

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.

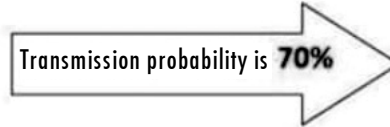


Special Summer Issue

Stay Safe Out There



COVID 19 Carrier
(without mask)



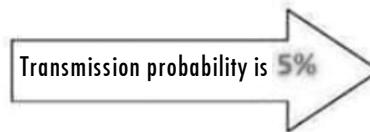
Transmission probability is **70%**



Healthy contact
(with mask)



COVID 19 Carrier
(with mask)



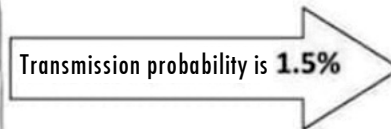
Transmission probability is **5%**



Healthy contact
(without mask)



COVID 19 Carrier
(with mask)



Transmission probability is **1.5%**



Healthy contact
(with mask)



COVID 19 Carrier
(without mask)



Transmission highly probable



Healthy contact
(without mask)

From Rabbi Robert L. Wolkoff

Sacred Ground



For years, I have tried. I have tried to avoid using the bima of this sacred institution for partisan politics. For years, I have tried to avoid direct attacks on the character of our President—our President—and have tried to focus instead on the policies of the administration. For years, I have tried to be balanced, acknowledging those policy choices that are worthy of serious consideration, if not applause—like policies concerning Israel, and policies supporting religious freedom, which I consider to be the bedrock core of American democracy and American exceptionalism; all the while trying, admittedly with limited success, but still trying, to ignore the many thousands of lies and the incendiary, undignified tweets.

I have tried. But when I saw the President unleashing uniformed police to use tear gas, pepper spray, concussion grenades, and raw physical violence to disperse peaceful protestors from church grounds, in order to stand on that sacred ground and raise a Bible in his hand for a perverse photo op—a photo op!—when I saw that, I had had enough.

Mr. Trump, standing on sacred ground, with a Bible in your hand, you came into my wheelhouse, and I will do what little I can to make you pay the price.

That Bible, Mr. Trump, besides containing the prohibition against adultery, about which you should know a great deal, also contains the prohibition against murder—like the murder of George Floyd, and Eric Garner, and Ahmaud Arbery, and so many other black people—nearly one a day for every day of your administration. And almost the first thing we learn in the Bible is something that you clearly do not understand—that we are all—all—created in G-d's image.

And that is a principle that you not only don't understand, but that you actively attempt to subvert, while leading the most divisive administration in my lifetime. What the Bible that you held in your hand does not contain, Mr. Trump, is a single word on race. But you have made race-baiting the core of your administration.

We all know, Mr. Trump, that not all your supporters wave the Confederate flag. But we also all know that all who wave the Confederate flag are your supporters.

Why is that? And what have you done about it? I'll tell you why, and I'll tell you what you have done. You've understood that violent bigotry is at the core of the identity of the white underclass in this country. From your position of high privilege, you have chosen to inflame that bigotry, rather than to address the suffering and insecurity that caused it.

You would rather use your dog-whistles about the 2nd Amendment to intensify the politics of resentment and paranoia than offer anything constructive to enhance the social and educational status of the pathetic souls who, G-d help them, look to you for leadership.

At a time when our country desperately needs the voice of calm, empathic leadership, you instead have chosen the course of the schoolyard bully, making ever uglier threats. You couldn't get your military parade through the streets of Washington DC. Now you want to have the military parading in every city in America.

In your inaugural speech, you spoke of "American carnage." And throughout your term in office, you have done everything you possibly could to cause and exacerbate it.

"You have to dominate, if you don't dominate, you're wasting your time," you told America's governors. Otherwise "you're going to look like a bunch of jerks. You have to dominate." And if they don't, you ranted, "I will deploy the United States military and quickly solve the problem for them."

As if tear gas, rubber bullets, and attacking reporters—while you desecrate a church—would ever solve any problem.

At this point, I have absolutely zero expectation that you could ever find the qualities necessary to actually address the problem, much less solve it—qualities such as empathy, understanding, the ability to listen, allowing victims to define their own pain, seeking order and harmony rather than chaos and power. Instead, I expect you to make matters worse, hoping that, after you have torn down as much as you could, that you alone would be left standing in the rubble and thereby remain in power. And what of our country and its principles you must sacrifice to accomplish this is, of course, of no concern to you at all.

You have taught us, Mr. Trump, to expect the worst of you, and you have met our expectations.

But know this, Mr. Trump. At this point, the battle lines have been drawn. You wanted them, now you've got them. For the longest time, people have disguised the contempt in which they hold you so that they could lower their capital gains taxes, enhance their stock portfolios, or get the judges they want so they can protect their privilege— class privilege and, yes, white privilege.

Continued on next page

From Cantor Bruce Rockman



We Must Do More

There's no excuse for that anymore. Right now, our nation is engaged in a battle for its soul, a battle—and this is the crucial part—a battle against fascism.

Yes, that is the word, and we must not be afraid to call things by their proper name. The glorification of force, the lust for state dominance, the celebration of oligarchy, the subversion of truth—for G-d's sake, what else are we supposed to call it if not fascism? Know this: once you beat peaceful American citizens, sullied the sacred ground of a church, and held up a Bible while perverting everything in it, you unleashed forces that in your crassness you can't possibly comprehend.

I can explain it to you, but I can't understand it for you. Nevertheless, I'll put it in story form in the hope that someone close to you will be able to comprehend and explain it.

During WWII, Jews from Norway were being deported by ship to their deaths in the camps. As their ship passed by the port of Gothenburg, the Bishop of that city stood in the Cathedral and declared, "If we stay silent, the stones of the church will cry out." The stones of that church courtyard in our nation's capital, Mr. Trump, are crying out right now, because we have been silent too long. And the walls of this synagogue are crying out, too, and the walls of every religious institution in our nation that understands the meaning of desecration and is revolted by it.

Mr. Trump, you have called the demonstrators "terrorists." But what's truly terrifying is the thought that the man who sits in the office of the President of the United States of America could have such profound disregard for the principles, the sacred principles, on which this country was founded.

In the portion of the Bible that we are reading this week, it talks about the chiefs of the tribes of Israel, who—without tear gas and stun grenades—came into the sacred precincts of the tabernacle to offer their sacrifices. They were called nesi'im, from the Hebrew word for "lifting up." That's what leaders are meant to do. Lift us up.

You tear us down.

You shame us.

And we will be silent no longer.

For the longest time, we as a Jewish community were unable to embrace the "Black Lives Matter" movement. Why? Because the leadership of this organization included anti-Zionist and anti-Semitic themes in their platform. And, because we too were bound up in traditional American attitudes. After years of the Black and Jewish communities working side by side to curb racism, its having been interrupted by a loss of mutual understanding and purpose, it seems that we are once again aligned. Today we are "beginning to understand" that in America, especially because of the targeting of our black brothers and sisters, racism has not subsided. It has only ebbed and flowed and is obvious today more than ever. Until racism is eradicated, especially against the black community, we all will suffer from its immorality. Working together, it will be less difficult to find the common ground that we all desire.

In my role as the Chairperson of The South Brunswick Area Clergy Association, I was invited to address "*The South Brunswick March for Justice Walk*" on June 12th. Here is an excerpt from my address. I pray that we are ready to work hand in hand to end racism.

We are here today to embrace "Black Lives Matter." Forever, America's majority has embraced racism and prejudice. Racism has been institutionalized and its era must come to an end. Every person and institution must assume responsibility to create a more equitable and just society. Jewish tradition forbids us to remain silent in the face of racial injustice. "Do not stand idly by while your neighbor's blood is shed" (Leviticus 19:16). Rabbi Abraham Joshua Heschel, who marched with Reverend Dr. Martin Luther King, reminded us that "morally speaking, there is no limit to the concern one must feel for the suffering of human beings, that indifference to evil is worse than evil itself, that in a free society, some are guilty but all are responsible." Today we understand that we are guilty. We have not done enough to eradicate the epidemic of racism that has scorched the landscape of America with the blood of our black brothers and sisters. We have not done enough.

We are very fortunate that we in the South Brunswick community are able to celebrate our diversity. We are embraced by dedicated leaders, caring public safety professionals, superb educators, and loving, inspired clergy. South Brunswick is a great place to live and to nurture our families. We must be a beacon, a light to our neighbors and lead the way with Jada-Rae-Poku and Essence Baker (*South Brunswick college students who organized the walk*), marching forward, one mighty step at a time, for freedom and justice in America. God Bless you and God Bless America.

From President Marty Abschutz

CBT Staffing News



Lynne Weiss Marshall came to Congregation B'nai Tikvah in 2008 and found a home. For the next twelve years, she dedicated herself to serving the membership and to promoting our synagogue to the community. No job was too small nor too large for her to take on; rarely does a meeting go by without our current Co-VPs of Administration singing her praises. She has led us through some interesting and challenging times, serving with five different Presidents, two Rabbis, one Cantor, and many members of the Board. We all wish Lynne, along with her husband, Ira, all the best as Lynne begins a new chapter of her life.

I am pleased to announce that Lesley Lewkowicz will start orientation on July 1st. Lynne, Charlie Valan, and Kevin Krane, Co-VPs of Administration, will work with Lesley to acquaint her with the systems we have at CBT as well as the above-and-beyond service that Meryl will continue to provide. This overlap will help create a smooth transition. On August 1st, Lesley will become our Administrator. Please join me in welcoming Lesley to the CBT family.

I have included Lesley's bio so you can learn more about her background and other "family."

Hopefully, soon, we will all have a chance to meet Lesley in person and join together to have an in-person event honoring Lynne.

Introducing Lesley Lewkowicz



Lesley Lewkowicz joins the B'nai Tikvah family with both a personal and professional background in Jewish life. Lesley spent several years as an office manager and administrator for Chabad of East Brunswick and Monmouth Torah Links in Morganville, as well as serving in a similar role at a for-profit business. Her professional background is the perfect blend of business experience along with Jewish organization experience.

Lesley grew up in Colonia, NJ, where Cantor Bruce's father, Cantor Royal Rockman, was her family's Cantor. Lesley and her three brothers witnessed the commitment her parents had for Judaism, not only as active members of Temple Ohev Shalom but in the larger Jewish community as well. They have followed in their parents' footsteps, each in their own way, as being dedicated to Jewish teachings and ideals.

Lesley, along with Julian, her husband of 29 years, moved to East Brunswick almost 20 years ago, with their three children, Gillian, Ethan, and Jenna, in order to become part of the Jewish community there. Lesley and Julian have raised their children with the same dedication to *Yiddishkeit* with which they were raised. Lesley continued to be active in Sisterhood and Hadassah, just as she had been from the time she was growing up in Colonia. All three of their children have been involved in synagogue life while growing up in East Brunswick, as well as in Kadima and USY and various other Jewish organizations.

Lesley volunteered her time in her children's schools, running the lunch program at Solomon Schechter, PTA Board at Frost School, and many other programs and committees. Lesley can't wait to bring her own USY experience and background to the CBT family, to further grow and enhance the already thriving programs.

Continued on page 6

HAKOL

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

Published monthly, except July and August. Submissions are encouraged about events, group activities, and anything relevant to the Jewish Community. All articles emailed to Hakol@bnaitikvah.org are due by the 15th of the preceding month and are subject to available space and editorial constraints. We discourage the use of PDF files. All issues are archived at bnaitikvah.org/hakol and emailed via the CBT Newsletter. Editors: Gary Bergman, Ann Gold, Arthur Biderman, Janet Weiss, and Sandy Sharon. Advertising: Meryl Harris and Janet Weiss.



Noah Levin

COVID-19: *Kehila*, *Sh'mirat Haguf*, and Risk



Dr. Steven Levin

SARS-COV-2 is the novel virus that causes the illness COVID-19. The implications of a novel virus are two-fold: no one on the planet is immune, and nothing is known about the virus. Now, six months after the discovery of SARS-COV-2, the vast majority of people remain susceptible to infection, and a great deal remains unknown, including the long-term ramifications of infection; whether infection confers temporary or permanent immunity; how best to treat COVID-19; whether researchers can develop an effective vaccine; and how to exist spiritually, economically, emotionally, and physically in the context of this health threat.

That said, much *is* known about SARS-COV-2 and the consequences of uncontrolled spread. Without social distancing or other intervention, the average infected person will infect between 2 and 5 other people within a short 4-5 days. In other words, SARS-COV-2 is much more contagious and spreads much faster than Influenza. Moreover, the consequences of infection can be grave. The overall mortality rate is between 1-3% (compared to less than 0.1% for Influenza), and survivors may suffer from post-traumatic stress and other mood disorders, chronic lung disease, stroke, and other disabilities.

Much is also known about how to stop or slow the spread of SARS-COV-2. By taking measures to reduce spread, NJ has “flattened the curve.” At no point were NJ patients denied access to a hospital bed or a ventilator if needed. In contrast, patients in NYC had to share ventilators, while hospitals in Italy were so overwhelmed that older patients were removed from ventilators to treat younger patients.

The virus spreads primarily through respiratory droplets. When we breathe, speak, sing, yell, sneeze, and cough, we distribute droplets of moisture (potentially containing a virus) that can travel up to six feet through the air. We can protect ourselves and others:

- Wear a mask that covers your nose and mouth. Doing so greatly reduces the introduction of virus into the air. Consider that 30% of infected individuals have no symptoms. It is also likely that wearing a mask offers partial protection from getting infected.

- Maintain a distance of at least six feet from others.
- Wash your hands frequently with soap and water (for 20 seconds) or use a hand sanitizer with at least 60% alcohol.
- Avoid touching your eyes, nose, and mouth.

It may be tempting to “just get it over with” and expose oneself to COVID-19, but there are several reasons not to do so, from the personal to the communal. In terms of the personal, researchers still do not know whether COVID-19 confers immunity to those who recover. Since research is rapidly advancing, I would rather avoid infection now in the hopes that there will soon be treatment available, or a vaccine to prevent infection altogether. Finally, the mortality rate is unacceptably high: I would not accept a 1-3% risk of death (and higher risk of serious illness) in any other situation. *Sh'mirat Haguf*, protecting the body, is a core value in Jewish tradition. At the same time, Judaism also teaches *Kehila*, commitment to the community. Even if we do not feel compelled to protect our own health, we owe it to others at higher risk and to essential workers to do everything possible to lower the rate of infection in the community. By flattening the curve, we ensure adequate access to healthcare for the treatment both of COVID-19 and of other health issues.

In the last few months, many people have asked my opinion about whether it is safe to go to a restaurant, visit with friends, go to the store, hold services at the synagogue, and so on. It is not a simple yes or no answer. The best answer involves consideration of different types of risk. Each “exposure,” when we are close to someone else, carries a relative risk. The relative risk of momentarily passing within six feet of someone wearing a mask is low, while the relative risk of spending two hours riding in a car with someone who has a cough is much higher. Cumulative risk accounts for the additional risk of multiple encounters. The risk of one encounter may be 1/1000, but the overall risk of 100 encounters at this level is nearly 10%. The more encounters we have, the higher the cumulative risk. Pooled risk is the risk level when different groups come together. If I visit a restaurant, I take on the risk of all the customers sitting near me and of all the people they have encountered in recent days.

By considering these forms of risk and factoring them into our everyday decision making, we can live our lives without going into permanent quarantine, and, at the same time, we can honor the Jewish values of *Sh'mirat Haguf* and *Kehila* by caring for our bodies and our community.

I Wasn't There, But...



Ann Gold

I read this interesting article in an airline magazine (really!) about 20 years ago. The author wrote about several curious customs in her Catholic New Mexico family.

On Friday night, her mother turned the ubiquitous picture of Jesus Christ to the dining room wall. She asked: "Why?" and her mother said: "Because, that's what my mother and grandmother had done." She didn't know why. She just followed the tradition.

Checking with family friends, she discovered that some of them also shared another old tradition: At some time in the Spring, each shared a big family dinner—in a windowless room in the basement.

Can you guess where this is heading? Yes; these families were descendents of conversos, Jews who—due to the religious fanaticism of Queen Isabella—were expelled from Spain in 1492 or forced to convert to Catholicism (but never believed to be true converts). They fled to less deadly countries in Europe and the Ottoman Empire, and they sailed with Spanish explorers to the New World.

As the Conquistadores moved north from South to Central America, through Mexico to what became the U.S. Southwest, priests followed, seeking to convert "heathens." So did representatives of the Inquisition, in order to enforce the "true religion." To stay ahead of it, most conversos kept moving north. Even as they publicly professed their Catholicism, most secretly held on to their faith. With succeeding generations, though, Judaism faded as public adherence became the reality.

But, some semblance remained. Therefore, without knowing why, these New Mexico families hid Jesus on the Sabbath and celebrated Passover in hiding.

Postscript...

After doing additional research and publishing her findings, the writer reported that "some" people then tracked their genealogy. "Some" then openly acknowledged their dual religious heritage and "a few" actually converted back to Judaism.

Gift Cards Are Back!

Planning a trip to the supermarket? Make it a fundraiser for CBT and reward yourself, too!

Stop & Shop, Whole Foods, Home Depot ShopRite, ACME, and Lox, Stock & Deli

Did you know you get a 2%* dues deduction for all of your purchases made with gift cards?

Buy gift cards at the synagogue office.

Call 732-297-0696 to arrange a pick-up time. The office is still not open every day, so you can't just stop in.

* when you pay by cash or check

Lesley Lewkowicz

Continued from page 4

The Lewkowiczs are huge sports fans, rooting for the NY Yankees and NY Giants (the ONLY NY teams worth mentioning), and the Miami Dolphins, Lesley's first, most important, and forever love. She's patiently waiting for them to get back to the top, where they belong.

There is nothing more important to Lesley than her family, a value that was instilled by her amazing parents. She, along with her husband and children, are extremely close with their extended family, which means everything to her. They see each other often, spend all holidays together, with all the siblings and their families. It is always loud, always raucous, but always filled with so much laughter and love.

It is that closeness with her family and the traditions she was raised with that bring Lesley full circle, here to CBT. She plans to combine her professional and interpersonal skills to help further the success of CBT's amazing community, while becoming an integral part of our B'nai Tikvah "family."

Please join us in welcoming Lesley to CBT.

Reflections of Summers Past and Present



Lynn Biderman

In summers past, as a child in Maplewood, NJ, summer days were almost exclusively spent at Cabana Club. Weekdays, my brother, mother, and I went early and stayed until dinner. My mother played either Mah Jongg or Canasta, taking an occasional break for a knee-high dip in the pool. I was sent to the day camp, but often snuck away because I found it too buggy. I preferred hanging around my mother or splashing in the pool with friends. I honestly have no recollection of my brother being there (sorry, Richie). My dad came with us on weekends, dividing his time among tennis, swimming, and poker. Every summer, we took at least one car trip, usually to Wildwood or Atlantic City. Our most memorable trip was through the Blue Ridge Mountains to my father's home town of Elkins, WV. Some days were spent at Olympic Park, or riding on the "amusement park" truck that came right to the cul-de-sac where we lived.

The summer before I entered 7th grade, we moved to Elkins Park, PA. We still spent most summer days at a beach club and sometimes made the drive back to NJ to go to Cabana Club's replacement, Westmount Country Club. We loved Westmount; it was always filled with friends and relatives. There were weeklong visits to Grossingers or Browns hotels in the Catskills. I was older now and had a boyfriend to spend most of my time with.

We moved again, in my first year of High School, to Fresh Meadows, NY. We joined a beach club on Long Island but still

ventured to NJ to go back to Westmount (think of the movie "Flamingo Kid"). It seems like adulthood happened overnight. After college, summer no longer had the same special lazy-day air about it. But working full time did give me an opportunity to travel, and still manage a weekend or two at Westmount, staying connected with my old friends and many cousins.

Poof! Time zoomed ahead and I found myself married to Arthur and mother to Matthew and back to NJ. We did not have a country club to go to; that life style is pretty much a thing of the past. We have a pool in our development and that was our go-to summer spot. We also managed to fit in at least one family trip per summer, often repeating my childhood trips to Wildwood and Atlantic City. We did fit in car trips to other spots as well, including Ocean City, MD and Mystic Seaport in CT and visited a variety of state fairs and historical sites. Matthew went to day camp and then to sleep-away camp when he was 9. Arthur and I were still working in those days, which reduced "summer" to weekends, mostly spent at our pool. During August, we went to Boca Raton, FL to spend time with my folks. We did spend some wonderful vacations with friends, including an epic trip to Lake George. In 2015 Matthew bought his own home, Arthur and I retired, and summer morphed into any other time of year, just warmer.

Now, we are in summer 2020. Covid-19 hit the world, and we have the summer of Pandemic—the summer spent in isolation, or the season of social unrest and discord in the country. Swimming pools are closed; beaches are closed; restaurants are closed; movie theaters are closed. We have to wear masks. Social distancing is the law of the land. Netflix is our main go-to leisure activity. And my days are now filled mostly with cooking and reading. I miss going to Westmount.

Our Food Pantries Are In Need Of Non-perishable Food

canned tuna, chicken, soup, and beans... rice, jelly, dried beans, pasta & pasta sauce, peanut butter, boxed milk, coffee, cereal, etc.

North Brunswick

Municipal Building
710 Hermann Road
North Brunswick, NJ 08902

Tuesdays from 10 am - noon
or Thursdays from 6 - 8 pm

Someone will meet your car and direct you to the Food bank.
Do not enter the building!

Or send a check written to the North Brunswick Food Bank mailed to the above address.



South Brunswick

South Brunswick Police Dept.
540 Ridge Road
Monmouth Junction, NJ 08852

Enter the building through the first set of doors. Place food on the table.

Or mail a check, written to the South Brunswick Township
P.O. Box 190
Monmouth Junction, NJ 08852

(Put "Food Pantry" in the memo)

Was That a Shiva?



Cheryl Fitzer-Attas

March 4, a Wednesday - I had planned my mid-week visit with Dad at his assisted living residence, feeling the sense of urgency due to looming coronavirus concerns. In a rush to get out of work early to beat traffic, I remember the exact moment placing my computer into its bag, when the phone rang....no more visits allowed. Going virtual. How does one get an 88-year old man with dementia to engage in FaceTime, especially when he can't see his caretakers' smiles behind their masks?

The dreaded telemedicine call took place about a month later, the morning of Erev Pesach. Dad wasn't eating or drinking, likely Covid+, and with no outside medical support allowed into his facility, we decided to move him to subacute rehab that afternoon. My husband, Moshe, and I drove up to Bergen county to *accompany* my father from one facility to another, shouting out our love from a distance. The word for funeral in Hebrew, לְלוּיָהּ means *escort* or *accompany*, and Moshe feared this might be the last time we saw him. He was right. We did not have a proper Seder that evening.

They lost the first coronavirus test, they lost Dad's chest x-ray, they gave him a course of (unproven) hydroxychloroquine, and the doctor told me she didn't have time for my questions. The nurses, aides, and activities staff became our lifeline to Dad; the dialog that developed with these health care workers more than seven long weeks was something I can only describe as intimate. Amazingly, they too opened up, cried, shared their life stories, and took off their masks in a corner somewhere to share their faces as well.

In the eulogy I said at my father's 11-person (we snuck one in) funeral, I insisted he was not just another statistic. How could we put a statistic on this loving, generous, friendly, smart, emotional, and oh so funny, man? Yet on May 30, 2020, Shabbat Shavuot, the day he died, my father became one of the 105,793 total Covid-19 cases reported that day in the U.S. My Hero, a statistic. None of us had a proper Shavuot this year.

The challenges to ensure a respectful and meaningful funeral for Dad were many, but one stands out. No cemetery workers to be seen. We knew to bring our own shovels, but we didn't know how profound it would be as a family to fill my father's grave completely to the top. With our hands, with the two shovels we had, with our muscles to drag the tarp closer, with our aching hearts. In Israel, our loved ones are typically not interred in a coffin; the body is buried in shrouds directly in the grave. Being close to the earth is restorative, healing. In Hebrew, the word for human אָדָם is derived from the word for earth, אֲדָמָה. The same holds true for the English human – homo (sapien) is derived from the word humus (the nutrient-rich organic component of soil that forms when dead plant and

animal matter decays). Perhaps that's why the owner of the nursery we recently visited told us "soil is the new toilet paper." In the midst of this pandemic, people are seeking the earth, planting new seeds, yearning for growth.

Having lived in Israel my whole adult life, I had only really known the Israeli experience of Shiva. Whether the family's background is Yemenite, Moroccan, Russian, or American, the Shiva in Israel is typically something to behold. Funeral and Shiva notices are posted almost immediately - around the mourners' homes, neighborhoods, and workplaces. Whether there is a large outdoor Shiva tent or a small apartment in a 4th floor building with no elevator, the consoling visitors come in steady streams. Often, those visitors don't know the deceased or barely know the mourner, yet everyone wants to comfort them. Everyone does, just by being there.

How can that compare to a Shiva here in NJ, here during a pandemic, here so far away from our family and friends in Israel? It did not compare, and it did not have to. Here, we are so grateful for our B'nai Tikvah community. To all those that brought us food, donated funds to buy more food, organized minyans in our backyard, invited me to their own backyard minyans, suggested a Zoom minyan I could attend and say Kaddish, donated to the synagogue in honor of my Dad, called, video called, commented on my Facebook post, found the courage to visit in person, or even just took a moment to think about us - thank you! You filled our hearts and helped me to experience the soft, comforting bubble of Shiva. And you continue that support in so many ways. - תְּבוֹרָכְךָ may you be blessed.

Yes, it was a Shiva, so different than expected. They say the words of the time are "humility" and "uncertainty." Mourners cannot now be comforted by someone hugging them or sitting quietly by their side during the Shiva week. It's quite apparent that the customary Shiva experience has taken on a new form and will likely continue to evolve as we plow through the months (and years) ahead.

As I finish this writing, I'd like to pose a few questions for us as a community. Take a moment to think about when you were sitting Shiva for a loved one and what support (organizational, emotional, financial, or otherwise) was helpful, what support you wished you had? For those who visited an in-person Shiva, what did you notice in the home that could be improved upon, to help the mourner and the comforters. These questions may be hardest for those of you who experienced a virtual Shiva, yet your thoughts may be most impactful during these trying times.

Continued on page 21

And The Children Shall Lead Us



Charlie Valan

The events that have taken place not only throughout the United States, but throughout the world over the past month have shown us one incredible central theme; more than we've seen in our history, the youth of America are getting more involved in social issues affecting the world in front of us.

Many of us were adults of the civil rights movement, but more of us were probably children during that time period, or it was before our time and we've seen pictures. When I look back at those photos and film, I see adults, lots of adults. It's very difficult to find many children in them. We are living in a different time, but many world and social issues follow us to this day. Social issues are sometimes ignored because for many, "it's not of their moment." When Israel has issues of intrusion of rights, as Jews, we listen closely. While it's happening thousands of miles away, it still moves us to listen. Why? Because some of us might have family there, but for more of us, all Jews are our family and Israel is our place of solidarity in so many ways, even if we've never been there.

I won't rehash the moment in the most recent history that served as the catalyst and spark that ignited this powerful backlash, and hope that as you're reading this, another major issue hasn't led to further challenges. But for some reason, something REALLY changed this time. Maybe because many of us witnessed for the first time, an 8 minute and 46 second murder take place before our very eyes, where we were a witness from nearly start to finish. I happened to see the video well before the flames became polarizing and the nation became outraged, but I watched it only once in horror as a man pleaded for his life, and his begging was ignored.

The saddest part for me was the explosion of hate that was launched from this "moment of lack of compassion," which has been questioned over too many years to count. Now this wasn't about a particular group being bad, despite some communicating it that way. This was about individuals being given power and not exercising the judgment many of us would expect. There was no excuse and has never been an excuse for that. Just the issues being raised repeatedly ignored after "Thoughts and Prayers." In turn, protest (not all of them) turned violent and worse, and those who wanted to deflect the focus from the issue that caused these additional actions had the material they needed. Our focus became clouded, at least some tried.

So let's get back though beyond the issues and issues that followed the issue and let's talk about the real difference this time; The Children. Maybe I'm blinded by the moment, but I'm pretty positive we've never seen in our history an aggressive and immediate response from "The Youth of America." Was it the COVID at home orders that allowed our children access that would have been bypassed with normal young world

distractions? Could it have been the video itself, so shocking that it finally made the youth wake up as it did many more? I'm not here to speculate nor can we explain in a simple thought many of the "phenomena" that provide aggressive cultural change. But bottom line, the world reaction changed, if not by the outrage, then by the age base and range of where the outrage was supported.

The multicultural reaction in itself was enlightening, and in many ways, humbling. But to see so many youth out there getting involved and wanting to be represented said a lot for what type of world our kids want to see. Why?

Maybe our youth have been exposed as witnesses of so many of adults' mistakes, transgressions, and taught disdain, that in many ways "don't see it" and won't be a part of it. Could it be that they're removed from the overwhelming segregation of history gone by? Remember, as adults we are one, maybe two generations removed from the Civil Rights movement, so maybe parents are teaching better and children are just not exposed to it so fluently.

I am very positive all of us could sit down for hours alone with our children and articulate our own experiences. I personally find it so invigorating, promising, and hopeful seeing the youth of the world standing up and speaking out in the name of justice. Over the years, I've heard things like, "Kids don't know discipline anymore" and, "If I did that, my parents wouldn't have tolerated it or worse." But here are so many young people voicing, defending, and moving in solidarity on an issue of concern. And it's not a single race, religion, sexual orientation, or any other "sticker" you want to place on a group. It's a melting pot of young adults. It's the foundation and future of America.

We have so much going on in the world and you know what? Young people need to be inspired to be more involved. This is about being heard more than just exchanging information. This is about becoming REALLY active in your future. In the distant future, but not so distant future, this will be the youth of today's world of tomorrow. The younger they start taking interest, the sooner their voices will make an impact.

As adults reading this, we must encourage not only our children, but all the young people we interact with, that it is never too early to get involved in your future and your world. Sure, your opinions might not be actionable today, but every day is a new beginning. What we are seeing shouldn't be discouraged to stop; it should be encouraged to continue. This will be their planet and sooner than later, many will be populating it with children of their own.

I remember the old saying, "What type of world will we leave our children?" Well, if our children respectfully speak and provide input, it will be the world they've had an influence and say in developing. "And The Children Shall Lead Us." Can they do things any worse than some of the things many have done? It doesn't hurt to listen and believe their world will be better. Hopefully kinder.

Stacey Rockman's KIDS CORNER

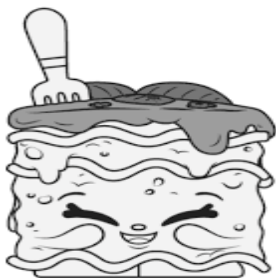


SHABBAT SHALOM
שבת שלום

Have fun with these pages and pick your own colors.



Ice Cream Lasagna



Ingredients

1 box of ice cream sandwiches
(box of 12)

Cool Whip

Oreos

Preparation

Crush Oreos and add to Cool Whip. In a lasagna pan, layer the ice cream sandwiches, then the Cool Whip mixture. Make sure to end with the Cool Whip. Refreeze for a couple of hours.

KOSHER KITCHEN TAKE-OUT

Four-meal Minimum Order

Order Form on next page.

QTY	Item	Price	Total
	Shabbat Dinners		
	<i>Whole Roasted Chicken with Kasha Varnishkes, Grilled Vegetables and 1 QT Chicken Noodle Soup</i>	36.00	
	<i>3 6-ounce pcs Braised ShortRib w Mushroom Gravy, 1 QT Chicken Noodle Soup, Mashed Potato, Coleslaw</i>	48.00	
	ENTREES		
	14" "Meat LoversPizza" (Kosher Dairy) Plant Based Pepperoni, Italian Sausage, Bacon, with Mozzarella and House Pizza Sauce	21.95	
	14" Traditional Pizza (kosher Dairy)	16.95	
	<i>Baked Ziti (Dairy)</i>	14.95	
	<i>Chicken Fingers (8 pieces)</i>	12.00	
	<i>Dark Meat Chicken Kebab over Herb Rice With Israeli Salad and Tahina</i>	14.95	
	<i>Eggplant Rollatini over Penne Marinara (Dairy)</i>	14.95	
	<i>Filet of Branzino with Lemon Wine Sauce With Rice and Sautéed Spinach</i>	17.95	
	<i>French-cut Chicken Balsamico with Mashed Potatoes and Brussels Sprouts</i>	14.95	
	<i>Fresh-cut Chicken with Marsala Sauce with Herb Rice and Sauteed Spinach</i>	14.95	
	<i>Grilled Herb Salmon with Dijon Dill Sauce with Mashed Potatoes and Grilled vegetables</i>	14.95	
	<i>Homemade Meatloaf with Mushroom Gravy Mashed Potatoes and Grilled Vegetables</i>	14.95	
	<i>Macaroni & Cheese (Dairy)</i>	11.00	
	<i>Pasta Primavera</i>	11.00	
	<i>Penne Marinara</i>	8.00	
	<i>Ponzu Seabass served over Fried Rice</i>	18.95	
	<i>Pulled BBQ Brisket over Mashed Potatoes and Brussels Sprouts</i>	17.95	
	<i>Short Rib Entrée served with Mashed Potatos and Grilled Vegetables</i>	18.95	
	<i>Spaghetti and Meatballs</i>	14.95	
	<i>Stuffed Cabbage with Kasha Varnishkes</i>	14.95	
	<i>Sweet and Sour Meatballs Over Penne Pasta</i>	14.00	
	<i>Teriyaki Glazed Salmon Over Vegetable Fried Rice</i>	14.95	
	<i>Vegetable Fried Rice</i>	11.00	
	SOUPS, SALADS, & SIDES		
	<i>Homestyle Chicken Noodle Soup (1 QT)</i>	11.00	
	<i>Homemade Potato Knish (2 per order)</i>	7.00	
	<i>Kasha Varnishkes (1 QT)</i>	11.00	
	<i>Mushroom Barley Soup (1 QT)</i>	11.00	
	<i>Tomato and Cucumber Salad (2 servings)</i>	11.00	
	DESSERTS		
	Cheesecake — Specify: Plain, Strawberry, or Chocolate Brownie	29.00	
	<i>David's Brownies (6 Large)</i>	12.00	
	<i>David's Blondies (6 Large)</i>	12.00	
	<i>Rice Pudding (1 PINT)</i>	5.99	
	FRESH MEATS (Uncooked)		
	<i>2 LB Trimmed Chicken Cutlets</i>	18.00	
	<i>2 LB Ground Beef</i>	18.00	
	<i>Whole Chicken</i>	11.00	
	<i>1 LB Trimmed Skirt Steak</i>	26.00	
	<i>Local Delivery</i>	20.00	

Meals are freshly prepared and may be frozen for later use.



Lori Sookerman



Shelly Wistreich

Please visit bnaitikvah.org/sismember to discover the joy of getting involved in our circle. Sisterhood would love to welcome you.

Contact: Jessica Zink, jessicazink@optonline.net.

We are looking for some fabulous ladies to join us on the Sisterhood Board for the year 2020-2021. If you are interested in being a part of this group of dedicated women, please contact Kim Riemann at kim.riemann99@gmail.com

Mitzvah Baskets

Help us decorate the bima with nonperishable food baskets. We also deliver baskets to other synagogues. Tell your friends about this service. Contact: Teresa Samtur 732-821-8163 or msamtur@comcast.net

Torah Fund

The new pins are available with a \$180-or-above pledge. We would love to welcome you as a Torah Fund benefactor, helping the Women's League for Conservative Judaism to support the Jewish Theological Seminary, its teachers, Cantors, and Rabbis.

Contact: Ann Rosenzweig 732-249-9141
Anndyapt@optimum.net

Mazel Tosses

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Contact: Marci Abschutz, 732-735-1946.

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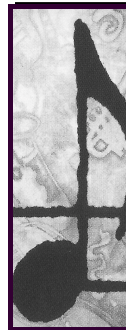
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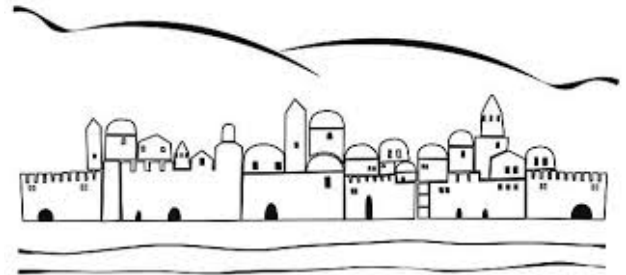
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What's in Store?



Gary Bergman

My grandson just turned 17. He's waiting for the D.M.V. to open so he can get his driver's license. In preparation, he has been working part-time at Moe's Southwest Grill in Quakerbridge, NJ. He's a smart kid and well liked by his boss and co-workers. He and his family were at my house the other day, talking about what kind of (used) car he should look for.

I interrupted the conversation by asking his father, who works in the printing industry: "If the government stopped paying your employer the incentive to keep their employees, would they be able to keep you, based on the amount of business they're now doing?" After a brief pause, he admitted: "Probably not." I then asked my grandson: "Based on the amount of business Moe's brings in, would your boss keep you if he weren't being compensated by the government?" Again, after some deep thought: "I don't think so."

Now, cut to an incident I had that week in early June.... I brought some furniture to a shop in Perth Amboy that I've been doing business with for years (because they do excellent reupholstering work). I asked the owner a similar question. He said: "I haven't made a furniture sale in three months, just some reupholstering here and there. After 65 years in business, I'll have no choice but to close up shop."

This recent YouTube video, <http://bit.ly/blsreports> illustrates in detail, how the Bureau of Labor Statistics slanted (and outright lied about) the May jobless figures to give the false impression that things are improving.

As our congregation is aging-out, many of us are now retired or otherwise "taken care of." But, what about the majority of Americans who still have to work for a living? I wish I had an answer, or at least some words of encouragement. But, I don't.

In Israel, they joke about the difference between a pessimist and an optimist: The pessimist says: "Things can't get any worse." The optimist says: "Yes they can." So, I told my grandson not to worry: "With many car rental agencies on the brink of bankruptcy, you'll soon be able to pick up a nice used car at a very good price."

Thank You!



Charlie The Tuna

Thanks to the sacrifice of Charlie and his friends and the generosity of the B'nai Tikvah family, the Mercer Street Friends Food Bank has received approximately 3,500 cans of tuna fish. The cans were delivered to the food bank by Cynthia, Irwin Millinger's daughter-in-law, who now has full use of her garage again.

Although Cynthia attempted to personally thank all who donated, she could not, as some of the tuna arrived through the mail without a donor's name attached. Therefore, please accept this as her appreciation and gratitude for your generous donations.

Bikur Cholim

The committee wants everyone to know that, while we are unable to fulfill our mission of visiting the sick, we'll pick up prescriptions and take care of emergency (light) shopping. If you are affected by COVID-19, please let the office and clergy know at 732-297-0696.

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Wants and Needs

Subscribe to our Yahoo eGroup to see if someone is offering what you need or to post something you're willing to donate.

<http://groups.yahoo.com/group/bnaitikvah>

The Joys of Lex



Arthur Biderman

I spent more than 40 years in the publishing industry – most of it working on technical reference books, including dictionaries and encyclopedias. So, when a mysterious illness began to be reported in early 2020, I said to myself: “Self! Why don’t you put together one of the first, best, well-organized, well-researched glossaries on this ‘new’ subject – as a service to my community, state, synagogue, country, and the world?” I recently was going through my many pages of notes – mostly from TV, print, other references, and PK (Professional Knowledge), an abbreviation often used by professional lexicographers.

Fortunately (I think), two things happened while I was doing this. First, Gary, as Editor of Hakol, informed me that there would probably be some space in the June issue, as long as I met a deadline of May 19. Secondly, on the morning of May 19, I was proudly explaining to my son, Matt, what I was doing. He muttered something like “Have you checked the Internet yet?,” entered a few keystrokes on his smart phone, and showed me a looong list of (readily?) available online references.

Oh, well, I thought. At least mine will have the benefit of my professional training and experience in the field of lexicography and extensive subject expertise (Executive Editor of Taber’s Cyclopedic Medical Dictionary) AND Certification as a Minidoctor from Robert Wood Johnson Medical School; the latter does not mean that I am short in stature, but rather that I completed a schedule of classes offered by top educators at RWJ Adult Education before any standards for such a program had been put in place.

But I digress! Other entities attempting to cover this field include The Philadelphia Inquirer and some out-of-state Medical School called “Yale.” Therefore, I decided to go forward with my own unique perspective.

A glossary can generally follow two types of organization or a combination: top-down or bottom-up.

Top-Down Approach. List the major categories; then break them down into subcategories, further categories, and so on, until sufficient detail is attained for the “entry

list.” So we may start with pandemic, an outbreak of a usually worldwide disease. This may be contrasted with an epidemic, which is a similar outbreak that affects people within a community or region. As a disease, the breakdown could cover such general areas as diagnosis, treatment, cure, prevention, history, incidence, signs and symptoms, complications, and patient care. For COVID-19, the basics of prevention, diagnosis, treatment, and cure include such important concepts as testing, tracing, isolating, medicating, and, hopefully, inoculating with a relatively effective, safe, affordable, rapidly manufacturable vaccine.

Bottom-Up Approach. Start with actual, specialized terms that are being used, building up to more general terms, as appropriate. For example, TV updates are given almost daily by a number of government officials. In our region, these include Gov. Phil Murphy (NJ), Gov. Andrew Cuomo (NY), and Mayor Bill De Blasio (NYC). Their frequently used terms include: positive cases, confirmed positive cases, presumptive positive cases, suspected positive cases, incubation period, isolation, quarantine, asymptomatic, outbreak, ventilator, lab-confirmed deaths, average, three-day (and seven-day) rolling averages, the curve, flattening the curve, contact tracers, PPEs, face coverings, mitigation, public health indicators, remote learning, and serology test.

..... No more time and no more room. If there is a groundswell of interest, this article can be continued. If not, next month, I will submit a D’var Torah that I gave at CBT about 30 years ago!

More Cooking Tips from Gary Bergman

1. Order the Pulled BBQ Brisket from Classical Caterers.
2. Keep it in the fridge for three days.
3. Microwave the covered dish for 4 minutes at power level 4
4. Let it cool and microwave for 3 more minutes at 1/2 power.

This twice-proven process resulted in a meal cooked to perfection. Any similarity to last month’s Salmon recipe is purely coincidental.

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Steve & Renee Juro, in loving memory of Susan Penny Juro
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Donations continued: June - July 15, 2020

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Carole & Bob Turkheimer, in loving memory of Milton Turkheimer and Gertrude Norack

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Steve Chernela, in honor of the birth of his granddaughter,

Ashytn Bowers and in loving memory of David Chernela

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Maxine Kasdin, in loving memory of Mark Kasdin

Nila & David Mason, in loving memory of Archie Shapiro

Ritual Fund/Shabbat Together

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Andrea Kozodoy, in honor of Bobbi Binder who was gracious enough

to make kippahs for Hayley's Bat Mitzvah service

Social Action Fund

Janice & Art Baer, in loving memory of Joseph Berezin

Arnie Miller Youth Activity Fund

Toby & Gary Ehrlich, in loving memory of Ellen Costello

Toby & Gary Ehrlich, in honor of the birth of Jerry & Lois

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The Harkavy Family, in loving memory of Joseph Schiavone

Kevin Krane, in honor of Shea Krane and Maya Blackin becoming Co-presidents of USY

Phyllis Horlick, in loving memory of Rose Rosenbaum and Louis Friedlander

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Jeff & Marcia Schwartz, in honor of the birth of Adrienne & Andy

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Allison & David Nagelberg on the engagement of their son

Cory to Dana Ehrentreu

Arline & Alan Kane, on the birth of their grandsons, Leo and Max

Fern & Allan Katronetsky, on the birth of their grandson

Miriam & Stephen Gordon, on the birth of their granddaughter, Darcy

Toby & Gary Ehrlich, on the engagement of their son, Ben

Jeff & Marcia Schwartz, condolences to Bonnie Stevens & Family on

the passing of beloved mother and grandmother, Ruthe Groudan

Cheryl Attas, on the passing of her father, Lawrence Fitzer

Debbie Rekant & Family on the passing of beloved father and grandfather, Herman Slotoff

Brad Cohen & Family on the passing of beloved mother and grandmother, Audrey Cohen

Neal Gittleman & Family, on the passing of beloved brother and uncle, Ronald Gittleman

Gordon Heit & Family, on the passing of beloved father, grandfather and great-grandfather, Irwin Heit

Jerry Silver & Family, on the passing of beloved wife and mother, Joan Silver

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Lynn & Arthur Biderman, on the passing of beloved sister- in- law, Paulette Biderman

Nancy Zankel & Family, on the passing of beloved brother and uncle, David Fried

Rabbi Eligberg & Family, on the passing of beloved mother and grandmother, Leona Eligberg

Ronnie Levine & Family, on the passing of beloved sister, aunt, great-aunt, Ellen Costello

Stephen Koffler and Jordana, on the passing of beloved wife and mother Bette Kindman Koffler

Was That A Shivah? Continued from page 8

Have you ever paid a Shiva call to someone you barely knew, recognizing this would comfort them deeply? Have you tried to participate in daily minyan to allow mourners to say Kaddish? Have you touched the earth for comfort lately? Perhaps we can have a Zoom discussion one day, under the guidance of our cherished Rabbi Wolkoff.

My father was an historian. He devoured world news and was always poking for a lively discussion on current events. Surely, he would be devastated by the world's pandemic. Surely, he would be encouraged by the tipping point against systemic racism finally happening here in the U.S. Surely, he would be cheering about the Yankees spring training in his hometown, the Bronx. Thank you for allowing me to share his memory with you.

Humbly, I will always try to carry forward the love and support I receive from you, our B'nai Tikvah family.

What's In Store by Gary Bergman (addendum)

In reference to my article on page 18 that I wrote more than a month ago, my thoughts are still relevant, although some updates are in order. I subsequently found out that Moe's Grill was not a recipient of the PPP and my grandson is still working there in his part-time job, saving for a new car. Unfortunately, that is not the case for his dad, who is now collecting his unemployment insurance.

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 Gary & Marcia Wesalo
 LouAnne & John Wolf
 Ruth-Ann Breitler & Rabbi Robert L. Wolkoff
 Tammy & Keith Zimmerman

Plus other friends who wish to remain anonymous

THANK YOU



“Thank You” to Margie Atwater, Joyce Fishelberg, Gilda Gildenberg, Bill Greenberg, Jay Scheuer, and Risa Stolly for making birthday calls. Thanks to Phyllis Pinsky for doing beautiful calligraphy on the B’nai Mitzvah and Baby Naming certificates

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