

Our Mission: To foster a vibrant egalitarian Jewish community founded in the religious customs and traditions of Conservative Judaism; offering excellent Jewish education and community activities for all ages with commitment to Israel and Jewish communities throughout the world.



PASSOVER 5775: FRIDAY, APRIL 3 THRU SATURDAY, APRIL 11

COMING THIS MONTH

FRIDAY	APRIL 17	SCHOOLWIDE and BIRTHDAY SHABBAT
TUESDAY	APRIL 21	SISTERHOOD WINE and DESIGN
FRIDAY	APRIL 24	NURSERY ISRAEL PARADE
SUNDAY	APRIL 26	SISTERHOOD "SHOP UNTIL YOU DROP"

From the Desk of Cantor Bruce Rockman



I HAVE SO MUCH TO TELL YOU!

There has been so much happening. April is another busy month, highlighted by our celebration of Pesach, the most widely celebrated holiday on the Jewish calendar. People from every avenue of Jewish life gather in the homes of their families and friends, the resonance of the theme of freedom from bondage broadens the appeal of this “big tent” holiday.

Each year, I look for new ways to express our personal journey to the Seder table. I’m certain that my experiences this past year, including my trip to Israel during a major conflict, will cause some reflection - - as will all of the wonderful programs about Israel advocacy that are being presented at B’nai Tikvah this year.

Israel advocacy has never been more important. Through prominent speakers and inspiring films, we have advanced our literacy and understanding of the difficult times that we are experiencing. Danny Greenberg, our programming vice president, has never worked harder and with more passion. Our presidents, Allison and Ruth Anne have helped to foster a “can do” welcoming environment and Rabbi Wolkoff has inspired our awareness and introduced us to Dr. Naomi Vilko, a new B’nai Tikvah member and a foremost advocate for Israel education.

There is a lot of excitement at B’nai Tikvah. I’m so looking forward to the Rutgers Hillel Fit for Israel run/walk on April 19th. A large contingent from our synagogue will be leading the way at this VERY IMPORTANT COMMUNITY EVENT. Many of us have been focusing our training toward this event, so even if you do not plan to run or walk, please join us at the event and root us on as we support Rutgers Hillel and Israel advocacy education.
<http://www.rutgershillel.org/event/fit-5k-for-israel-team-hillel-fun-runwalk/>

The Second Annual Sons of Tikvah Band Falafel Ball will be held on Wednesday, April 22, following religious school. Together, we’ll eat, sing, and dance in celebration of Yom Haatzmaut, Israel Independence Day. This is a free event co-sponsored by The Sons of Tikvah Band and generous contributions by members like you! To declare your support, please contact me, Cantor@bnaitikvah.org

L’dor Vador

I first introduced L’dor Vador in 2007. I wrote, “I have often thought about doing great stuff at B’nai Tikvah. Something big and special that will ignite the Jewish communal passion of B’nai Tikvah. I appreciate that this is a shul that nurtures dreamers. Hopefully, you have seen the announcement of the L’dor Vador Concert in the lobby or on our web-site. The program this year will be amazing...

The concert celebrates our gratitude to our parents and inspire us to encourage our children to embrace our legacy, L’dor Vador, from generation to generation. A Source of Pride and Enlightenment.” I am thankful that for 9 years this event has gained momentum and has been a catalyst for excellence and leadership at B’nai Tikvah.

Our old friend Elliott Danto and I had a conversation with Ben Gottesman. Ben passionately explained that people never heard of the performer or most of the Jewish musicians that I was aware of. So, this became my mission; to introduce and showcase the best Jewish performers in America to our community at B’nai Tikvah. We have developed a great reputation and I’m proud to say that we are accomplishing our goal.



On May 17th, at 7PM, the always extraordinary, highly anticipated, 9th Annual The Claire & Irving Teicher L’dor Vador Concert presents our musical event of the year will feature “**Pharaoh’s Daughter.**” Blending a modern sensibility and a pan-Mediterranean sensuality, Basya Schechter leads her band, Pharaoh’s Daughter, through swirling Hasidic chants, Mizrahi and Sephardi folk-rock, and spiritual stylings filtered through percussion, flute, strings, and electronica. Her sound has been cultivated by her Hasidic music background and a series of trips to the Middle East, Africa, Israel, Egypt, Central Africa, Turkey, Kurdistan, and Greece. The band performs in Hebrew, English, and **Yiddish.**

Please check out the band’s website. You can hear its music, read review’s and listen to interviews with Basya Schechter, the band’s leader; YouTube <https://www.youtube.com/watch?v=kHoulLmM5eA> or on their website <http://www.pharaohsdaughter.com/>. I’ll be sure to send you more information.

Please plan to be here!

**L’dor Vador- Pharaoh’s Daughter in Concert
Sunday, May 17th, at 7:00 PM**

You can order your tickets in the synagogue office or online at www.bnaitikvah.org/concert.html

Worship the Lord with Gladness and Joy
Cantor Bruce Rockman

What lies behind us and what lies before us are
Small Matters compared to what lies within us.

In the 1500’s, bread was divided according to status.
Workers received the burnt bottom of the loaf, the
family got the middle, and the guest received the top
or upper crust.

A Message From Rabbi Robert Wolkoff



One of the most hotly debated topics in the Jewish world today is the question of inclusion. More specifically, the inclusion of anti-Zionist, or even anti-Semitic, ideas in our conversations about Israel. Consider the Open Hillel movement. Hillel, the largest Jewish campus organization, has a policy that reads as follows:

Hillel will not partner with, house, or host organizations, groups, or speakers that as a matter of policy or practice:

- ***Deny the right of Israel to exist as a Jewish and democratic state with secure and recognized borders;
- ***Delegitimize, demonize, or apply a double standard to Israel;
- ***Support boycott of, divestment from, or sanctions against the State of Israel;
- ***Exhibit a pattern of disruptive behavior towards campus events or guest speakers or foster an atmosphere of incivility.

Among the unwelcome are Judith Butler, who has described Hamas and Hezbollah as progressive social movements (seriously!); and Rebecca Vilkomerson who, as Executive Director of Jewish Voices for Peace (JVP), officially does not take a position on Zionism, but officially does want to end military aid to Israel.

On several campuses (including my alma mater, Wesleyan University), these policies were seen as stifling debate, and excluding from the Jewish community those, Jews and non-Jews, who express the views or take the actions that Hillel proscribes.

Since we have such an active Israel-awareness program here at CBT, I wanted to share with you my thoughts on this matter. There is a great deal about Israel that is worthy of debate. And anyone who has ever been to Israel knows that intense debates—*really* intense debates—are daily fare. Whether exploring the utility (or lack thereof) of settlements, or the necessity (or lack thereof) of military actions, or the equality (or lack thereof) of all the citizens of Israel, or Israel's immigration policy, religious pluralism, etc. etc., these debates are both necessary and welcome. They are manifestations of our desire to bring Israel to the highest moral and spiritual level (as the prophets phrase it, "to be a light unto the nations").

On the other hand, there are certain topics, and actions, that not only ought to be excluded from discussion, but ought to be broadly, actively, and unequivocally condemned on moral grounds. So, for example, the choice to boycott Israel, end military aid to Israel, pressure institutions to divest from Israel, etc. Israel finds itself in an ongoing conflict in the roughest neighborhood in the world. Even if it were the case that Israel's behavior toward Palestinians, or toward anyone else in the region, were utterly abominable—and I don't believe that for a second—its *right* and *ability* to defend itself are and

must be simply unquestionable. When Hamas official Mahmoud Al-Zahhar says, "...we will recognize neither Israel nor its ownership of a single inch of Palestine," battle lines are being drawn, and there is only one legitimate side to be standing on. So, too, when a preacher in the Al Aksa mosque condemns Pakistan for not using nuclear weapons in support of ISIS, Israel building apartments seems a little lower down on the priority list.

Similarly—and thus my problem with J Street—the whole point of Zionism is to create a situation where Jews are in control of their own destiny. The Jews in Israel (with help from Jews outside Israel) have done exactly that, creating the most vibrant democracy in the world. Israelis are perfectly capable of electing the government of their choice, and they do so with great regularity (not to mention, chaos: as of this writing, the day before Israel's election, it looks as if 11 parties will be represented in the Knesset, and the combined Arab party will be the 3rd largest). The idea that Jews (no matter how well-intended) would turn to a non-Jewish government, and enlist that government in overriding the policies determined by the democratically elected government of Israel, is utterly grotesque.

Three times daily in our prayers we say: *l'malshinim al tehi tikvah*—"may the slanderers know no hope." In saying this, I want to reiterate: criticizing an Israeli government policy is completely legitimate. But maintaining that there shouldn't be an Israeli government because there shouldn't be an Israel to govern is not.

Illegitimate also is claiming that the citizens of Israel are just not capable of making these decisions for themselves—in other words, they are not capable of making these decisions the way *we* want them to make them—so we have to do them the favor of getting the U.S. or U.N. or someone, anyone, to make the decision for them.

How about the danger of exclusion? I'm not losing any sleep. A solid 80% of young Jews think that caring about Israel is an important part of being Jewish. A solid 70% believe that a peaceful 2-state solution can be found. Nurturing, encouraging, and educating them is far more important, to my mind, than catering to those enamored of more radical "solutions" to the Israel problem. In the words of our Education Director Morah Jennifer James, we must not work for inclusion at the sacrifice of our integrity. And, I would add, our self-respect. And if someone feels "silenced" by that? Too bad. Forgive my lack of sympathy, but a person who is prepared to support policies that will radically disrupt, and quite possibly endanger, the lives of millions of Jews should at least be prepared to take some heat while enjoying kiddush lunch after services! We stand for something, something that is neither negotiable nor debatable. Something that is holy, indeed, miraculous. The State of Israel. We should not be afraid to say so. And at B'nai Tikvah, I am proud to say, you can!

Rabbi Robert L. Wolkoff

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 12th of the preceding month

Please send submissions and correspondence via e-mail to:

hakol.cbt@gmail.com

All e-mail submissions are acknowledged via e-mail All articles are subject to available space and editorial constraints.

A Message From Our Co-Presidents



As we write this article for HakoI, we are gearing up for a major event: **Battling Anti-Semitism on College Campuses**, featuring as keynote speaker the former Israeli Ambassador to the U.S., Danny Ayalon, and more than twenty renowned Israel Advocacy organizations. Also at this writing, Allison is at the AIPAC (America Israel Public Affairs Committee) Policy Conference in Washington DC, together with 16,000 other supporters of a safe, strong, and secure Israel. We could not be prouder that our community has stepped up so significantly to demonstrate commitment to our Jewish homeland.

In just the last year, it has been our privilege to host the following events:

***Nitsana Darshan Leitner, Shurat HaDin – Israel Law Center**
Bankrupting Terrorism, One Lawsuit at a Time;

***Yashar LaChayal**
Bringing IDF Soldiers the Supplies and Assistance They Need

***Kasim Hafeez, Muslem Zionist**
The Day I Stopped Hating Israel – Confessions of an ex-Radical

***Rabbi Ken Spiro, Aish Ha'Torah**
Why The Jews? The Eye Opening Explanation of the World's Longest Hatred

***Itamar Marcus, Palestinian Media Watch**
Is the Palestinian Authority a Peace Partner?

***Honor Diaries**

Women's Rights in Muslim Majority Countries

***Two-Sided Story**

Palestinians and Israelis Share Their Personal Stories

***Forgotten Refugees**

The Forced Exodus of Jews from Middle Eastern and North African Communities

***Noam Gershony**

Journey of an IDF Soldier from Devastating Injury to Paralympic Gold Medal

***Body and Soul**

The Deep Connections Between the Jewish People and Their Homeland

***Beneath the Helmet – From High School to the Home Front**

The Transformation of Five Israeli Paratroopers from High School to the IDF

***Edwin Black**

Award Winning NY Times Bestselling Author on the Holocaust, the IDF and more

Lovers of Israel from all over the Tri-state area have been sharing this excitement with us at each event. We hope that you have joined us - and will continue to join us - for as many of these programs as possible.

Wishing you all a Zissen Pesach! L'shana Haba'ah BeYerishalayim!
Allison Nagelberg, co-President
Ruth Anne Koenick, co-President

Linda J. Fellen, Esq.

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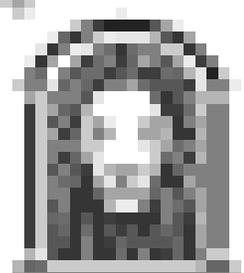

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SISTERHOOD

This Month

April 26th – “Shop Until You Drop” Vendor Event. For more details, please see the ad on page 18.

April 21st at 7:00 pm- Join Sisterhood at Wine and Design. For more details please see the ad on page 16.



Save the Date

May 19th- Movie Night and Elections. We will have our annual elections followed by a viewing of the documentary “Sturgeon Queens.” This tells the story of the two sisters behind the famous Lower East Side establishment, Russ & Daughters. We will have some Lower East Side-type delicacies to accompany our viewing!

Vendors Needed

Sisterhood is hosting its "Shop till You Drop" Vendor Fair on Sunday, April 26th, 2015. If you know a vendor or if you are a vendor who is interested in participating, please email Jill at jillfeisner@hotmail.com. Vendor fee is \$36.

Gift Shop

The Gift Shop is open

Sunday, 9am-12pm

Wednesday, 4pm-6:15pm

By Appointment: contact Serena Blackin 732-390-9515

April Specials

20% off all Passover Items

Take an additional 50% off all clearance

Torah Fund

Your Torah Fund contribution strengthens and perpetuates Conservative Judaism throughout the world. For information on ways you can support Torah Fund, contact Ann Rosenzweig, 732-249-9141.

Pins and WL cards are available. For ordering information, please check the Bulletin Board or contact Ann Rosenzweig, 732-249-9141. Cards are \$5 if sent to you or \$4 if hand delivered at a Sisterhood event.

Visit the B'nai Tikvah website to order your Mitzvah Baskets and Mazel tosses. Please have your forms in one month before your mitzvah.

MARKETING COMMITTEE

The Marketing Committee is looking for some people who would like to get involved by writing, posting, designing materials for B'nai Tikvah. We're looking for help with social media content, blogging, updating brochures and promotional materials.

If you have the skills and would like to help, please get in touch with the Marketing Committee chair, Phil Welsher, at philsland@gmail.com.

Thank you!

The subject of Alzheimer's and other forms of dementia were extremely important and close to Aaron's heart. Three articles written by Aaron on this topic follow, plus helpful hints to use when interacting with Alzheimer's victims as well as some websites on this subject.



Another Viewpoint

The Hardest Road

We all have acquaintances we meet under very limited circumstances. Such as people we see at parent teacher meetings or political events or religious services. We even have running conversations on some particular common interest, be it sports or kids, or politics, and may pick up a conversation that we had when last we met, be it last week or last month.

In that vein, I often meet with a young family who I see regularly. The wife in this family group mentioned that it appears that her mother may be showing Alzheimer's symptoms. Typically, the symptoms manifest themselves by accusations such as "You never call me," to which the daughter replies "I called you yesterday" and the Alzheimer's victim says "No you didn't."

There are various words used, but the tenor and the results are the same. Anger by the parent and irritation by the child, or friend, or sibling, or spouse, or whoever is the target of the Alzheimer's victim. The target is left feeling that he or she is being unfairly punished, and the Alzheimer's victim feels depressed, unloved, and confused.

It took a while for me to get the hang of it, when my lifelong love, Mili, started with wild accusations about my lack of interest in her, and also, among other things, losing the ability to balance her checkbook, when all her life she was a math whiz kid. The early symptoms were sporadic. Everyone has a bad day from time to time but, after a while, I began to recognize that a pattern was developing. I had to learn to subdue my natural reaction to want to respond when she would blame me for some imaginary hurt.

What did I learn? First, never argue. It does no good to try to remind an Alzheimer's victim that you called them yesterday. Yesterday no longer exists for someone who has forgotten it. No attempt to bring it back will help. It only makes the victim feel angry, neglected, and unloved. If the loved one accuses you of neglect, just say you're sorry and will try to do better next time. If they tend to run on with a long phone conversation, interrupt by saying that there is someone at the door and you will call back later. Chances are that the victim will not remember that you promised to call back, and may accuse you of not calling back even if you do. Don't take it personally. I repeat, do not take it personally when a loved one gives you a hard time.

What is most important is that you leave them with the feeling that they are loved and cared about. It ain't easy, but it's the best that you can do for them and for yourself. If there are grandchildren, ask them to take turns so that every day at least one of them calls just to say hi. Grandma may not remember the call, but the good feeling will linger.

There are some things that money can't buy and feeling good is one of them. With Alzheimer's, there is no immediate past and no future. There is only now.

Aaron Rosloff

Memories

All of us young folks (I'm only 88 at this writing) may be concerned that some day we might be forced to deal with the onset of Alzheimer's or Parkinson's disease. But sometimes even the darkest hour may permit a ray of light to shine through. Among the stops that my darling Mili made on the trail from high IQ to total confusion, were the months that she spent at Buckingham Place in its day care program and later in their Alzheimer's unit.

Buckingham Place is a fine Assisted Living residence with a dedicated and caring staff in all departments, including the Alzheimer's floor. Fortunately for me, Buckingham is only four miles from my home and I could visit Mili as frequently as I wanted to. In fact, I was there every day. Sometimes early, sometimes late, and mostly both early and late.

I was intrigued by a female patient the staff called Sally. A little woman, who must have been very pretty in her youth, she spoke English fluently but with an accent that I recognized from my childhood. The language that I heard and learned in my home was Yiddish, spoken with the Ashkenazi accents of Poland and Russia. These accents salted and tailored the English that my parents' generation spoke at home, and was the English that I recognized in Sally.

Typically, Alzheimer's victims' state of mind will vary from moment to moment. One may speak of long ago events with perfect clarity and recollection and, moments later, not know where they are. Some days, Sally would recognize me when I entered the unit, and other times, see me as a stranger. Still, I saw something in her that I felt I could reach, and so I spoke to her whenever she was near.

After lunch one day, I engaged her in conversation by asking her name. She said "Sally," but I heard "Solly." She pronounced the "a" as an "o," just as my mother would have done. I said "Sally, what was your name as a child?" I got a blank look. I decided to try a shot in the dark. I said "Did they call you Suraleh?" At first I got a blank stare and then a little smile. She asked me how I knew, and I said that she sounded like my mother, so I guessed.

"Do you remember songs from your childhood?" I asked. Again a blank look. I sang a song that every Yiddish-speaking family would sing to their children. A lullaby called "Oifien Pripitchik." A little song about a Rabbi teaching little children the alphabet while sitting in front of his fireplace. At first she just stared, but towards the end she began to move her head in time to the beat. When I finished, I started over again. This time she inserted a word here and there, and on the third try she sang the song almost all the way with me. I left feeling a warm glow and I'm sure she felt the same way.

That evening, as I did a few of times a week, I brought a couple of cartons of ice cream for after dinner. Mili always liked ice cream and it was a treat that she could share with the other patients, if they were still awake. The staff would supply the tableware and I would sit with Mili and the others and try to engage them in conversation.

Sally sat at the next table with a few other residents and when she finished her ice cream, she left her table and came up behind my chair. Sally was about the same height standing as I was sitting. To my utter surprise, she stood behind my chair and threw her arms over my shoulders. She clasped her hands over my chest and gave me the surprise of my life.

Continued on page 19
Another article on page 23

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L'dor Vador #9

From Generation to Generation

Pharaoh's Daughter

Sunday

May 17, 2015

7:00 PM

Reserved Seating-\$25

General Admission-\$18

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L'dor Vador-The Claire & Irving Teicher Concert

1001 Finnegans Lane
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Congregation B'Nai Tikvah Sisterhood Shavuot Plant Sale

Commemorate the harvesting of the first fruits with the
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MEN'S CLUB

Compiled by Andrew Goldberger

Monthly Board Meetings

On March 15th, the Men's Club held the first of a series of monthly Board meetings to plan activities through May and beyond. Going forward, look for monthly calendar information in Hakol and online.

At the March 15th meeting, the Men's Club also put together the Yom Hashoah candle packages for distribution to the congregation, and would like to thank the following people who helped: Gary Bergman; Ruth-Ann Breitler; Craig Cohen; Andrew Goldberger; Allan Katronetsky; Josh Oliver; Mark Rones; Marc Rosen; Gene Wilk; Dahlia Wolkoff; Ethan Wolkoff; Joseph Wolkoff; Rabbi Robert Wolkoff.

Yom Hashoah: Wednesday, April 15th

Check the B'Nai Tikvah website for details on Commemoration Events

The Men's Club has provided congregants with a Yom Hashoah Yellow Yahrzeit Candle to light on Wednesday, April 15th, in memory of the victims of the Holocaust. This is our 23rd year of participation in the program. Your generous donations in the past have allowed the program to be self-sustaining. Over the past few years, excess funds have been used to establish a permanent memorial to the Holocaust in the form of the Rescued Torah displayed in our lobby, to support the Anne Frank exhibit, and the Holocaust Remembrance garden located next to the library. Please reference the information in your candle package when making donations. We appreciate your support for this annual program.

The Men of Summer

Still thawing out from Winter? Here's something to warm you up. Men's Club summer softball kicks off on Sunday, April 19th, and continues through August at various local ballfields. The core members of the current team have played together since 2004 and welcome any new members to join the team.

Here are some interesting facts about the league, our team, and our team's philosophy.

League: Greater Middlesex County Men's Club League

Number of Teams: 24 teams across 3 Divisions (A, B, and C)*

*(Division A=Very, Very Good; Division B=Very Good; Division C=Good)

B'Nai Tikvah Team Division: C

B'Nai Tikvah by the Numbers:

Won/Loss Percentage: Just under .500

Number of Playoffs: 1

Consecutive Years in League: 11

Number of Players: 20-25

Total Years Experience: 750

Official Team Motto: Fair Factor*

The #1 goal of the softball team is to have fun and make friends. The team has decided that this is more important than always fielding a winning team. Everyone gets to play as often as he likes, and to choose any position he wants in the batting order and on the field. When someone makes a bad play in the field or at bat, everyone laughs it off. Despite this, the team plays hard and is competitive in all games.

* Motto circa 2004, inspired by then-hit t.v. show Fear Factor

Men's Club Calendar:

APRIL

April 1st-15th: Yom Hashoah Candles delivered to all congregants.

April 12th: Men's Club Board Meeting (10:00-11:00 am)

April 19th: Opening Day: Men's Club Softball

April 19th: Join Cantor Rockman and the Men's Club by participating in the Rutgers Hillel FIT5k Run to Support Israel (Buccleuch Park, New Brunswick; Registration: 8:30 am; Start time: 10:00 am.) Now in its 4th year, the Rutgers Hillel FIT5K is a 5-kilometer or 1-mile run/walk held to raise money and support for The Rutgers Hillel Center for Israel Engagement (RHCIE), which is the first permanent, pro-Israel center on any college campus.

MAY

May 10th: Men's Club Board Meeting, 10:00-11:00 am

May 17th: Krav Maga Class (10:00 a.m.; Gymnasium): Get in shape with the form of self-defense developed by the Israeli Army. Look for more details online.

UPCOMING Events:

June: Duke Farms Eco-Tour (Hillsborough Township, NJ)

July: FJMC Convention (July 8-12, Miami Beach, FL): Engage with Jewish Men, Women, and Congregational Leaders from around the globe in camaraderie, education, leadership development, and fun! Details at: <http://fjmc.org/content/convention-2015>

August: Baseball Game: Jewish Heritage Night at Trenton Thunder

September: Men's Club Open House/Membership Drive



The 2014 softball team sported new uniforms. Photo taken directly after a come-from-behind, walk-off victory.

Move over, Amazon!

A top-notch, multi-generational assembly line was created to help in packaging the Yom Hashoah candles.



(Photo by Marc Rosen)



Come do some wining and designing with the Sisterhood!

Join us at **Wine and Design**
75 North Main St. Milltown

Tuesday, April 21st

6:30 Wining and Dining
7:00 Designing

Sisterhood Members \$25
Non Members \$35 actual cost to company

Open to the first 40 people! RSVP with payment only. Please send money with your name and contact info to the Sisterhood mailbox.

Painting to be painted is on the top of this page!!

Don't WHINE if you miss this opportunity for a fun night out!

Questions contact Sheryl Levine, cdm0710@optonline.net

or

732-447-4724



**PICTURES FROM EVENTS
AT B'NAI TIKVAH DURING
MARCH, 2015**



Three Queens
Shayna Jiorle
Jenna Kilcoyne
Hanna Cadoff

The Young Sons of Tikvah Band
David Juro, Craig Bruder,
Brad Allen, Corey Sookerman

Art Cederbaum
Joe Grodman
Irwin Millinger



Former Israeli Ambassador
Danny Ayalon and Dr. Naomi Vilko.
More than 300 people attended our
Israel Advocacy program.

Matt Tell on guitar

Jackie Master, Marty Angstreich,
& Debbie Allen produced the
wonderful Purim Shpeil "based
on the music of The Beatles".

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Sunday, April 26th

9am-3pm

1001 Finnegans Lane, North Brunswick, NJ 08902

www.bnaitikvah.org

Looking for a Way to Volunteer in the Community?

Congregation B'nai Tikvah has been approved as a partner of NJ Clean Communities' Adopt-A-Highway program.

Four times per year, our volunteers will walk the one mile of Route One (southbound side only) between Thomas Avenue and Henderson Road, picking up and bagging the trash that has accumulated along the road.

We are planning our first foray in late April or early May; won't you consider volunteering?

Please note, we have to follow State guidelines, which means:

- No one under 17 may participate
- Long pants and sleeves are required
- You MUST watch the safety/training video (about 10 minutes long) before setting out
- No dangerous or heavy material should be touched.

Gloves, safety vests, signs and trashbags will all be provided.

Please join us in giving back to our community.

Interested? Please contact Jeff Cadoff at cadoffj@gmail.com or 732.407.7778



Another Viewpoint continued from page 8

Sally not only sang all of the words of "Oifan Pripitchik," but sang two more songs. She had spent the entire afternoon concentrating on recalling the songs of her childhood. I was overwhelmed and Sally was so proud. At least for the moment, she was aware again of her own self-worth.

Aaron Rosloff

Originally published January 2010
Another article on page 23.



Men's open basketball
every Tuesday at 8 pm

New players welcome

Non-synagogue
members \$7

HAKOL ONLINE

Want to ketch up with Hakol?
This and older issues of Hakol
are available on our websites.

Take another look at our weekly
email announcements, aka the
CBTNewsletter. The upper right
corner has a cover image of the
latest issue. Click the image or
title to download the pdf.

Connecting you to a community of support

WILF AT HOME is a new program that helps Seniors Age in Place at Home. Our discounted menu of services includes home repair, home care, assistance with transportation and a free home safety check.



WILF AT HOME

at The Oscar and Ella Wilf Campus for Senior Living

(732) 649-3509 • athome@wilfcampus.org

J Serve:
The National Day of Jewish Youth Service

SOUTH RIVER, NJ (February 18, 2015) This April, more than 11,000 Jewish teens from around the world will come together to serve their communities and make a difference.

The Jewish Federation in the Heart of New Jersey is running J-Serve, the International Day of Jewish Youth Service, on Sunday, April 19th from 1-4 pm, at East Brunswick Jewish Center, 511 Ryders Lane, East Brunswick.

Inspired by Jewish values, the day will inspire and engage more than 125 youngsters from 6th to 12th grade, including those from other faith communities, in worthwhile local causes while educating them about community needs and deepening their connection with supportive charities – and with one another.

Our success is collective. One youngster in his or her hometown can make a difference but, when thousands of teens work together, they change the world.

Participants are encouraged to register for a selection of volunteer projects both on - and off-site at jewishmiddlesex.org/family/j-serve.

Contact Laura Safran for more information at 732-588-1804 or lsafran@jf-gmc.org.

THANK YOU

A special thank you to Joyce Fishelberg, Bill Greenberg, Beverly Leipzig-Silien, Jeryl Roller, & Mae Rubinstein for making our March birthday calls.

A special thank you to Jay Scheuer for his amazing prayer book repairs and to Phyllis Pinsky for doing beautiful calligraphy for B'nai Mitzvah and Baby Naming certificates.

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Occasion of: _____

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Please Allocate Donations to:

- Bikur Cholim
- Cantor's Special Fund
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- Family Shabbat
- Israel Youth Travel
- JNF
- L'Dor VaDor
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- Prayerbooks
- Rabbi's Discretionary Fund
- Religious School
- Ritual Activities
- Shabbat Luncheons
- Social Action / Tzedakah
- Sons of Tikvah
- Torah Restoration
- Yahrzeit
- Youth
- General Donation
- Other _____

*Please send separate checks for these funds.
You can make your contributions online by Clicking the "Giving" link at bnaitikvah.org

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Wednesday	7:30 pm
Thursday	7:30 am & 7:30 pm
Friday	8:00 pm
Saturday	9:30 am



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Bat Mitzvah
 Brooke Valan
 Daughter of
 Charlie Valan and Debra Richter
 April 18



Bar Mitzvah
 Ethan Feltquate
 Son of
 David and Anne Feltquate
 April 25



We gratefully acknowledge and thank the following contributors for their generous gifts. Your special donations make up a part of our synagogue's total income. We rely on you.

Hakol Donations

February 12, 2015 – March 12, 2015

Rabbi's Discretionary Fund

The Rekant Family, in memory of Sam Slotoff
 Ronnie & Jerry Levine, in memory of Walter Freedman,
 beloved father of Ronnie Levine
 Irit Harchol, in memory of her beloved mother, Fruma Weiner
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 Joan Shames, in memory of her beloved mother, Shirley Risman
 and her beloved brother, Seymour Risman
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 beloved mother of Arlene Frumkin
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 Sam Greenfield

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 Irwin Millinger, in memory of his beloved grandmother, Sarah Beim
 Bertha Goldsmith, in memory of her beloved brother, Abe Braha
 Vicki & Burt Bauman, in memory of Minna Manheim, beloved
 mother of Vicki Bauman
 Melanie & Richard Margolis, in memory of Morris Siegel,
 beloved father of Melanie Margolis
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 beloved father of Gerald Fishelberg
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 Davia Cohn, in memory of her beloved husband Jontel Cohn
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 beloved father of Dr. Leon Horlick
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 sister of Marvin Stark
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 beloved father of Wendy Heisler
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 beloved mother of Gary Wesalo
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 Herbert & Adrienne Mars, in memory of Lillian Mahler & Isidor
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 Dennis & Norlyn Kessler, in memory of Richard Schanen,
 beloved brother of Dennis Kessler
 Gary Austein, in memory of his beloved father, Gilbert Austein
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 beloved father of Bernard Lorber
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 The Nudelman Family, in memory of Marvin August

Family Shabbat Fund

Arline Binder, in memory of her beloved husband, Bernard Binder
 Marc & Bobbi Binder, in memory of Bernie Binder

Social Action Fund

Amy & Cliff Smith, in honor of Neil & Cindy Gittleman,
 Congratulations on your being honored for your service to our
 community!
 Amy & Cliff Smith, in honor of John & LouAnne Wolf,
 Congratulations on a wonderful event!
 Michele & Irwin Millinger, in memory of Margorie Perlman

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 Arthur Cederbaum, in memory of his beloved sister, Rose Cederbaum
 Barbara Kleinman, wishing David & Janis Hoffman a Happy Purim
 Barbara Kleinman, wishing Ronnie & Paul Rosenthal a happy Purim
 Phyllis & Edward Rosen, in memory of Ethel Miriam Wittenberg,
 beloved sister of Rachel Ruchlin
 Ruth Anne Koenick, in memory of her beloved father, Harry Koenick,
 Joyce & Gerald Fisherberg, in memory of Harriet Schanen,
 beloved mother of Norlyn Kessler
 Joyce & Gerald Fishelberg, in honor of Irit Harchol birthday

Continued on next page

Donations continued

Adrienne & Andrew Ross, in honor of the engagement of Benjamin Levin
 Adrienne & Andrew Ross, in memory of Jerome Katronetsky
 Joyce & Gerald Fishelberg, in memory of Harriet Schanen

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Ilene Karp, in memory of Allen Karp, a wonderful husband & father

Arnold Miller Memorial Fund

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 The Berness Family, in memory of Jerome Katronetsky

Sons of Tikvah

Dorothy & Norman Politziner, in memory of Harriet Schanen, beloved mother of Norlyn Kessler
 Dorothy & Norman Politziner, in memory of Francine Angstreich, beloved mother of Martin Angstreich

24 Tips for Visiting a Person with Alzheimer's

Published on Maria Shriver's blog. By [Marie Marley](#) / [Tales of Alzheimer's & Caregiving](#) / October 3, 2014

Many people simply don't know how to interact with or entertain people who have Alzheimer's. The following 25 tips will help you improve the quality of your visits.

- 1. Make Eye Contact:** Always approach them face-to-face and make eye contact. It is vital that they actually see you.
- 2. Be at Their Level:** Move your head to be at the same level as their head. Kneel or sit down to reach their level. Do not stand or hover over them. It may be intimidating or scary.
- 3. Tell Them What You Are Going to Do Before You Do It:** This is particularly important if you are going to touch them, so they don't think you are grabbing them.
- 4. Speak Slowly:** Speak at one half your normal speed. Take a breath between each sentence. Give them a chance to catch up to your words.
- 5. Speak in Short Sentences:** Speak in short, direct sentences with only one [idea](#) to each sentence. Usually they can only focus on one idea at a time.
- 6. Only Ask One Question at a Time:** Let them [answer](#) it before you ask another question. You can ask who, what, where, and when, but not why. Why is too complicated. They may fail and get frustrated.
- 7. Don't say "remember":** Many times, they will not be able to remember, and you are just pointing out their shortcomings. That may be perceived as insulting and can cause anger and/or embarrassment.
- 8. Turn Negatives Into Positives:** For example say, "Let's go here" instead of "Don't go there."
- 9. Don't Talk Down to Them:** Don't talk to them as though they were a child. Respect the fact that they are an adult, and treat them as such.
- 10. Validate Their Feelings:** Don't just try to convince them they shouldn't be feeling a certain way. Say something like, "I see that you are angry (sad, upset, etc.). It lets them know they are not alone.
- 11. Talk About the Old Times More Than Recent Ones:** They are more likely to remember events from the distant past.
- 12. Do Something With the Person:** Bring pictures, CDs of music the person used to enjoy, or other "props" (such as items related to one of the person's special interests), to bring up pleasant memories.
- 13. What to Do When They Keep Repeating the Same Question:** Answer the question patiently as though it's the first time they asked it, because for them it is. They can't remember they already asked the question.
- 14. What to Do When They Keep Repeating the Same Story:** Respond as though it's the first time they told you the story. Again, they can't remember they just told you the story.

15. Keep Visiting Even Though They May Not Remember Who You Are: Even though they may not recognize you, they may really enjoy visiting with you - - and that's what matters.

16. Use Therapeutic Touch With the Person: People with Alzheimer's may yearn to be touched. You should always get verbal or non-verbal permission before touching a person with dementia. There are different types of touch: light, [moving](#) touch is stimulating; deep, slow touch is calming.

17. If a Person Starts Getting Agitated, Stop What You're Doing and Change the Activity or Subject: You can stop an activity and start a new one. You can also quickly change the subject of discussion.

18. Do Not Correct the Person: This may embarrass them or lead to an argument.

19. Do Not Argue With the Person: Don't even think about arguing with the person. You can't win.

20. Use Their Name Frequently When Talking With Them: Most people respond positively to hearing their name and people with Alzheimer's are usually no different.

21. Don't Visit if You Find They Already Have A Visitor: If a person already has one visitor, adding another one may be too much stimulation for them.

22. Don't Just Assume the Person Doesn't Remember Something: People with Alzheimer's may have moments of perfect lucidity during which they will remember things they wouldn't otherwise remember.

23. Don't Tell Them a Loved One Has Passed Away If They Ask About the Person: This may just upset the person. It's best to tell a white lie and say something such as the person is away and will return soon.

24 Don't Even Bring up Topics That May Upset Them: Again, this may lead to a nasty argument.

Here are some websites that may be helpful if you are caring for ,or know someone with, Alzheimer's or dementia:

<http://www.nia.nih.gov/alzheimers/publication/alzheimers-disease-fact-sheet>
<http://www.nia.nih.gov/alzheimers/publication/caring-person-alzheimers-disease/about-guide>
www.nia.nih.gov/alzheimers
www.alzheimers.gov
www.alz.org
<http://mariashriver.com/blog/2014/10/25-tips-for-visiting-a-person-with-alzheimers-marie-marley/>

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
			1 12 Nisan Nursery Seder	2 13 Nisan Search for Chametz	3 14 Nisan Office & School Closed Fast of the First Born SIYYUM FIRST SEDER	4 15 Nisan PESACH
5 16 Nisan Spring Break 2nd DAY PESACH	6 17 Nisan Board of Directors	7 18 Nisan	8 19 Nisan	9 20 Nisan	10 21 Nisan Office & School Closed PESACH DAY 7	11 22 Nisan (YIZKOR) PESACH DAY 8
12 23 Nisan	13 24 Nisan Nursery Resumes Sisterhood Board	14 25 Nisan Israel Stamp Club Men's Basketball	15 26 Nisan	16 27 Nisan YOM HA'SHOAH	17 28 Nisan Schoolwide Shabbat Birthday Shabbat	18 29 Nisan Bat Mitzvah Brooke Valan
19 30 Nisan Rutgers Hillel 5K Run/Walk	20 1 Iyar	21 2 Iyar Sisterhood Wine and Design Men's Basketball	22 3 Iyar Sons of Tikvah Falafel Ball YOM HAZIKARON	23 4 Iyar YOM HA'ATZMA'UT	24 5 Iyar USY Spring Convention Nursery Israel Parade Bet Service	25 6 Iyar Bar Mitzvah Ethan Feltquate
26 Iyar Rabbi with Hei Parents Sisterhood "Shop Until You Drop"	27 8 Iyar Palestine Study Group Ritual Meeting	28 9 Iyar Men's Basketball	29 10 Iyar	30 11 Iyar	Candle Lighting 3 7:06 pm 10 7:13 pm 17 7:20 pm 24 7:28 pm	Shabbat Ends 4 8:06 pm 11 8:14 pm 18 8:22 pm 25 8:30 pm



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