interest Rate for Bonds Purchased March 1, 2006 Through March 9, 2006.

Initial interest rate is 20 basis points (fixed at time of purchase) above the 6-month applicable LIBOR rate. The applicable LIBOR rate is adjusted thereafter on June 1 and December 1. This adjusted rate is determined 2 business days prior to the first business day of these months. Interest payable on June 1 and December 1 and on maturity and calculated on the basis of a 360 day year consisting of twelve 30 day months.

If your subscription is received and accepted before the 15th of the month, your issue date will be the 15th day of such month; if your subscription is received and accepted on or after the 15th, your issue date will be the first day of the following month.

If your issue date is the 15th day of the month, your bond will mature ten (10) years from the first day of the month in which your bond was issued. If your issue date is the first day of the month, your bond will mature ten (10) years respectively from the issue date.

The bonds are being issued in book-entry form. Certificates will be issued only to government agencies, pension funds, financial institutions and Employee Benefits Plans that so request at the time of purchase.

You may not assign or transfer the bonds except in certain special instances. The bonds will be repurchased prior to maturity only upon the death of the last surviving registered owner of the bond or the termination of an Employee Benefit Plan that owned the bond.

MINIMUM SUBSCRIPTION: \$5,000 AND MULTIPLES OF \$2,500 IRAs: \$4,000 OR \$4,500

B'NAI TIKVAH COMMUNITY

Continued from page 1;

From the Delegate's Seat - An overview of Women's League Convention 2006

By Ann Rosenzweig

I had the honor of helping present a Judaic Creative Arts seminar on creating and embellishing a personal yad or Torah pointer. We broke for lunch and then ran another session of yad embellishment, followed by our opening Plenum which was co-presided by our neighbor from Woodbridge, a Central New Jersey Branch member, Lila Nass. This included many basics: Rules of Convention, Branch Roll Call, New Affiliates, Election of Officers, State of Women's League, and plan for the future of Women's League. Then there was time to visit a Vendors Expo – over 50 dealers of Judaica selling their wares, schmooze a little, change for dinner and of course attend Mincha-Maariv Services. Davening is an integral part of all conventions. Dinner honored the Convention Cabinet. Our evening Plenum was led by Rabbi Bradley Shavit Artson of the Ziegler School of Rabbinic Studies. His topic was “Creating a Worthy Tomorrow: the Mission and Possibilities of Conservative Judaism in the 21st Century.” And this was only the first day!

Monday started with Shaharit – I surprised myself by being up and ready in time. Had breakfast and continued with the morning plenum and workshops on Eicheit Chayil. I again helped present a Cut-Paper Work and Assembly project on the family. Lunch honored each Sisterhood's Eicheit Chayil/Women of Valor. Afternoon was “Opening Doors to Sisterhood through Learning, Living, Linking and Sharing.” The Judaic Creative Arts workshop consisted of several technique projects including making Dreidel Enhancers, Child's Fabric Name Plate and Crocheted Kippah Embellishment. I led the Dreidel Enhancer workshop which was a cross-stitch dreidel on perforated paper and vinyl canvas mounted on felt to be worn as a pin or attached to a necklace. Late afternoon gave us time to study the many exhibits about facets of Women's League, visit the Vendor's Expo and spend money to help Israel, take Branch pictures and get ready for dinner. Dr. Ron Wolfson presented the evening Plenum. His topic was “How to be an Angel and do God's Work Here on Earth.” This was a very moving and apropos presentation. Then we partied. Our Branch hosted a get-together for all our branch delegates to let down our hair and schmooze and have fun.

Tuesday – up bright and early for minyan. We had a special breakfast gathering the members of the WLCJNet together to meet and greet. These were the people we are chatting with on the Women's League e-mail discussion group. (You too, can be a part of this by sending your name, street address and sisterhood name to: womensleague@wlcj.org.)

Onto the networking sessions. I sat in on one titled –

Difficult Conversations Made Easier – Planning for End of Life. This was an interesting presentation on talking with the family and trying to reconcile differences with the dying member and the grieving members and making both feel comforted. The Israel Plenum followed this. An Egyptian Women, Nonie Darwish, a very outspoken and dynamic woman and the young, vibrant President of the Israel Project, Jennifer Mizrahi, looked to educate press and the public about Israel while promoting peace, security and freedom. After lunch came the Torah Fund Plenum with special guest, Chancellor-elect Arnold Eisen. He gave us a look at the Jewish Theological Seminary in the 21st Century. Breakout sessions followed which allowed us to study with students from the 5 JTS schools. Dinner honored the officers and board of directors of Women's League.

Then came the climax of Convention – Installation of the 2006-2008 Board of Directors with Cory Schneider of Eastern Pennsylvania (who grew up in central NJ) as the new Women's League President. One of the new Vice Presidents was our own adopted sisterhood member, Leona Eligberg, our former Rabbi's mother. Incidentally, Rabbi Eligberg joined us to see her installed.

Wednesday we tied up loose ends, did our final shopping, said goodbyes, and heard the final Plenary speaker, Barbara Dobkin, whose topic was “Becoming a Women of Valor.” The new President, Cory closed convention by giving us an inspiring charge to make the most of ourselves and reach out to help others to the same.

I finally returned home exhausted but exhilarated.

Continued from page 19;

Torah Fund Drive

Women's League, which our own B'nai Tikvah Sisterhood is part of, supports the work of JTS, the Zeigler School of Rabbinic Studies, and the Schechter Institute of Jewish Studies by providing scholarships, the building of residence halls for students and other much needed projects. Last year, Torah Fund raised over 2.6 million dollars.

Join us in becoming a benefactor of Torah Fund. For \$180, you can receive a beautiful pin that honors the 50th anniversary of Torah Fund. The Hebrew word, hallel - song of praise - is the theme of this year's pin.

For more information, contact Ruth Anne Koenick at 732.828.8141 or RuthAnne.Koenick@bnaitikvah.org.

B'NAI TIKVAH COMMUNITY

SOCIAL ACTION

Ongoing Social Action Activities

Food of the Month: Canned Goods.

With the end of the holiday season approaching, the area food banks will need to restock their shelves. Please donate generously and frequently.

We also will continue our visits to nursing homes and senior living centers, where we entertain and interact with the residents. Adults and children at least 8 years old are invited to join us. Look for information regarding future programs and dates in the next Hakol.

ClothesLine Project:

The jeans collection drive for the ClothesLine project will take place from Sunday, January 7th through Sunday, January 21st. This is a wonderful organization that we have collected for in the past that distributes used clothing from a bus to needy people in New Brunswick, Perth Amboy and surrounding areas.

Please drop off new or slightly used jeans in sizes for infants through adults and in good condition (if you or your family wouldn't want to wear them, neither would they) and take them to the main office. Your participation and cooperation will be very much appreciated.

Mitzvah Crib:

The Mitzvah crib has had used items, items for older children, and simply inappropriate items in it in recent months. It is for new infant items only, such as diapers, wipes, bottles, toys and clothing. Please consider those less fortunate on your next supermarket trip and pick up a baby item on sale. These items will be distributed to needy families in the area.

We are looking forward to another productive year by helping one another within the synagogue family and also reaching out to the rest of the community. With everyone's cooperation and support, we will have a successful one.

If you have any questions or suggestions, or if you would like to be part of the committee, please contact any of the following members:

Janice Baer, Andrea Katz, Linda Kohn, Ellyn Schneider, Jenni Shapiro, or Amy Smith

Mitzvah Projects

Amanda Zimmerman:

I'm writing to you to ask for your support in my Bat Mitzvah project, called Keep Israel Reading!

The program works like this, I read Hebrew prayers for 15 minutes a day, for 2 weeks. When I do that, I earn money from the people that sponsor me. That's where you can help. I'm asking you to be one of my sponsors. By sponsoring me, you commit to a flat donation amount. At the end of the 2 weeks, my classmates and I will combine all the money we raised. The money will be used to purchase Usborne books(English ones) for children in Israel.

I think this is an important project because it is a great chance for Israeli kids to learn a new language. In my opinion, they should learn an alternate language in case they visit the US, or if their future career involves English.

Any donation you are willing to make will be greatly appreciated. If you are paying by check, please make checks payable to Usborne Books.

If you would like to contact me, please email me at anzturtle@yahoo.com.

Thank you for your cooperation and consideration.

Sincerely, Amanda Zimmerman

Kyle Spivak:

Pookas for Peace

For his Mitzvah Project, Kyle Spivak is selling "pooka shell" necklaces and bracelets combining the colors of the flags of Israel and Lebanon as a symbol of peace for the region.

All profits are split equally to support Israeli and Lebanese charities.

In Israel: Hazon Yeshaya Soup Kitchens which provides more than 200,000 life-saving meals every month to thousands of Israelis.
www.hazonyesaya.org

In Lebanon: World Vision which provides relief efforts to thousands of internally displaced families within Lebanon.
www.worldvision.org

For more information contact:
info@pookasforpeace.com

B'NAI TIKVAH COMMUNITY

Supermarket Scrip Committee

YOU GOTTA EAT ANYWAY!

Happy New Year! Let's all have a happy and healthy one. Any New Year's resolutions? Here is a suggestion for you; one that you would be able to keep

I RESOLVE TO BECOME/REMAIN A SAVVY GROCERY SHOPPER.

Now, your question may be: Linda, how can I do this? My answer is simple: Use supermarket scrip! Just like the title of this month's article states, you gotta eat anyway. So since this is true, why not buy your groceries using supermarket scrip? If you are new to this program or need a refresher, the following is a short tutorial; complete with bullets that explains Congregation B'nai Tikvah's (CBT) supermarket scrip program (a/k/a scrip). Scrip



- has been a successful fundraiser at CBT for a few years now.
- consists of gift cards from A&P, Acme, Pathmark, Shop Rite, Stop & Shop that come in varying amounts.
- may be purchased any of these ways:
 - 1) Visit the supermarket scrip table during Sunday religious school hours;
 - 2) Contact CBT's office during business hours;
 - 3) Shop on-line at bnaitikvah.org;
 - 4) telephone one of these nice ladies:
 - Bobby Bergman: (732) 246-7285 for Monroe residents
 - Ann Rosenzweig: (732) 249-9141 for North and East Brunswick residents
 - Rachel Shaneson (732) 329-2189 for South Brunswick, Princeton and other area residents.
- replaces your favorite form of payment at these stores. Refer to our last article to review the partners of some of these stores. If you travel/live in those areas, these partners accept the designated card.

- may be paid with cash, check and/or credit card.
- pays off; CBT receives 5% of face value when paid with cash or check. 3% goes to CBT with credit card purchases. You will still get those points/miles when using your credit card. Now that a win/win situation. CBT wins by getting funds and you win with your points and the mitzvah you perform.
- delivers. If you find it to be a challenge to get to CBT, contact one of the nice ladies listed above to arrange for door-to-door delivery. Sorry, we don't deliver the actual groceries.

Sounds too simplistic? To put it into Homer Simpson's vernacular: "Doh!" I could also say "DUH!" What were expecting - brain surgery? Because it is that simple, it is a New Year's resolution that you can keep. At the same time you will be performing that mitzvah, too.

This month's tip: Although I started the article wishing you good health, we must remember that this is the time of year when bad weather occurs. With the bad weather all of the conditions are a go for illnesses, too. While scrip can not pay for prescribed medication, it can purchase many other non-food items, such as: over-the-counter medications like aspirin, cough syrup, cough drops, etc. Also you can buy tissues, magazines, books, DVDs and other items found in the grocery store that could help keep you and your family comfortable during this time. Oh yes, don't forget orange juice, soups, tea, other juices/liquids, etc.

Until next month, try to keep healthy, but if you can't, use scrip to feel better.

Linda Feinstein

Dave Liebman

Home Handy Services, Inc.
"We do it all large and small"

Ph: 732-951-0700 Fax: 732-951-1113
Toll Free: 866-716-7085 Digital Pager: 973-719-7085



Continued from page 1;

Eishet Hayil Nomination: Ruth Anne Koenick

of a woman's crisis center alone would qualify her as a Woman of Valor. However she did not stop there. Ruth Anne has dedicated so much of her time to our Synagogue and to our Sisterhood at B'nai Tikvah.

Ruth Anne joined our temple (not too long ago) and immediately became an active member and board member. She became President of our chapter and served in that role from 2001-2004. The board was immediately impressed with her enthusiasm and leadership ability. It was really appreciated that before every board meeting Ruth Anne would begin by asking if anyone had good news to share. This shows how generous and caring Ruth Anne is. During her tenure as President, Ruth Anne brought in a trainer from Women's League to help our Sisterhood Board develop its leadership skills. Ruth Anne encourages new and old board members and helps them become more confident in their positions. She is always willing to pitch in with fundraising, having co-chaired our Mishloach Manot fundraiser last year and she also organized the Sisterhood Shabbat for our chapter which was a beautiful, intimate mincha/maariv/havdallah service complete with Seudah Shelishit.

Not satisfied with only being involved in Sisterhood, Ruth Anne has expanded her roles in B'nai Tikvah as a Synagogue board member. This year, she is not only Sisterhood's Torah Fund Chair; she is also on the Rabbi Search committee and is Membership Vice President for the Synagogue. She gives her all on these committees and she still has time to occasionally chant a haftorah and she regularly reads from the Torah on Shabbat morning. Also on most Shabbat mornings, Ruth Anne is the gabbai. She is always around to give everyone a heartfelt Shabbat Shalom while cutting the sheet cake for the congregation at the oneg after services. For all these reasons, and many more, Ruth Anne Koenick is our Eishet Hayil. The B'nai Tikvah family wishes for continued participation and commitment from Ruth Anne for many years to come.



CONTRIBUTIONS

11/16/2006 through 12/15/2006

The following are Contributions to our B'nai Tikvah Funds:

Yartzeit:

Marion Shulman,
in memory of Irving Levine
Stacy and Scott Lewkowitz,
in memory of Howard Barkan
Abbey and Bernard Lorber,
in memory of Sam Kahn
Phyllis and Ed Rosen,
in memory of Lillian and Jack Kalafer
Phyllis and Ed Rosen,
in memory of Susan Michelle Frank
Phyllis and Ed Rosen, in memory of
Idaline and Abraham Rosen
Joyce and Joel Gerbman,
in memory of George Weinstein
Gladys and Sidney Kalman,
in memory of David Kalman
David and Sharon Friedberg,
in memory of Harry S. Friedberg
Abbey and Bernard Lorber,
in memory of Charles Lorber
Helene and Gary Tinkel,
in memory of Harold Reimer
Marcy, Marty, Elyse and Caren Abschutz,
in memory of their beloved father and
grandfather William Koshner
Marcy, Marty, Elyse and Caren Abschutz,
in memory of their beloved mother and
grandmother Yvette Abschutz
Rose and Milton Kabakoff
in memory of David Kabakoff
Amy and Clifford Smith,

*Only
154 more
days
till*

CONTRIBUTIONS

November 16th through December 15th

in memory of Murray Horowitz

Mona and Barry Portnoy,
in memory of Marilyn Portnoy

Barbara and Barry Weinbaum

Rabbi's Discretionary Fund:

Lisa and Gary Warner, in honor of Rabbi Goldstein's dedicated effort with their daughter Jessica's Bat Mitzvah

Cantor's Discretionary Fund:

Joe and Barbara Plotnick,
in memory of Hazel Rothman

Lisa and Gary Warner, in honor of Cantor Rockman's dedicated effort with their daughter Jessica's Bat Mitzvah

Barbara and Joe Plotnick,
in memory of Albert Small

Expansion Fund:

Brenda and Mark Sherman and family, in honor of the Bat Mitzvah of Courtney Cohen

Brenda and Mark Sherman and family, in honor of the Bar Mitzvah of Mitchell Gorelick

Youth Fund:

Susan and Harry Rosenzweig,
in honor of the adoption of Joshua, grandson of Marilyn and Ken Leon
Diane and Jordan Rosuck,
in honor of the 50th wedding anniversary of Phyllis and Leon Horlick
Bonnie and Robert Rizick, in honor of the Bat Mitzvah of Courtney Cohen
Lisa and Gary Warner, in honor of the Bat Mitzvah of Courtney Cohen
Bonnie and Robert Rizick, in honor of the Bat Mitzvah of Jessica Warner

Israeli Youth Exchange Fund:

Suse Rosenstock Memorial Fund:

Leon Bible Fund:

Building Fund:

Passport to Israel Fund:

Nancy and Elliott Danto,
in memory of Cindy Freund
Martin and Deborah Spigner,
in memory of Cynthia Spigner

Prayer Book Fund:

Leonard and Joyce Mandelblatt,
in memory of David I. Mandelblatt
Gwen Simon and family, in memory of Meyer Barrack (uncle of Judy Klein)

Susan and Harry Rosenzweig,
in memory of Cindy Freund
Elaine and Alvin Brackup,
in memory of Isidore and Anna Rubin
Elaine and Alvin Brackup,
in memory of Robert Rubin

Makhela Fund:

Sons of Tikvah Fund:

School Fund:

Nursery School Fund:

Sherry Valan, in appreciation of the terrific job Ina Horn did in preparing the Pre-K class for the Thanksgiving celebration
Sherry Valan, in appreciation of the terrific job Maria Lesko did in preparing the Pre-K class for the Thanksgiving celebration
Sherry Valan, in appreciation of the terrific job Stacy Lewkowitz did in preparing the Pre-K class for the Thanksgiving celebration

Religious Activities Fund:

Renee, Steven, Noah, Benjy & Daniel Levin, in honor of the 89th birthday of Barney Cohn

Library Fund:

Bobbi, Barry, Melissa, Jennifer and Michael Freedman,
in honor of Estelle Bach
Bobbi, Barry, Melissa, Jennifer and Michael Freedman,
in memory of Irving Bach

Torah Restoration Fund:

Tzedakah Fund:

Social Action Fund:

Leona Eligberg, in honor of the 50th wedding anniversary of Barbara and Harvey Abramson
Lisa and Gary Warner, in memory of Herb Chinich (father of Alan Chinich)

Men's Club:

General Fund:

Martha and Marty Rossman, in honor of the 50th wedding anniversary of Phyllis and Leon Horlick
Caryl and Dave Distel, in honor of the 50th wedding anniversary of Phyllis and Leon Horlick
Sherry Fingerman, in honor of the Bat Mitzvah of Jessica Warner
Bonnie and Woody Stevens,
in memory of Ruth Rosen

Contributions:

If you are interested in making a contribution to B'nai Tikvah, please fill out the form below and mail it to us at:
Congregation B'nai Tikvah, 1001 Finnegans Lane, North Brunswick, NJ 08902

In honor of: _____

In memory of: _____

On the occasion of: _____

This donation is being made by:

Name: _____

Address: _____

Telephone: _____

Please send an acknowledgment to:

Name: _____

Address: _____

City, State, Zip: _____

Amount of your Donation:

\$18 \$36 \$54 \$72 \$ 118 Other \$ _____

Please Allocate Donation to:

- Building / Capital Improvements Fund
 - Expansion Fund
 - Prayer Book Fund
 - Cantor's Special Fund
 - Passport to Israel Fund
 - Religious School Fund
 - Torah Restoration Fund
 - Rabbi Discretionary
 - Social Action Fund
 - Religious Activities Fund
 - Yartzeit
 - General Fund
 - Library Fund
 - Makelah Fund
 - Youth Fund
 - Nursery School Fund
 - Tzedakah Fund
 - Son's of Tikvah Fund
- Other: _____

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11 Tevet through 12 Shevat 5767

January 2007

11 Tevet through 12 Shevat 5767

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1 11 Tevet</p> <p>2 12 Tevet</p> <p>3 13 Tevet</p> <p>4 14 Tevet</p> <p>5 15 Tevet</p> <p>6 16 Tevet</p> <p>Va'YHi We Complete the Book of Genesis</p>	<p>7 17 Tevet</p> <p>Men's Club Meeting</p>	<p>8 18 Tevet</p> <p>Board of Directors</p>	<p>9 19 Tevet</p> <p>Men's Basketball Adult Ed Program</p>	<p>10 20 Tevet</p> <p>Kadima Meeting</p>	<p>11 21 Tevet</p> <p>Weight Watchers Yoga USY Meeting</p>	<p>12 22 Tevet</p> <p>Theme Shabbat Dinner Birthday Shabbat Service</p>
<p>13 23 Tevet</p> <p>Sh'mot Mevarekhim ha'Hodesh Tot Shabbat</p>	<p>14 24 Tevet</p>	<p>15 25 Tevet</p> <p>Kadima/USY Meeting</p>	<p>16 26 Tevet</p> <p>Men's Basketball Israel Stamp Club</p>	<p>17 27 Tevet</p> <p>Sisterhood Meeting</p>	<p>18 28 Tevet</p> <p>Weight Watchers Yoga</p>	<p>19 29 Tevet</p> <p>Family Shabbat Dinner & Family Shabbat Service</p>
<p>20 1 Shevat</p> <p>Va'era Rosh Hodesh</p>	<p>21 2 Shevat</p>	<p>22 3 Shevat</p> <p>USY Meeting</p>	<p>23 4 Shevat</p> <p>Men's Basketball</p>	<p>24 5 Shevat</p>	<p>25 6 Shevat</p> <p>Weight Watchers Yoga</p>	<p>26 7 Shevat</p>
<p>27 8 Shevat</p> <p>Bo</p>	<p>28 9 Shevat</p>	<p>29 10 Shevat</p> <p>RAC Meeting</p>	<p>30 11 Shevat</p> <p>50+ General Meeting Men's Basketball</p>	<p>31 12 Shevat</p> <p>kjhkj</p>	<p>FEBRUARY</p> <p>S M T W T F S</p> <p>1 2 3</p> <p>4 5 6 7 8 9 10</p> <p>11 12 13 14 15 16 17</p> <p>18 19 20 21 22 23 24</p> <p>25 26 27 28</p>	<p>Candle Lighting</p> <p>5th 4:35 12th 4:28 19th 4:22 26th 4:17</p>

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