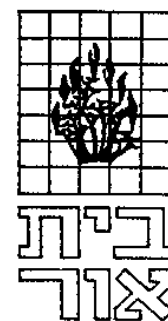


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TISHRI/CHESHVAN 5772 OCTOBER 2011

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Come Celebrate
Simchat Torah
Thursday, October 20, 6:30 pm
Friday, October 21, 9:30 am
*Singing, Dancing, &
A Special Treat.*

HONOREES OF THE TORAH 5772

Diane Goldstein
Martin Richstein
Audrey Silverman



PIZZA-IN-THE-HUT
Music Ice Cream

Monday, October 17,
6:30 pm

\$9/Adult, \$7 /ages 12 & under. No charge to TBO Hebrew
School students, USY/Kadima paid up members, and
children 5 and under.

RSVP by Friday, October 14 to
732-381-8403 or tbethor@gmail.com

Men's Club Sukkot Breakfast and Presentation:

Sunday, October 16, 9:45-11:15 am

In the Sukkah, after Minyan

Eating for Success:

Five Tips for Taking Control of Your Health & Productivity

Are you confused about what to eat to function at your best?

- Discover some sensible and realistic strategies for choosing the foods that will maximize your energy and improve your mental and physical well-being.
- Learn how to start your day strong with a power breakfast, and choose snacks and lunches that will keep you focused and avoid energy dips throughout the day.
- Find out how easy it can be to make a few adjustments in your diet and lifestyle no matter how you spend your day.



About the Speaker : **Sharon Goldner** motivates individuals and groups to live to their fullest potential. As a Certified Nutritionist, chef and wellness speaker, she makes the connection between food, and the mind and body so that individuals can easily understand their path to health and vitality. Her counseling practice, **Recipe for a Healthy Life**, is located in Westfield.

To RSVP, please contact: Michael W. Miller at 908-233-9624 or s-mmiller@juno.com or TBO/BT Office 732-381-8403.

This event is free and open to the community

FROM THE CANTOR



Have you ever heard the story of the Yanov Torah? During World War II, the Jewish inmates of the Yanov labor camp in Poland secretly smuggled into the camp a Torah scroll from nearby Lvov. They did so by cutting it into sections that they wrapped around their bodies to get them past the camp guards. They then hid the various fragments wherever they could—beneath the floorboards of the barracks, inside hollow bedposts, even burying them underground. For the secret prayer services they held in the camp, they would locate the appropriate section of Torah, and after reading from it they would return it to its hiding place.

After the camp was liberated in 1945, one survivor collected the scattered parchments and stitched them back into a single scroll. The Torah eventually made its way to the United States and found a home at the Hebrew Union College in Los Angeles. (We also have in our own sanctuary a Sefer Torah rescued from the ashes of the Holocaust.)

We cannot help but be moved by the story of the Yanov Torah. To risk death in a Nazi labor camp by praying with a parchment of Torah is a reflection of immeasurable love for the Torah and its teachings. As we carry the sacred scrolls this year on Simchat Torah, we might remember the Jews of Yanov, and find inspiration in their faith, loyalty, and courage. And let our celebration of Rejoicing with the Torah reflect our own pride, our gratitude, and our responsibility to our tradition and to our heritage.

During these closing days of the High Holidays, we pray for a *hatima tova*—that we may all be sealed in

the Book of Life for a year of good health, happiness and peace, for us and for our brothers and sisters in the Land of Israel, Amen.

Cantor Stern at J Connection’s
Courses on Jewish
Living & Learning

Life of Blessings

Tuesdays, October 25 & November 8 at 9:30 am at the JCC

Judaism offers a systematic way to incorporate blessings into our lives. Learn to deepen the connection with the spiritual dimension of life.

Facing Life Challenges

Tuesday, November 15 at 7:30 pm at
Rockin’ Joe,
20 Prospect Street, Westfield

What do Jewish religious and spiritual traditions teach us about dealing with life’s difficulties?

Torah & Haftarah Trope Tutorial
Orientation is on Sunday, November 20,
at 10:00am. at TBO/BT

Learn to read a portion of Torah or Haftarah.
Cantor Stern will provide the audio, text materials,
and follow-up practice sessions while you study at
your own pace.

Call the office
to order your
Lulav & Esrog
for Sukkot
by Monday, October 3.
The cost is \$30.00 per set.

SCHEDULE OF HIGH HOLIDAY SERVICES			
Friday, October 7	Mincha/ KOL NIDRE		6:00 pm
Saturday, October 8	YOM KIPPUR		9:30 a.m.
	Yizkor Memorial Service (approx.)		11:30 a.m.
	Mincha		5:00 p.m.
	Neilah		6:00 p.m.
	(followed by Maariv & Havdallah)		
	Sounding of Shofar		7:11 p.m.

3



SISTERHOOD PRESIDENT'S MESSAGE

Sisterhood's first meeting was a very informative program featuring lawyer Linda Ershow-Levenberg discussing elder law. Hopefully everyone learned something to take away with them. It was good to see so many of you in attendance. We have a very exciting and educational program coming up on Sunday morning October 30 at 9:45 am. Sisterhood will be hosting

a breakfast meeting especially for women. Linda Coppleson, a soferet, will discuss her road to becoming a soferet and share details of her work with us. We hope all the women in the congregation can join us.

Women's program celebrating the new month of Cheshvan

All the women in the congregation are invited to join Sisterhood on

Sunday morning, October 30 at 9:45 am

for breakfast and an exciting program. Soferet Linda Coppleson will talk about why she became a soferet and what was involved in her education. She will also discuss working on the Women's Torah.

We look forward to seeing you then.

Golden Books

To send a Golden Book for any occasion, call: Joan Oberman (732-381-4322) Evie Shulman (908-276-6894) Betty Needleman (908-389-0911)

Cards are sent for \$3.00 and you will receive \$1.50 donor credit, or pick up a pack of 10 cards for \$20.00 with \$10.00 donor credit and send them yourself. They can be picked up from the office.

Special Fund

Donations to Special Fund can be made for any occasion for a minimum donation of \$5.00. You will receive 100% donor credit. To send a beautiful Special Fund card call: Fern Cammy (732-549-2652).

Please remember to send your dues of \$32.00 to Sebley Hausler. As usual, remember to send Golden Books for all occasions, and also support Special Fund.

Thank you to Debbie Freedman for a stellar job on this year's Sisterhood calendar. It was a very successful fundraising endeavor. If you have not yet picked yours up, they are in the office.

I will be the president for October, November and December. The next Sisterhood board meeting is Monday October 3.

The rest of the presidium joins me in wishing everyone an easy fast.

Louise Cangelosi

Reminder to all Sisterhood members!

Please send in your dues for \$32

for the 2011-2012 year.

Please make check out to:

Sisterhood Temple Beth O'r/Beth Torah
and mail to Sebley Hausler:
860 Apgar Terr., Rahway, NJ 07065



JUDAICA SHOP NEWS

Come and see our wonderful Judaica items

The Judaica Shop has some lovely new items: new mug and coaster sets, a tzedakah box shaped like the Eldridge Street Shul, and a beautiful photo album. There are several new mezuzahs. We also have a new supply of "meat" and "dairy" oven mitts. Remember to make the TBO Judaica Shop your first stop for any gift needs. If you don't see what you want, please call Diane Goldstein (908-241-0509) or email her at cowsndlg@aol.com, or contact Louise Cangelosi (732-634-3019) or email her at lgc@comcast.net.

Vouchers:

Shoprite, Pathmark and A&P vouchers are available at Sisterhood functions, and in the temple office.

If You Understand this Jumble - We Want You in the Mix!

Coming soon!

October Chapter Event—October 17th—Pizza-in-the-Hut! A fun filled evening in the sukkah. 6:30 PM @ TBOBT. Free for all paid-up members. RSVP to B. James by Tuesday, October 11th.

Action required!

Chapter dues must be paid to attend regional events. Make sure your application, dues and completed and signed medical release form have been submitted. Opening Dance is October 22nd in Cranford. 8:30-11:30 PM. Cost: \$7. Bring extra money for raffles, candy, etc.

October 28-30: LTI—Toms River. Deadline for submitting applications/fee is October 10th. For Board members only. Mail to regional office.

December 25–29 International Convention 2011, Philadelphia, PA—apply now! Check out the HaGalil website. www.hagalilusy.com. Preconvention will be 12/23-12/25 in Marlboro.

Looking ahead!

November 18th-20th—Fall Kinnus

November 23rd —Interchapter Ice-Skating @ Mennen Arena

Your Fearless Leaders!

Dan B.—Pres., Alex C. — Rel/Ed & Exec./IA V.P., Ilana D.—SATO V.P., Steven L.—Freshman Rep and Barbara James—Advisor. Contact us at clarkusy@gmail.com. No calls on Shabbat or other Jewish Holidays.

CHECK IT OUT: If you have a Jewish friend who isn't a USY member, but wants to check us out—let 'em come to any chapter program! We can't wait to meet them.

ATTENTION ALL USY ALUM—USY IS 60! CELEBRATE WITH UNITED SYNAGOGUE YOUTH. CHECK OUT www.facebook.com/USY60 and www.projectreconnect.org/USY60

SEND US PHOTOS OF YOUR FAVORITE USY MEMORIES FOR OUR BULLETIN BOARD.

TBO/BT invites you to the screening of the 2010 documentary

FOOD STAMPED

a humorous and informative look at how to live on one dollar a meal, as part of the

Fighting Poverty with Faith Mobilization

The annual Fighting Poverty with Faith mobilization focuses on addressing root causes of poverty. We enlist the moral authority and organizing power of the faith community to ensure meeting the needs of those living in poverty is a national priority. This mobilization utilizes the strength of the coordinated faith community to move individuals and communities to action and advocate for clear, immediate policy solutions to address the root causes of poverty.

Our guest speaker and presenter will be Marc Schlesinger,
Legal Fellow at the Jewish Council for Public Affairs.

Saturday, November 12, 2011 at 7:00pm

Sponsored by the Temple Beth O'r/Beth Torah Bikur Cholim & Chesed Group.

FROM THE MEN’S CLUB PRESIDENT



The Men’s Club has been busy this past month, and that’s GOOD. We had our September Men’s Club meeting at the beginning of the month and it was well attended. The High Holidays saw our participation, through the efforts of our ushers, to help our congregants maintain an orderly (Enter, Exit, Don’t Enter) service.

The Men’s Club and I want to thank all our members and especially Mike Miller (Doctor Mike), Howard Silverman, Stuart Sherman, Jay Schlesinger, Danny Shifrin and Joe Cangelosi for working with our Co-Executive President Theo Moreines on constructing the Sukkah. We also want to thank the above gentlemen for assisting in decorating the Sukkah, and also for the help of Josh Moreines and Jennie Moreines, both working for hours with the adults to finish and decorate the Temple’s Sukkah. My apologies to those that I forgot to mention.

We look forward to both our monthly meeting in October and our continuing Men’s Health series with Sharon Goldner speaking on Nutrition.

Our Northern NJ Region Federation of Jewish Men’s Clubs Man and Youth of the Year Dinner will be at the Grand Marquis on November 16th. Our club’s past honorees have

chosen Michael Roth, who has volunteered his time and efforts for our Men’s Club and our synagogue community over the last few years, to honor as Man of the Year. This year we have also chosen Daniel Brotman as our Youth of the Year, as a teenager who has been active in our youth groups and synagogue. Reservations for the Regional dinner honoring them are available through Paul Hymanson at \$55 per person. Congratulatory ads are also available for your participation.

I invite every man in the congregation to join Men’s Club. Remember. don’t just be an observer, be a PARTICIPANT in our movement of Conservative Jewish Men. May 5772 be a Sweet Year of health for all of us. Harvin Freedman

Men’s Club Sukkah Building
Sunday, October 2, 10:00 am.
As we erect our Temple Beth O’r/Beth Torah Sukkah, we invite the entire congregation to come and help make it as beautiful as it can be.

FJMC National Convention - Casa Mesa, California July13- 17, 2011

Michael W. Miller represented TBO/BT Men’s Club at the National FJMC Convention. The Northern NJ Region had 18 attendees. The majority of the 400 plus attendees were from the USA and Canada. Clubs from India, Columbia, Chile and Mexico were represented. The theme of convention was “LEARNING, CAMARADERIE, ACTION.” The underling focus was “Involving Men in Jewish life.”

The convention speakers came from leading institution in North America, many from the Ziegler School of Rabbinic Studies at American Jewish University in Los Angeles. Daily Minyans (3 times) were led by Men’s Club members. Three types of morning Minyans were held: learners, traditional, and meditation by the pool. Attending a Minyan with over 100 people singing and not racing against a clock was inspirational. Shabbat services were lead by Hazzan Alberto Mizrahi (Chicago) with assistance from Hazzan Joanna Dulkan and Hazzan Judy Sofer. Friday night service was accompanied by a 5 piece band. Saturday, there was a learners and traditional service. Over 400 people were at services. A huge Havdalah service was lead by Al Davis outside on the hotel patio.

- The following were the key topics for the lectures and the break-out sessions after each keynote address:
- Managing your Club: membership, programming, publicity, finances.
 - Managing your Region: membership; programming, publicity, finances.
 - Hearing Men’s Voices
 - Shomrei Ha’aretz (Environment); FJMC Partners with Green Faith, a national non-sectarian environmental group.
 - Keruv Initiative, welcoming the non Jewish partner to activities.
 - Men’s Health
 - Jewish Ethics in daily life
- These topics will be discussed in future articles.

This year 59 Clubs received the FJMC Quality Club Award. The TBO/BT Men’s Club won the award for the fifth time. Only 17 clubs have won the award since the start of the program.

SISTERHOOD SCENE

TBO/BT Sisterhood INVITES YOU TO

SHOP SMART. *Do good!* FUNDRAISING SHOPPING EVENT


WEDNESDAY, OCTOBER 26, 2011, 9:00 AM TO 10:00 PM, in Westfield

Shop all day while supporting your community! Lord & Taylor is giving our Sisterhood an opportunity to raise money.

Help Sisterhood raise funds for temple projects by purchasing a ticket to this event.

Tickets are \$5.

Ticket includes 20% coupon for one item, 15% all day coupon for use on almost anything, including cosmetics and fragrances, and 25% coupon for one item from either ladies' sportswear, dresses, suits and almost anything for men. Additional 10% discount if Lord & Taylor coupon is used. Presale starts October 16th - Select your items and they will be available for pick-up starting on October 26th.



GOLDEN BOOKS

- MAZEL TOVS**
To: Marlene Lubinger on the birth of grandson, Zachary
From: Norma & Jack Weinshanker
- To: Theo & Susan Moreines on Joshua’s Bar Mitzvah
From: Diane & Michael Goldstein & family, Judy & Steve Hurok
- SPEEDY RECOVERY**
To: Janice Hymanson
From: Diane & Michael Goldstein, Louise & Joe Cangelosi, Helene & Al Davis, Joleen & Bob Fridson, Judy & Steve Hurok, Debbie & Arthur Freedman, Myrna & Arnold Young, Gloria Sern, Marilyn Weinstein, Lorraine Itzkowitz
- To: Blanche Mandel
From: Lorraine & Milt Loshin, Audrey & Howie Silverman, Debbie & Arthur Freedman, Myrna & Arnold Young, Gloria Sern, Marilyn Weinstein

- CONDOLENCES**
To: Diane Wions in memory of husband Joe
From: Norma & Jack Weinshanker
- To: Evelyn Shulman on the loss of her husband David
From: Louise & Joe Cangelosi, Fern & Joe Cammy, Diane & Michael Goldstein, Helene & Al Davis, Joleen & Bob Fridson
- To: Fern Cammy on the loss of her father Harold Presser
From: Florence Bernstein, Sylvia Lipson, Norma & Jack Weinshanker, Walter Newman, Diane & Michael Goldstein, Judy & Steve Hurok, Sheri & Harvin Freedman
- To: Milton Loshin on the passing of his sister Harriet
From: Fern & Joe Cammy, Diane & Michael Goldstein, Helene & Michael Miller, Audrey & Howard Silverman, Debbie & Arthur Freedman, Gloria Sern, Marilyn Weinstein
- HAPPY BIRTHDAY**
To: Arnold Young
From: Fern & Joe Cammy, Diane & Michael Goldstein, Lorraine & Milt Loshin, Malvina & Tom Kohn, Audrey & Howie Silverman, Debbie & Arthur Freedman, Louise & Joe Cangelosi

Fifth Annual Jewish Film Festival
Co-sponsored by Temple Beth O’r/Beth Torah, & the JCC

Tuesday, October 18, 7:30 pm - *The Brothers*
Wednesday, October 26, 7:30 pm - *An Article of Hope*
(special guest speaker Director Dan Cohen)
Wednesday, November 2, 7:30 pm - *Arab Labor* (4 episodes from Season 1) (also 11:00 am)
Thursday, November 9, 7:30 pm - *La Rafle* (the roundup)
Thursday, November 17, 7:30 pm - *66* (also 11:00 am)

<p><u>In advance:</u> \$12 JCC members/ seniors 65+ / students \$14 General Public</p> <p><u>At the door:</u> \$15 General Admission <u>Series Subscriber (1 ticket for each film):</u> \$55 JCC Members/ seniors 65+ / students, \$65 General Public</p>	<p>All films will be at AMC Mountainside 10 Theatre 1021 Route 22 East, Mountainside, NJ</p>
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Temple Beth O’r/Beth Torah has for so many years been an important part of our lives, helping us to celebrate simchas, and providing us with an extended family for support and comfort in difficult times. Would you please consider providing a generous bequest in your will so that our “House of Light & Torah” can serve the needs of generations to come. We thank you.

Happenings at TBO/BT

Men's Club Breakfast and Program on Finances



Sisterhood Opening Meeting and Program on Elder Law



Yaldeinu Class



Adult Education Programs

Speaker on the Triangle Shirtwaist Factory Fire - 2011 marks the 100th anniversary of this tragic event
Sponsored by Adult Ed. & Men's Club
Sunday, Nov. 6, 10:00 am

Lillian Swanson is managing editor of the Jewish Daily Forward and has worked there since August 2008. She has a master's degree from the Medill School of Journalism at Northwestern University. For nearly two decades, she was an editor at the Philadelphia Inquirer. She also teaches editing, management and online skills at journalism conferences.

Exploring Judaism's Ethical Values Regarding Matters of Life and Death
Led by Jack Weinshanker.

Tuesdays at 8:00 pm on November 1, 8, and 15

Based on Rabbi Joseph Telushkin's "Code of Jewish Ethics."

Among the questions to be discussed will be:

- When observing Jewish law threatens life
- When we are not required to intervene
- Self sacrifice at its limits
- When someone else's life is at stake

Please call the office to register.

Save the Date!

Mystery Chinese Dinner

**Saturday, December 3
at 7:00 pm**

More information to follow



SHABBAT SERVICES

Friday Evening Services @ 8:00 pm
Saturday Morning Services @ 9:30 am.

September 30 & October 1
HA'AZINU. SHABBAT SHUVAH

October 7 & 9
YOM KIPPUR

October 14 & 15
CHOL HAMOED

October 21 & 22
BERESHIT

October 28 & 29
NOACH

Got a Simcha?

**Birthday? Anniversary?
Graduation? New grandchild?**
Host a Kiddush at TBO/BT
You can sponsor the entire
Kiddush or be a co-sponsor
with a donation of \$18 or more.
Contact Julia at 732-381-8403 x11
or tbethor@gmail.com.