

Jewish Center of Northwest Jersey

Journal

PO Box 2, 115 Youmans Avenue, Washington, NJ 07882
(908) 689-0762
www.jcnwj.org

October 2014
Vol. XXXX Issue 2



Rabbi's Message

New Kitchen: Clear Food Policy

On Friday, September 12, we celebrated and dedicated our new kitchen. It was a festive night starting with a joy filled Shabbat service and ending with a beautiful dedication ceremony and delicious oneg, sponsored by our Sisterhood. While we publically thanked and honored the hard-working committee, Jeff and Jeannie Berkowitz, Iris Hirsch, Bill Kowski, Judy May, and Bill Parson, who shepherded the entire renovation, we also acknowledged that this kitchen is not due to the efforts of any one person. Rather, like all things in our community, it has taken a village of donors, helpers, and cheerleaders. As part of our dedication, we hung a beautiful mezuzah, purchased by our Sisterhood. Make sure to take a look at this mezuzah because its front is adorned with a stone from the time and area of the Temple in Jerusalem. Very special!

To prepare for our new kitchen, the Religious Living Committee has written a *Kashrut*/Food Policy. Our work started a year ago by dedicating our Adult Education studies to the topic of Food and Judaism. Our broad course culminated with studying the process of setting a communal food policy and examining various examples from other communities.

continued on next page

Mark Your Calendar

- Friday, October 3rd
7:30 pm Kol Nidre Service
- Saturday, October 4th
9:30 am Yom Kippur Service/Yiskor
3:15 pm Torah Study
4:30 pm Neilah Service and Break-the-Fast Meal
- Sunday, October 5th
No Sunday School
- Monday, October 6th
7:30 pm Board Meeting
- Sunday, October 12th
9:30 am Sunday School
9:30 am Sisterhood Meeting
10:30 am Sukkot Service
- Friday, October 17th
6:15 pm Religious School Shabbat Dinner
7:30 pm Shabbat Service/Simchat Torah
Oneg: Finkelstein, Post/Goldner, Braunstein, and Baeck Families
- Saturday, October 18th
10:30 am Torah Study
- Sunday, October 19th
9:30 am Sunday School
10:30 am Confirmation Class

Rabbi's Message (cont.)

Then, a task force, Jeannie Berkowitz, Edythe Herson, Sharon Herson, Iris Hirsch, Helen Mattson, Risa Smith, was appointed by the Religious Living Committee. Over several meetings, we articulated the values that are important to us as a community. Finally, we drafted the food policy, reviewing and editing several times. The final product was presented to our board and accepted by vote. The food policy is included in this bulletin. It reflects both ethical and ritual values; it seeks to create Jewish community around food.

The new food policy does not differ greatly from our past practices. However, it strives to clarify our practices and make them accessible to all. Like any other ritual matter at the synagogue, we may need fine tuning and new answers as we live the policy. That is natural. We will address those questions as they arise. No one should have any concerns that the policy comes with its own "kosher police." If mistakes are made, we will correct them together. We are community and we will support each other as we create delicious meals together.

Please do not hesitate to contact me or Iris Hirsch, Religious Living Chair, if you have any questions about the food policy.

L'Shalom,

Rabbi Mary Zamore

If you, a family member or temple friend is ill or facing a life challenge, please know that Rabbi Zamore is here to help.

Please contact in confidence Rabbi Zamore at zamorem@comcast.net or call her at (908) 317-0417.

Sukkot Service Sunday, October 12 at 10:30 am

Join the religious school as we gather as a community of all ages for our Sukkot service and Sukkah Oneg. We will enjoy a brief service that includes shaking the lulav and etrog. Afterwards, we will enjoy the Sukkah oneg!

Mark Your Calendar (cont.)

- Sunday, October 26th
9:30 am Sunday School
10:30 am Adult Education
- Thursday, October 30th

High Holiday Food Drive

It has been customary for many years for our congregation to organize two food drives to feed the hungry: the first between Rosh Hashanah and Yom Kippur and the second around Pesach. The first one is coming up soon. Please fill a bag with non-perishable, non-breakable items, such as canned or boxed (dried) fruits and vegetables (preferably not overly sweetened), soup, juice, pasta, cereal, and anything else that you would want to eat. We give our proceeds to NORWESCAP (and have been asked not to include matzah). You may begin bringing filled bags on Rosh Hashanah morning.



Thank you in advance for your generous participation. If you have any questions, please contact Iris Hirsch at irishirsch@comcast.net or 908-850-1030.

Religious School Shabbat Dinner Friday, October 17 at 6:45 pm

Before our joyful Simchat Torah/Shabbat service, we will gather as a religious school community for dinner in our Sukkah. Pizza, salad, and drinks will be provided. Please make sure to RSVP and pay for the members of your family by October 13. A sign up form will be distributed by email. All members of your family are welcomed to attend!



President's Message

With the New Year at hand and all of the beginning festivities, I stop for a moment and reflect on my observations of our temple in action.

We led into the New Year with our new Shabbat Experience, which was suggested by the parents of our youngest members who sought an introductory service that would conclude early enough to match their kids' bedtimes. Rabbi Zamore and Cantor Sugarman commenced the program with a picnic dinner over an entertaining story, progressing to songs and arts and crafts, and concluding with the Kiddush and Motzi. The experience was such a success that the parents requested an encore for next month.

We then proceeded with the dedication of our new kitchen and remodeled Simcha room. Many thanks to the House and Kitchen Committee, who volunteered a significant amount of time to assure a fabulous result with a timely completion. The dedication was attended by a majority of our membership, who were in awe of the transformation. Our first oneg with the use of the kitchen and Simcha room was vibrant and full of energy. Everyone was anxious to take their turn in the kitchen.

We then began the Hebrew School year with the start of our new curriculum and concluded the first day with the Sisterhood organized America's Grow-A-Row Mitzvah activity, where we picked fruits and vegetables at a nearby farm for the local food bank.

On the heels of opening day, we commenced the New Year with our two days of Rosh Hashanah services led by Rabbi Zamore and Student Cantor Sugarman. The erev was attended by many with a festive and sociable oneg and the second day concluded with a well-attended temple-sponsored luncheon.

The upcoming months should remain just as vibrant, as we look forward to Yom Kippur, Sukkot and Simchat Torah. For the young adults, we are planning a teen movie night and for our adults, we are planning a non-religious social. Sunday School will continue with our young adults assisting our teachers and students, and our Adult Education program will kick-off in October along with Book Club and Torah Study. An active temple builds connections and continuity, possible only with your support and participation.

If there are activities that you believe would be good for the temple, please don't hesitate to bring them to our attention. It is your temple, and we are hoping to meet both your family's religious and social needs.

Looking forward to the work and play of the upcoming year. Thank you to all helping to make the start of this New Year so successful. A happy, healthy and sweet New Year to all.

Mo Bauer

לשנה טובה תכתבו
2014 HIGH HOLY DAY SERVICES 5775

Yom Kippur

KOL NIDRE

Friday, October 3 at 7:30 pm

MORNING SERVICE/YISKOR

Saturday, October 4 at 9:30 am

TORAH STUDY

Saturday, October 4 at 3:15 pm

NEILAH

Saturday, October 4 at 4:30 pm

Break-the-Fast following Services

Rabbi Mary L. Zamore

Student Cantor Lilah Sugarman

Girls' Night Out

The JCNWJ will be hosting a Girls' Night Out for all of our lady members on **Thursday, October 30 at 7 pm** at Andrea's Dining Room at the corner of Fairmount Avenue (CR 517) and West Mill Road (CR 513) in Long Valley, NJ. Complimentary brick oven pizza bar pies served with drink specials, including 1/2 price cocktails and wine. Come kibbitz, kvel, whine and dine with our Membership Committee at this first time event. For more information or to RSVP please email Tracey Bauer at traceysbauer@comcast.net.

EDUCATION/PTO

Opening Day was a success! Thanks to the PTO for a great brunch. A great start to a productive afternoon at Grow-A-Row. Thank you to all who participated.

October brings Sukkot and the first Confirmation Class.

We have a lot of teens participating in our Madrichim program. Thank you for stepping up once again to make our school special for the students!

Gerri Klein

Religious School Chair



JCNWJ members harvest 300 lbs. of tomatoes for food banks, food pantries and soup kitchens in the Northern New Jersey area on September 14.

Adult Education Begins Sunday, October 26 at 10:30 am

Rabbi Zamore will be guiding us through a survey of Jewish theology as we study the great Jewish thinkers.

Feel free to come to one class or all. We meet monthly. Open to teens and adults.

SHARE YOUR NACHAS

Tyler and Marci Braunstein helped break the Guinness Book of World Records! On Sunday September 21, The Partnership for Jewish Learning and Life held the Great Shofar Blowout in Whippany, NJ. There were 1,043 shofar blowers, shattering the 2006 record of 796 and making it the largest shofar ensemble in the world. For the three hours leading up to the big event, Gil, Marci and Tyler Braunstein volunteered at the registration tables.

The Jewish Center of Northwest Jersey welcomes the following families as new members:

Debbie Berk

Joseph Epstein and Sheryl Feinstein

Teen Night Out

All 8th to 12th graders are invited to come to the Temple on Saturday, November 15 from 7 pm to 10 pm for snacks, hanging out and a movie. Invitations to follow.



SAVE THE DATE

WHO: Families celebrating the bar/bat mitzvah of their son/daughter in Fall 2015/Spring 2016

WHAT: B'nai Mitzvah Brunch and Meeting

WHEN: Sunday, November 2
12 pm – 2 pm

**A Reminder from the
Sunshine Committee**



Please let us know when someone has passed away, is ill or otherwise in need of a little sunshine so that the Jewish Center may be there to support and assist as best we can. Please contact Ruth Schutzbank at (908) 329-6036 or Howie.ruth@hotmail.com.

The JCNWJ Cemetery Committee wishes to remind the congregation that there are graves available in our portion of the Easton Cemetery in Easton, PA. Information about the cemetery can be accessed by clicking on "Cemetery" on the temple's website (www.jcnwj.org). Please contact Bernard Robins at 908-534-7989 for further information or with questions.

November Journal Deadline

The deadline for submitting articles and advertisements to be included in the November Issue of the JCNWJ Journal is **October 19, 2014**. Please email articles, photographs, or news items to the Journal Editor, Abby Bauer at abbybauer@comcast.net.

Our first confirmation class of the new year will be October 19 at 10:30 am.

Wanted: Advertisers for JCNWJ Journal

Kindly take note of the ads at the end of our Journal and whenever possible, support these establishments with your patronage. It's also a good idea to mention that you saw their Temple Ad. If there are any businesses that you use regularly that might be interested in taking an ad in the Journal, please contact Rita Berkowitz (berk721@aol.com) or Ruth Schutzbank (Howie.ruth@hotmail.com). You can also go to our homepage, print out an advertising form and give it directly to them to mail in.



HAPPY SUKKOT

Jewish Center of Northwest Jersey ***Kashrut/Food Policy***

The Jewish Center of Northwest Jersey, affiliated with the Reform Jewish movement, treasures its members and guests who hail from diverse backgrounds and, therefore, different dietary practices. We honor personal autonomy and educated choice when it comes to Jewish ritual practice while we strive to create a communal sacred space—our synagogue—that exemplifies and celebrates our Jewish heritage, customs, rituals, and ethical laws. Our communal meals draw us together as we nurture one another through food and the rhythm of Judaism. We hope that our *kashrut*/food policy will be a living expression of our community and the values we uphold.

The following guidelines will govern all functions within our building and property.*

- We sanctify the act of eating as a community by reciting blessings.

- Being created in the image of God, we believe that our bodies should be respected. We encourage the serving of healthful foods and strive to provide safe options for those with food allergies, particularly nuts and gluten reactions. We will especially strive to label food in order to help make allergy-safe choices clear.

- We believe that we are stewards of God’s creation. Therefore, we encourage the serving of food that takes into account environmental sustainability and animal welfare. We strive to reduce the use of disposable food service items by using reusable plates, cups, flatware, dish towels, sponges, etc. When we use disposable items, we will strive to make choices that minimize the impact on the environment. We will seek to reduce our use of individual water bottles.

- No foods forbidden by Torah (*treiff*, meaning pork, shellfish, fish that do not have both fins and scales) will be served or brought into the synagogue. We also extend the prohibition of these foods to include products that mimic them, meaning, for example, fake bacon, imitation crab, etc.

- Meat and dairy foods will not be served at the same meal; that is, meals are to be designated as either meat or dairy.
 - ❖ Potluck meals will be dairy or *parve*.** Dairy foods, including cheese and gelatin, do not require a certification, but we encourage a close examination for hidden meat or *treiff* ingredients, such as broths and flavorings, before serving.
 - ❖ Meals and snacks brought in by congregants for personal enjoyment should be dairy or *parve*.
 - ❖ Meat meals require the approval and oversight of our rabbi and/or ritual committee chair. This includes meals prepared by a kosher caterer or home cook or prepared at the temple.
 - All meats purchased for synagogue functions must be certified kosher.
 - A vegetarian option is to be provided at any meal designated as a meat meal.
 - Dessert served immediately after a meat meal must not contain any milk. This includes non-dairy creamer for coffee and tea.
 - Dairy dessert may be served after a meat meal if the meat meal is completely cleaned up and there is a waiting period of at least 72 minutes after the end of the meat meal.
 - ❖ All pots, serving items, plates, etc. used in food preparation and service can be used for both milk and meat meals.
 - ❖ The dishwasher can be used for cleaning up both milk and meat meals, but milk and meat loads should be run separately.

- Our congregation will mark the eight days of Passover by cleaning the kitchen thoroughly and removing all *hametz* (leavened bread and any food prepared from five species of grain—wheat, barley, oats, spelt, and rye—that has been allowed to leaven) in advance of the holiday; leavened products and leavening will be removed. While we support the eating of *kitniyot**** during Passover, we ask that *kitniyot* not be served at communal seders. Outside of a thorough cleaning, the kitchen and its equipment and food service items do not need to be re-*kashered* for Passover. The preparation of food for Passover should be approved and overseen by our rabbi and/or ritual chair.

Questions regarding the implementation of this policy should be directed to our rabbi.

These guidelines were ratified by the JCNWJ Board of Trustees on September 8, 2014.

Resources to Learn about and Connect to Israel: From Rabbi Mary Zamore

Dear JCNWJ Friends,

During my Rosh HaShanah morning sermon, I made reference to a variety of resources that will help each one of us connect to Israel. Make sure to put the Step up MetroWest (Nov. 2) on your calendar. Here they are:

News Websites, representing views from left, middle and right:

<http://www.haaretz.com/> The English language website of the Israeli newspaper HaAretz. Left of Center

<http://www.debka.com/> Under construction until Oct 5, small news outlet specializing in military/strategic/security news

<http://www.jpost.com/> The English website of the Israeli newspaper *The Jerusalem Post*. Oriented towards Anglos living in Israel. Right of Center.

<http://www.ynetnews.com/> The English language website of the Israeli newspaper Yedioth Ahronot. Centrist.

<http://www.timesofisrael.com/>

<http://www.israelim.com/> A special interest portal which links every major news outlet in Hebrew or English and their coverage of Israel. Independent.

<http://www.theisraelproject.org/> Founded in 2003, The Israel Project (TIP) is a non-partisan American educational organization dedicated to informing the media and public conversation about Israel and the Middle East.

Other News/Informative Resources:

www.israelfilmcenterstream.org Browse through a catalog of award-winning feature, documentary, shorts and television programs, that are available to watch instantly on your screen.

<http://www.i24news.tv/en/tv/live> Live streaming TV in English from Israel.

<http://www.shalomtv.com/> American Jewish TV station. Both live streaming programs and extensive archives with many interviews and programs.

<http://israelactionnetwork.org/> A website from the North American Federation. Packed with resources on how to talk about Israel and advocate for her. Especially helpful on how to respond to the BDS movement. Under their resources section, especially check out their fact sheets section.

www.washingtoninstitute.org The Washington Institute for Near East Policy, in depth analysis. Publishes fact- and poll-based analysis of both Israeli and Palestinian societies.

<https://www.youtube.com/user/idfnadesk> The Official IDF, Israeli Defense Force – Israeli Army's YouTube channel.

Organizations:

www.arza.org The Zionist wing of the Reform Movement.

www.reformjews4israel.org Specific about the upcoming World Zionist Congress Election and how to support the Reform Movement by voting between January and April 2015.

<http://www.wzo.org.il/world-zionist-organization> The World Zionist Organization is committed to promoting the Zionist idea and the Zionist enterprise as vital and positive elements of contemporary Jewish life.

<http://www.irac.org/> The public and legal advocacy arm of the Reform Movement in Israel. Educates and mobilizes the community on legislative and social concerns.

<http://rac.org/> Public and legal advocacy arm of the Reform Movement in America. Educates and mobilizes the community on legislative and social concerns.

<http://womenofthewall.org.il/> Women of the Wall is the group fighting for women's rights at the Western Wall.

<http://jfedgmw.fedwebpreview.org/israel-center> NJ MetroWest Federation Israel Center has great programs and resources, especially for schools, congregations, and families. Get on their email list.

<http://www.jfedgmw.org/crc> The *Community Relations Committee* of Greater MetroWest NJ (CRC) is the public policy and advocacy arm of the Jewish Federation of Greater MetroWest NJ. While their work covers many areas, Israel advocacy is a mainstay.

<http://www.aipac.org/> AIPAC -- The American Israel Public Affairs Committee is a lobbying group that advocates pro-Israel policies to the Congress and Executive Branch of the United States.

<http://jstreet.org/> Supporting Israel and its desire for security as the Jewish homeland, as well as the right of the Palestinians to a sovereign state of their own.

Events:

Step Up for Israel, Sunday November 2, 9 a.m. – 1 p.m., Alex Aidekman Family Jewish Community Campus, 901 Route 10, Whippany NJ.

Israel's legitimacy is questioned on the international stage and college campuses, in the UN, the media, and in your local community. What Can You Do? Interact with leading advocacy and policy organizations. For more information, email crc@jfedgmw.org.

Step Up For Israel MetroWest: a grassroots education and advocacy initiative to prepare the MetroWest Jewish community to counter assaults on Israel's legitimacy.



Jewish LIFE is pleased to begin its new season of Jewish learning to our community. This year is filled with a wide variety of programs, classes and special events certain to satisfy all appetites for learning! We are pleased that due to popular demand, The Melton School of Adult Learning and iEngage are both returning to Jewish LIFE. This year The Melton School is offering two different session options to make it convenient for everyone to participate. The Melton School begins October 20/21 at the Birnbaum JCC and iEngage kicks off on October 26 at Temple Beth-El, Hillsborough. Join Jewish LIFE on a trip to the Museum of Jewish Heritage, *A Living Memorial to the Holocaust*, in New York City on October 30. We are pleased to bring back the popular Irma Horowitz Film Series Featuring Falafel and Israeli short films. The first of three events will be held on October 23 at the JCC. The Film Series hosted by Temple Beth-El, Hillsborough begins October 18 with the showing of *Hunting Elephants*. There are special events featuring Allen Salkin, (*From Scratch: Inside The Food Network*) October 24 at the Birnbaum JCC, Bridgewater; Cara Tannenbaum (*In a Nutshell: Cooking and Baking with Nuts and Seeds*) November 16 at Or Chadash, Flemington; Janna Gur (*Jewish Soul Food*) November 19 at the Birnbaum JCC Bridgewater; and Iris Krasnow (*Sex After: Women Share How Intimacy Changes as Life Changes*) February 5 at the Birnbaum JCC, Bridgewater. There is a new series of Tuesday Lunch & Learn offerings at the Birnbaum JCC, Bridgewater; the first program is Jews in the Bronx on September 30. Jewish Federation's Women's Philanthropy Division presents their annual Imagine event (November 5) and Jewish Family Service is sponsoring a program commemorating the 70th Anniversary of the Liberation of Auschwitz (February 25). The annual Celebrate Israel event is scheduled for March 26 and the Jewish LIFE Yom Hashoah community wide observance will be held on April 15. Jewish Family Service celebrates their 35th anniversary May 7. Our 12 area participating synagogues offer a wide variety of classes that are open to all. Study Hebrew, participate in a parenting class, or attend an adult Bar/Bat Mitzvah class. The Jewish LIFE 2014-2015 program guide will be available at the JCC and on the JCC website: www.ssbjcc.org. Please go through this extensive catalogue ...there is truly something for everyone! We look forward to another successful year of Jewish learning and thank everyone for supporting this wonderful and enriching program. Jewish LIFE is made possible in part by a grant from the Jewish Federation of Somerset, Hunterdon & Warren Counties. Jewish LIFE needs your support, as well... Patron and Benefactor opportunities are available. Please contact Laura Friedman, JCC Executive Director at 908-725-6994 x213; LFriedman@ssbjcc.org. If you have any questions regarding Jewish LIFE, and to register for special events, please contact the Shimon and Sara Birnbaum JCC at 908-725-6994 x201. To register for synagogue-hosted classes, please register directly through the host synagogue.

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Over a lifetime, you face the following risks:

Being in a car accident ... **1 in 57**¹

Having a residential fire ... **1 in 860**²

Being admitted to a critical care unit ... **1 in 141**³

7 out of 10 people will need long term care after age 65 ... so what's your plan?

As the cost of health care continues to rise, the costs associated with long term care are also increasing.

The cost of long term care services could quickly wipe out assets that you have worked long and hard to accumulate.

Take a look at the average annual costs for three types of long term care services.

Home Health Aide	\$43,472
Assisted Living Facility	\$39,600
Nursing Home (Private Room)	\$81,030

Source: Genworth 2012 Cost of Care Survey

How long would your savings last?