

Jewish Center of Northwest Jersey

Journal

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

Summer 2014
Vol. XXXIX Issue 10



Rabbi's Message

I am sharing here with the entire congregation the letter I have sent out to the entire religious school community. In it you will see my suggestions for keeping connected to Judaism after the official religious school year is done. After all, there are three full months until Sunday school starts up again. While it is important for our school children to keep their Hebrew skills active and not to lose the progress they have worked hard to accomplish during the school year, it is more important for each of us not to see our Judaism as attached to one season, classroom or outlet. It is not an activity or even a particular skill; our Judaism is a dynamic part of each one of us, connecting us to each other and the greater Jewish world.

Just as I challenged our religious school families to find fun and meaningful ways to connect with their Judaism over the summer, I extend that challenge to every member of our community. In addition to the list I provided for the children (please read below), I offer these suggestions for adults:

- Read a Jewish book
- Rent a Jewish movie
- Visit a Jewish museum or historical site
- Work on learning a Jewish skill or set of information

continued on next page

Mark Your Calendar

- **Friday, June 13th**
6:15 Picnic Shabbat Dinner
7:30 pm Shabbat Services
Oneg: Parson, Perfetti, Wilson, and Margolis Families
- **Monday, June 16th**
7 pm Book Club
- **Thursday, June 19th**
12 pm Adult Education
- **Saturday, June 21st**
10:30 am Torah Study
- **Friday, June 27th**
6:15 pm Picnic Shabbat Dinner
7:30 pm Shabbat Services
Oneg: Braunstein Family
- **Sunday, June 29th**
10 am Tyler Braunstein's Bar Mitzvah
- **Saturday, July 12th**
9 am Summer Shabbat Service at Merrill Creek Reservoir
- **Friday, August 8th**
7:30 pm Summer Shabbat Service at the Hersons'

Rabbi's Message (cont.)

- Study some Hebrew
- Celebrate Shabbat at home
- Visit another synagogue while you are on vacation
- Attend the JCNWJ Summer services

Please feel free to reach out, as I am glad to help you connect with the details of these summer goals. I hope you each have a wonderful summer filled with family, friends, sunscreen, and Jewish growth!

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.



If you haven't already done so, next time you're online visit the JCNWJ's Facebook page! This is the place to learn about events at the temple and beyond, see photos of recent events, find links to interesting articles, and more. While the temple's website is still a great place to get information about upcoming events, download forms, or find archived copies of the newsletters and past monthly messages from the Rabbi and President, our Facebook page expands our ability to communicate. You can send us a message about what you'd like to see on the page, or ask a question (Rabbi Zamore and others will see it) and get a response.

You can visit the page at www.facebook.com/jcnwj to see what it's all about! Hope you "Like" it!

Dear Parents,

Although the JCNWJ religious school year is coming to an end, our connection to Judaism is a gift that continues all year long. I would like to share some age appropriate resources for you and your children, so that you can celebrate Shabbat at home, find fun ways to connect to Judaism, and continue to maintain and learn Hebrew during the summer. Here is a guide by age:

Grades K-3:

- ❖ **Free Jewish books and CDs!** Ages 6 months through five, six, seven or eight years (depending on your home community) - <https://www.pjlibrary.org/> Sign-up now and share this information with all your Jewish family and friends!
- ❖ **Review your Hebrew skills!** Here is an app to help learn reading the letters. <http://www.behrmanhouse.com/news/accuracy-with-speed-is-the-challenge-in-this-online-hebrew-letter-recognition-game-by-joel-hoff> If you don't use it, you will lose it!
- ❖ Attend our **Summer services!**

Grades 4-7:

- ❖ **Review your Hebrew skills!** Here is an app to help review your prayers.
<http://www.behrmanhouse.com/news/free-app-offers-new-ways-to-practice-hebrew-with-kol-yisrael>
- ❖ Our teenagers are available to be hired as **summer tutors at affordable rates**. Contact Rabbi Zamore for some names. Reviewing 1 a week or even once every other week will keep Hebrew skills fresh. If you don't use it, you will lose it! Meetings can be held in person or Skype/ichat.
- ❖ Attend our **Summer services!**

All ages:

- ❖ Summer vacations are a wonderful way to visit other Jewish communities. If you are out-of-town on a Friday or Saturday, make sure to **visit another synagogue**. Here is the list of URJ Reform congregations, so that you can easily find a synagogue. Feel free to let me know your travel plans and I can try to connect you more directly to the community. <http://congregations.urj.org/>
- ❖ When you are traveling out of town, it is always fun to **visit Jewish cultural and historical sites**. Hadassah Magazine has a particularly good column featuring a focus on Jewish travel. Here is the link to their archive:
http://www.hadassahmagazine.org/site/c.twI6LmN7IzF/b.5763109/k.6382/Jewish_Traveler_Archive/apps/nl/newsletter.asp
- ❖ Celebrate **Shabbat at home!** Here are some resources:
http://www.myjewishlearning.com/practices/Ritual/Shabbat_The_Sabbath.shtml

It is not too late to consider **Jewish Camp** for this summer or visit a camp in order to plan for next summer! There are two important programs to check out for **big potential savings**. Talk to:

Tracy Levine
Manager, One Happy Camper NJ
The Partnership for Jewish Learning and Life
901 Route 10 | Whippany, NJ 07981
973-929-2970 Fax: 973-428-4720
tlevine@thepartnershipnj.org
www.onehappycamperNJ.org

OR

<https://www.bunkconnect.org/ui/Home/Index#start>

One Happy Camper offers \$1000 for first time overnight Jewish camp for ALL kids and teens. Bunkconnect offers substantial discounts on the first or second year of camp, based on family income. Of course, the camps also offer financial aid. Tracy can also help you pick a camp.

Please feel free to reach out for more summer resources and ideas.

Wishing you and your family a wonderful summer filled with fun, relaxation and Jewish connections!

Rabbi Mary Zamore

President's Message

On May 10, 2014, the JCNWJ held its annual Goals and Objectives Meeting. The Meeting was attended by a cross-section of our congregation, including past leaders, new leaders, our temple youth and future lay leaders. The purpose of the meeting was to brainstorm on various topics that would make us a stronger congregation. The word of the day was "connecting" and how we can "connect" better with one another.

Our initial focus was on our temple youth. With the assistance of Alex Parson and Kelsey Shelofsky, we agreed that we need to increase activities for our post-confirmation and confirmation students. Suggestions included utilizing the Simcha Room for game night, movie night and other social gatherings. We also discussed overnight trips to the Holocaust Museum in DC and the Jewish Museum in Philadelphia. These types of events will help our temple youth to connect with each other and the JCNWJ, in addition to fostering fond memories of their JCNWJ experience.

As for our junior youth, we discussed arranging gatherings outside of the classroom so that our younger students can begin connecting with each other and the JCNWJ at an earlier age. An added benefit of this experience will be the bonds developed between the parents of these youngsters.

We also discussed the introduction of the "Shabbat Experience" for our junior youth. Our typical Friday night services along with the onegs that follow tend to conclude late for our junior families. The Shabbat Experience would commence earlier, with a picnic dinner and story telling segment conducted by the Rabbi, and conclude earlier with the Shemah and the Kiddush during the service. Our junior family attendees at the Goals and Objectives Meeting concurred that such experience is a great idea and welcomed such opportunity for their kids.

Our connection thought process didn't stop with our youth. We agreed that we need more adult activities beyond those presently offered at the temple, particularly ones that would be more engaging for our interfaith spouses. An example of such activities would be social gatherings held at a members' home (similar to highly attended ones previously hosted by the Berkowitz and Herson families last summer).

Picnic Shabbat

On Friday, June 13th and 27th Rabbi Zamore will be at the temple at 6:15 pm for a "Picnic Shabbat Dinner". She welcomes any congregant wishing to join her to bring their own brown bag picnic Shabbat dairy dinner for some informal pre-service time together. She will provide wine and Challah!



Adult Education – Last Session! Thursday, June 19 at 12 pm

Join Rabbi Zamore as we conclude the exploration of food, food production, and Judaism. Rabbi Zamore's book on this topic, The Sacred Table: Creating a Jewish Food Ethic, was a National Jewish Book Award Finalist. This month we review all the Jewish food values that we have studied, as we discuss how to put them together into a person or communal food ethic. Join us even if you have not attended the other sessions of the class. Please RSVP to Rabbi Zamore (RabbiZamore@comcast.net) if you plan on attending. Feel free to bring a bagged dairy lunch.

THANK YOU

To Robin Hall for continuing to pick up the Temple's mail from the Washington Post Office and delivering it for distribution.

From Iris Hirsch and the JCNWJ

President's Message (cont.)

Other topics that were discussed included our exciting new kitchen project, which should be completed in time for the New Year, increased leadership opportunities and maximizing social media.

All of the above discussion topics are great ideas that will build connections and strengthen our Jewish community. However, these ideas can only become a reality with our members' participation and assistance. We need members to step up and take the lead. If you are interested in helping, please don't hesitate to reach out to me to discuss how you can assist. If you have an idea for a youth or adult activity that you believe will be fun and meaningful for our congregation, please let me know. In large part, it is through such connecting activities that our temple community will continue to thrive.

Again, I would like to thank all of those members who attended a very productive Goals and Objectives Meeting.

Mo Bauer

Memorial Plaques

Anyone interested in purchasing a permanent bronze memorial plaque to honor a loved one in your family, please contact Lois Goldberg at DewieandLouie7@verizon.net.

Share Your Nachas

Mazel Tov to Jamie Fesinstine, Susquehanna freshman softball pitcher who has been named Landmark Conference Rookie of the Year
http://gosusqu.com/sports/sball/2013-14/releases/0501_fesinstine_kroupa

Mazel Tov to all of the JCNWJ 2014 Graduates

Contributions

- ✧ In honor of Lilah Sugarman and Ben Vanroy
- With Love from the Sugarmans
- ✧ In memory of Arthur Hertzmark
- Nancy and Bernard Robins
- ✧ In memory of Michael S. Lewis
- Ellen J. Lewis
- ✧ In memory of Nora and Herbert Shifrin
- Laura Tarlowe
- ✧ In honor of the birthday of Helen Mattson
- Membership Committee

Torah Study

June 21 at 10:30 am

Please join us for the beginning of the Book of Numbers.

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.

Education/PTO

Before we part ways for the summer, we wanted to thank those that made this a wonderful year.

Many thanks to Rabbi Zamore, Howie, Jennifer, Suzi, Teri, Student Cantor Lilah, and Debbie for teaching our students, with the assistance of our Madrichim: Abby, AJ, Alex, Connor, Gracie, Hailey, Jill, Jonathan, Kelsey, Lauren, Mikaela and Sabrina.

Many thanks to Marci who led the PTO this year and all the parents for their invaluable help with all the activities the PTO runs for our students.

Many thanks to Marsha Torine and Rhonda Jordan who led our first teacher trainings.

Many thanks to our Education Committee who put up with us learning the ropes our first year.

A very special thanks to Marsha Gross for her endless patience and guidance as we took on these new roles this year.

Best Wishes for a wonderful summer!

- Gerri and Joon
Education Co-Chairs

Money for Summer Camp 2014

<http://www.onehappycampernj.org/>

<https://bunkconnect.org/ui/Home/Index#start>

Teens, College Students, Parents: Work at Camp!

Not just a good summer job for teens and 20 year olds! Also, an affordable way to have your kids enjoy camp!

www.jewishcamp.org/camp-jobs

MAZEL TOV

From the JCNWJ to the Braunstein Family on the upcoming bar mitzvah of Tyler

From the JCNWJ to our confirmands Abby Bauer, AJ Kowski, Connor Onweller, Hailey Ostenfeld, and Dylan Yanow



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.

September Journal Deadline

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



Jewish Family Service of MetroWest is a comprehensive social service agency providing mental health counseling and support services on a non-discriminatory basis. With a presence in the community since 1861, JFS today delivers an expanding number of programs to increasing numbers of people. For children and families, JFS provides individual, couple, child and family counseling, play therapy, support groups, adoption services, school and synagogue based social work services, family life education and other assistance needed to support healthy families. Rachel Coalition, a division of JFS, provides domestic violence services for all members of the family affected by domestic violence. JFS also offers a wide range of services for older adults and their families including case management services, counseling, caregiver education, volunteer friendly visitors and specialized programs for Holocaust survivors. For more information, please call (973) 765-9050 or visit www.jfsmetrowest.org.

JEWISH FAMILY SERVICE OF METROWEST NJ TO FORM LOSS OF SPOUSE SUPPORT GROUP

Jewish Family Service of MetroWest New Jersey is forming a new support group, “A Journey Through Grief” for men and women who have lost their spouse or significant other. The group provides an opportunity to talk with others who have also experienced the same loss. Group will meet on Wednesdays from 1:30 – 2:45 PM at Jewish Family Service of MetroWest NJ, 256 Columbia Turnpike, Florham Park. The charge for the group is \$30 per session, which may be covered by insurance.

According to Anne Mollen, LCSW, who runs the group, “a support group can be a safe and confidential experience where group members can express their feelings in a caring, supportive and non-judgmental environment. The supportive experience can aid in the adjustment to one’s loss.”

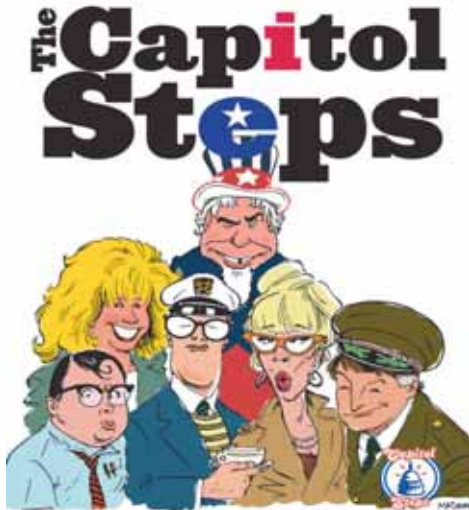
An individual group intake is required prior to joining the group. Please contact Anne Mollen, LCSW at 973-765-9050 to schedule it or for more information.

JEWISH FAMILY SERVICE OF METROWEST NJ OFFERS SUPPORT GROUP FOR PEOPLE GIVING CARE TO A LOVED ONE WITH ALZHEIMER’S

People who are caring for a loved one with Alzheimer’s or related dementia disease can receive emotional support and information free of charge through a support group offered by Jewish Family Service of MetroWest NJ and funded by the Healthcare Foundation of New Jersey. The group runs from 1 – 2:00 pm on selected dates through December at Jewish Family Service of MetroWest NJ, 570 West Mount Pleasant Avenue in Livingston and is co-facilitated by Lee A. Dagger, LCSW and Alyson Kaplan, LSW. For more information, call 973-765-9050.

An Evening of Laughter with **The Capitol Steps**

a musical comedy about politics and American culture



to benefit Jewish Family Service of MetroWest NJ
mental health programs and services for families

Wed., June 11, 2014

Levin Theater, JCC MetroWest, 760 Northfield Avenue, West Orange

Limited seating available.

For information, contact Anita Millman at amillman@jfsmetrowest.org
or call 973-765-9050 or visit www.jfsmetrowest.org.

Recipe of the Month:

Lynne Kowski's Spicy Bean and Corn Salad

Ingredients

(good for small parties of 10-20, double for
big parties)

2-16 oz cans black bean rinsed and drained

1-16 oz can corn drained

8 oz Monterey Jack cheese, diced

½ cup finely chopped green onion

1 cup thinly sliced celery

2 small red bell peppers, diced

1 ½ cups picante sauce

4 TBS olive oil

4 TBS lemon juice

2 TBS ground cumin

2 cloves garlic, crushed

In one large bowl combine beans, corn,
cheese, onion, celery, peppers.

In a smaller bowl combine picante sauce,
olive oil, lemon juice, cumin, garlic.

Toss with bean mixture and refrigerate
until ready to serve.

Just before serving, toss in additional sauce
as needed.

The advertisement features a large, stylized illustration of a woman's face with blonde hair and red lips. Below this is a circular inset showing two children, a boy and a girl, sitting at a table. The background is a mix of pink, blue, and green. Text is arranged in a clear, bold font.

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FROM THE JCNWJ



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Hawk Pointe
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Hawk Pointe Golf Club

4 Clubhouse Drive, Washington, New Jersey 07882
Tel. 908-689-1870 www.hawkpointebanquets.com

HEBREW TUTORING FOR STUDENTS

Sabrina is available for tutoring, \$15 per hour. Please call or e-mail me if you would like to discuss this further: (908) 455-1285 (evenings preferred) or gerriruthklein@gmail.com

Thanks! Gerri



9084959037 www.gogrank.com



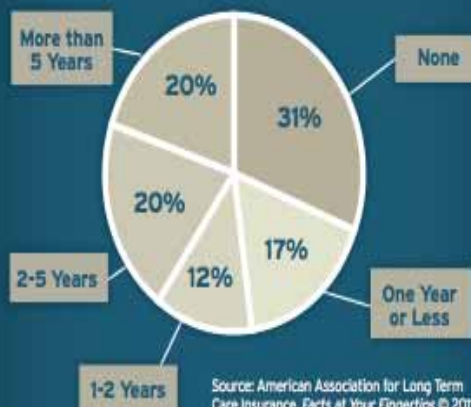
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www.primerica.com/marvabritton

What's Your Long Term Care Plan?

Main Street
Long Term Care Insurance

Estimated Years of Long Term Care after Age 65



Over a lifetime, you face the following risks:

Being in a car accident ... **1 in 57¹**

Having a residential fire ... **1 in 860²**

Being admitted to a critical care unit ... **1 in 141³**

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?

Consider the cost.

- How do you qualify for Medicare or Medicaid and what long term care services do they offer?
- What does meaningful long term care coverage cost?

Think about the care.

- Would you want to remain independent, with care provided in your own home?
- Do you want to personally provide care for your parents?
- Would you like to rely on or burden your children with your day-to-day care?

What about control?

- Do you know what coverage you may already have?
- Do you think the coverage will help?
- Are you willing to sacrifice your nest egg (and possibly that of a loved one) to pay for care?

What's your plan?

What will happen if you or your loved one becomes one of the 70% who will need long term care services?

Call today for your free professional consultation.

Simply call LTCI Partners at (855) 650-9820

(Monday-Friday, 8:00 a.m.-8:00 p.m. CT)

Or visit: www.mainstreetitci.com