



November 2022 | Cheshvan / Kislev 5783 Bulletin

HUNTINGTON JEWISH CENTER

NEWS / COMMUNITY / CONNECTION



AUTUMN 2022

Sisterhood News

by Evelyn Abraham

SISTERHOOD MEMBERSHIP DRIVE

Join Us and Support the Sisterhood of HJC. Your Membership Dues support our wonderful HJC Community and the Women's League for Conservative Judaism.

Watch for Emails with Information on upcoming Membership Events. Rosh Chodesh – November 3rd at 7:00 PM

Thank you to the Membership and Programming Committee for their hard work on our Annual Paid Up Membership Dinner and Program. The theme was Rejoice and dinner was catered and donated by Green Olive Falafel and Pizza Restaurant in New Hyde Park. Thank you to Dafna Stein for the Israeli music and teaching Israeli dancing. It was a memorable evening and an opportunity to reengage our membership and welcome New Members of HJC.

New members to HJC receive a complimentary Sisterhood membership for their first year.

Please return your Membership Letters as soon as possible. Checks are payable to Sisterhood of the Huntington Jewish Center. Mail to Huntington Jewish Center attention Sisterhood Dues.

\$45 - regular membership

\$30 - senior membership

WOMEN'S LEAGUE TORAH FUND CAMPAIGN

This year, the Torah Fund campaign—the dedicated philanthropy of Women's League for Conservative Judaism—has reached its 80th birthday.

The new campaign, **Our Chazak v'Ematz campaign, Be Strong & Courageous** has begun.

We summon strength and fortitude in these changing times to continue to make an important impact at our global Conservative/Masorti institutes of higher education: Jewish Theological Seminary, Ziegler School of Rabbinic Studies, Schechter Institutes, Seminario Rabinico Latinoamericano and Zacharias Frankel College.

Your generosity helps provide essential scholarships and programs to train future leaders of the Jewish community. Torah Fund helps develop future rabbis, cantors, educators, synagogue administrators, social workers, scholars, researchers, lay leaders and others.

If you would like more information on Torah Fund, please contact Evelyn Abraham. If you would like to make a donation: <https://inspired.jtsa.edu/torahfund>

Save paper and send ecards for any occasion. For only \$5 per recipient, you can send an attractive message—and you can even schedule your card to be sent at a specific time! **Revenue from ecard purchases will benefit the Torah Fund Chazak v'Ematz campaign. US supporters, please make your selection today at torahfundecards.jtsa.edu.**



יחידת חזקת פתוחה כל השנה עבור חגים וסימחה OPEN ALL YEAR ROUND FOR YOUR HOLIDAY AND SIMCHA NEEDS

Sisterhood Contact: Evelyn Abraham
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631-423-5355

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Rabbi Emeritus

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From Rabbi Ari Saks



The Digital Future of HJC

Over a decade ago I read a series of books on the formation of the Internet and the World Wide Web. There were two main anecdotes in these books that really struck me. First, the Internet was formed as a response to the fear that a military attack on the USA could wipe out all of our information. As such, the army wanted to seamlessly connect their bases together,

so that if one base was destroyed the information they contained would live on. Hence, the Internet was formed to connect these bases together. Second, the World Wide Web was developed by a scientist (Tim Berners-Lee) as a response to the difficulty of navigating information on the Internet. This was especially important for facilitating conversation among his fellow scientists who value the open sharing of information. As such, he created web browsers (like Internet Explorer) as a platform to more easily present the information contained on the internet so it could be more easily shared.

I was struck by these anecdotes because they clearly illustrated the primary principles that form the foundation of our online world: Connecting and Sharing. The Internet allows every individual, family, business, government – every human entity in this world – to be connected together. The push to bring the Internet to remote regions of the world and to make Internet access a basic human right are the natural extensions of a deeply religious belief that we are all connected together.

Yet it is not enough to simply be connected. What Tim Berners-Lee realized is that being connected together is useless unless the principal act of human connection – sharing – is more easily facilitated. Just like in real life, we tend to only

share of ourselves online when we sense the person listening to us, or the method for facilitating that sharing, is trustworthy. This is a critical point: Being connected is useless unless we feel safe enough to share.

I think the same is true of a religious community – the strength of a religious community is determined by our collective willingness to share our lives together and by choosing platforms in which we feel safe enough to share. Social media has the potential to bring community together, like our Facebook group “HJC Quarantine Support Network” helped connect us when we could not meet in person during the height of the pandemic, and like how Zoom and live-streaming has helped people connect to our programs.

Yet we have also seen over the past few years how social media has failed to be a trustworthy and safe space for millions of folks who use those platforms. The question is still unanswered: Can social media provide a meaningful and safe space for us to connect and share as individuals, let alone as a religious community? I’m no longer as optimistic as I once was when I first read the history of the World Wide Web, but I have not given up hope yet because the principles of social media are the same principles of religious communities like ours: to connect and to share. As such, I’d love to start a working group to talk about how we at HJC can connect and share over social media in a healthy manner especially after the pandemic reminded us how we need to find multiple digital ways to stay connected. With patience, understanding, and commitment, perhaps we will discover how technology can work to help us become a closer community.

Let me know if you’re interested in joining the conversation!

Kol Tuv,
Rabbi Ari Y. Saks



From Hazzan Israel Gordan



Announcing the New Month

Heshvan or Marheshvan is the month in between Tishrei, with Rosh Hashanah, Yom Kippur, Succot, Shemini Atzeret, and Simchat Torah, and Kislev, which has Hanukkah. Marheshvan is the only month of the year without major holidays or fast days. But like every month (except for Tishrei), its beginning is preceded by the Announcing of the New

Month, a piece that takes place after the Haftarah but before we return the Torah to the Ark on the Shabbat before it begins. As translated by the Siddur Lev Shalem (p. 180), the first section of the prayer reads as follows:

**May it be Your will,
Adonai our God and God of our ancestors,
Grant that this coming month bring us Goodness
and blessing,
And bestow on us a long life,
A life that is peaceful,
A life that is good,
A life that is blessed,
A life with proper sustenance,
A life with physical vitality,
A life conscious of heaven's demands and wary of sin,
A life free of shame and reproach,
A life of abundance and honor,
A life of love of Torah, conscious of heaven's demands,
A life in which the worthy desires of our hearts are
fulfilled.
Amen.**

I love that opportunities that spring from new beginnings aren't limited to the new year. Each day, each week, and, indeed, each month, is a discreet unit of time that allows us to reflect on what has passed and refocus our energies on what we are working on to improve in the time ahead. Each month, I try to learn a different musical setting for this section of the prayer and there are some interesting similarities among the various versions that I have learned.

Almost all of them begin quietly and build slowly as you add to the list of the requests for our lives: long, peaceful, and blessed. The music often peaks at the request for "proper sustenance," or *parnasa* in the Hebrew. There is then usually a transition from what is known as the *Ahavah Rabbah* mode into major when we get to a life "conscious of heaven's demands and wary of sin." The Hebrew, *yirat shamayim*, literally means "the fear of heaven," and the musical settings usually stay in major until the second mention of *yirat shamayim* towards the end when it transitions back into *Ahavah Rabbah* mode.

It is curious that the phrase *yirat shamayim* is the only concept that is repeated in the prayer. The idea of "the fear of heaven" or consciousness of heaven's demands (as the Lev Shalem translates it) is an interesting one. I wonder, if each of us were to compile a list of requests for blessings before the beginning of a new month, what they would include? What would be unique and where would overlapping occur? And would anyone's list include the fear of heaven?

No matter what your list might include, fear of heaven is a basic concept in Judaism. We are to learn humility and remember that no matter how great and powerful we might think of ourselves, God is the one to whom we are supposed to be thankful and to whom we submit both requests and praise. Without holidays or fast days, I hope that the month ahead is a great one for all of us, filled with opportunities to be good to ourselves, our friends and family, and to God.

Eva Richter Bat Mitzvah Nov. 5, 2022



Eva Richter is an 8th grader at J. Taylor Finley Middle School. Eva is a member of the Junior National Honors Society and is a Madricha at HJC's Religious School. Eva has been playing the violin since she was 4 years old and has performed for veterans, in schools, hospitals, and at private recitals. All her practicing produced outstanding NYSSMA scores and gave her the opportunity to perform at Carnegie Hall. Eva loves to sing and dance in musical theater either at school or at Surprise Lake camp where she's spent 5 summers. Eva loves to read and put on plays

with her younger sister Ruby. She loves volunteering at HJC and has recently become a member of BBYO. Eva is excited for her Bat Mitzvah. She looks forward to reading the Torah in front of the community and to make her parents, Melissa and Mike, proud.

Thank you, thank you, thank you to our generous Congregation, ECC & Religious School.

This is our 15th year that we have participated in Project Replenish/Isaiah. Our donation of 524 lbs of Food, Toiletries, and Household items helped to restock the shelves of the Rudman Family Food Pantry at the Mid Island YJCC. They are so grateful that we help to support them and we can all be proud of our support.

Many thanks again,
Marilyn Klein, Janet Kushnick
Social Action Committee

President's Perspective

Andrea Marcus Smoller
President HJC



TODAH RABAH AND KOL HAKAVOD!

Our warmest gratitude to everyone who contributed to making our High Holidays so special and meaningful this year!

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MORE BEHIND THE SCENES DETAILS – Evelyn Abraham Silverberg

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A very special thank you to our Executive Director, Rachel Gritz, for being at HJC seemingly 24/7, and helping out in multiple capacities to keep everything running smoothly!



Feeling Gratitude

"Gratitude can transform common days into thanksgiving, turn routine jobs into joy and change ordinary opportunities into blessings"

- William Arthur Ward

November is truly a time where we all can stop and reflect on what we are grateful for within ourselves and our community.

Each year we celebrate Thanksgiving, and along with gathering with family and friends for a large meal, we also should take heed about our lives and what we hold dear to us. Living among the backdrop of the covid pandemic, I feel grateful for my health and the advancement of medicine which allow all of us to once again gather as a large family, something that my family has not done in two years without worry.

Aside from being able to have a rather large, and "normal" Thanksgiving, I am also very grateful lately for all of the mundane and ordinary gatherings I am now able to host and attend. To say the last 2 years has been a pause on all of our social lives is a grave understatement. I am now able to attend my children's activities in person at their school, and after school activities as a spectator, as well as resume friend get togethers, which for so long seemed something that was far out of reach. My children are able to resume attending field trips, birthday parties and eating at restaurants; all which are

necessary exposures for their development. I feel so blessed for each time I am able to say yes to something for myself or my children that I do not even mind how jammed packed our schedules become. For all of this, I truly savor each ordinary activity I am able to attend.

Here at HJC, we also have much to be grateful for with just how many wonderful programs and events we have been able to bring back in person, and continue to build community together. Between our Adult Education, Youth, Israel Engagement, Environmental, Village Project, Sisterhood & Men's Club programming, as well as our kiddushes, holiday and Shabbat services, we have been able to take a step forward and enrich the lives of our congregation. It is truly remarkable to see the synagogue bustling again with activity and a steady flow of excitement.

I am very grateful to be able to have such wonderful coworkers here at HJC that make the whole building run smoothly. I would like to thank Rabbi Saks, Cantor Gordan, Gina Giuffre, Ilene Brown, Irma Mile, Diane Hoppe, Victor and Alex Salinas for being wonderful coworkers and for the incredible positive and inviting team environment. I furthermore want to express my gratitude for being able to come to work each day here at HJC, and feel thankful I have been given the opportunity to have a job that I am passionate about, brings me joy and truly appreciate being a part of all facets of the HJC community. It is my hope that all of you appreciate the nuances of your daily lives and wish you all a wonderful Thanksgiving.

HJC's Sisterhood "Rejoiced" at our annual membership dinner last night!

With many thanks to Green Olive Kosher Pizza and Felafel (New Hyde Park) for the delicious dinner donation and Dafna Soltes Stein for teaching and leading wonderful and fun Israeli dancing.





Sorry Seems to be the Hardest Word

Yom Kippur is a day of repentance, and Jewish tradition teaches that the days leading up to it are for introspection, reflection, and apologies. We take inventory of ourselves and our behavior; we pray, ask for and grant forgiveness.

"Sorry or even worse, I'm sorry."

These words, perhaps the hardest to say as noted in the children's

book, "The Hardest Word," by Jacqueline Jules. Also noted in Elton John's song, "Sorry Seems to be the Hardest Word." Why is it so hard to apologize? Is it the notion of admitting that we were wrong? Are we that egotistical? Perhaps we are not secure enough to be able to display the vulnerability of admitting that we are wrong. It is most challenging for those individuals who truly think they did nothing wrong. This person can never evolve because they can't or won't see their errors. An apology forces us to take a good look at ourselves in the mirror, which could be daunting. The knowledge that we have hurt someone by our actions should lead to an apology. A heartfelt, genuine apology and a reflection of how to improve ourselves and our actions. Yom Kippur is the time to reflect on our mistakes for the past 365 days, but hopefully, we can reflect at the moment, shortly after we have made a mistake, or at any time. I would think that there is no expiration date to apologize for our errors, especially when they impact another.

It is an awful feeling to have been hurt by someone and to have that person act as if their behavior is perfectly accept-

able. Unfortunately, I have had experience as the person who found it so difficult to apologize. Most of these incidents have occurred with my family and I have pushed myself to get past my ego. I like to be right and it has taken tremendous effort for me to admit that I am at fault, but I did it and will continue to push myself. I have learned that I feel better about myself when I make the effort to apologize. I have also been on the end of not receiving an apology when someone hurt me. It is an awful feeling. If we could only see both sides of this situation, confront our fear of apologizing, the world would be a better place.

As an early childhood educator, or even a parent, it is our moral responsibility to teach compassion, empathy, and social emotional intelligence. Hopefully, if we teach it at an early age, there will be less apologizing to do! In the ECC, not only do we teach responsibility and accountability for our actions, we also teach forgiveness. We don't stop at having children say, "I'm sorry" when they have done something wrong. These words are meaningless without true reflection and actions to correct our mistakes. If a child hurts another child, we have them look at the child's face who they hurt so they can see how they are feeling. We label the emotion we observe on a friend's face. How can we make them feel better? Do we give them a hug? Help them up if we knocked them down? Yes, and an apology. We then talk to the child about what they could have done differently. Hopefully, with compassion, reflection, and accountability, we can help teach children to be better adults.



Religious School

Gina Giuffre, Director



Judaism is more than sharing a bagel together...

I recently attended a wedding of my cousin's daughter. My cousin, born and raised on Long Island, married a non-Jewish man many years ago, moved to the Atlanta area, and ever since they had children, she has navigated and negotiated throughout the years faith based issues as many interfaith couples do. Though her children did not have any formal Jewish education, they did go to Is-

rael on Birthright and she consistently celebrated the Jewish holidays culturally with her extended family throughout the years. Now with grown children, and one planning a wedding, she has confessed she has many regrets. Her daughter, about to marry a non-Jewish man, somehow had no need for a ketubah, a chuppah, or anything traditional in a Jewish wedding. As the wedding plans unfolded over the past year, I listened patiently to many frantic phone calls as she was becoming more and more uneasy and disturbed by her daughter's decisions. What stuck out to me was how important tradition suddenly became to my cousin! I began to think, as parents..."Are we doing enough?"

I once heard a Rabbi say "Judaism is more than sharing a bagel together, it's a good start but where does it go from there?" There are no guarantees in life. There is no magic formula for keeping our children committed.

Whether one was raised by two Jewish parents, attended Yeshiva, or lives in Israel, there are no assurances of one's level of observance or piety. Would it increase the chances? Perhaps. I am sure each of us has a plethora of scenarios where a child's Jewish connection and involvement went one way or the other. Some results are predictable while others often surprise or disappoint us.

I am often asked by inquiring parents "What is the most important part of your curriculum?" The answer is simple for me, Jewish identity. Do you want your child to learn Torah? Read Hebrew? Care about Israel? Learn and observe our customs and traditions? Then teach Jewish identity. It is at the core of everything we care about. If I can get you to care about being Jewish and identify as a Jew, the way you personally define it, then everything else falls into place. It will even effect your thinking in the secular world when you consider where you want to live, work, your response to anti-Semitism and voting.

If you invested in Jewish education and synagogue membership for your family then you are sending a message to your children that you care, and it is important. Don't stop there, get involved, get your children involved. I am committed to offering a variety of engaging opportunities both in and out of the classroom. So ask yourself, "am I doing enough?" Maybe you are or maybe there's room for improvement? Lead by example and never stop trying because time flies and you will be walking your child down that aisle soon enough.



Donations

GENERAL FUND

Mr. & Mrs. Joel Wirchin in honor of Laurie and Mark Wax and the marriage of their daughter, Pamela Anne Wax to Daniel Dolnik
Dr. & Mrs. William Saperstein in memory of Vered Cole
Mr. & Mrs. Farrell Jouard in honor of Brian & Nancy Cooper
Gil & Liat Shklarski in memory of Sarah Eidelberg
Mr. & Mrs. Jonathan Cohen in honor of Brian & Nancy Cooper
Evelyn Abraham & Roger Silverberg in honor of Ellen & Jay Steinberg on the marriage of their son, Ezra Steinberg to Rebecca Binder
Jerry & Sarah Saunders for the speedy recovery of Suzanne Susskind
Jerry & Sarah Saunders for the speedy recovery of Marilyn & David Klein
Jerry & Sarah Saunders for the speedy recovery of Tom Rosen
Rabbi Tracy Kaplowitz, Dr. Jonathan Boxer, Jordana, Jacob, and Nina for the speedy recovery of Tom Rosen
Rabbi Tracy Kaplowitz, Dr. Jonathan Boxer, Jordana, Jacob, and Nina for the speedy recovery of Bruce Feinberg
Rabbi Tracy Kaplowitz, Dr. Jonathan Boxer, Jordana, Jacob, and Nina Mazel Tov on Josh Rubin's engagement
Rabbi Tracy Kaplowitz, Dr. Jonathan Boxer, Jordana, Jacob, and Nina Mazel Tov on Olivia Wilder's conversion
Alba Zobel in memory of Sarah Eidelberg
Meira Katz Lyons
Anne & Barry Specht in memory of Myra Snyder
Anne & Barry Specht in honor of the marriage of Pamela Wax, daughter of Laurie & Mark Wax
Anne & Barry Specht in honor of the marriage of David Rosen, son of Alice & Bruce Rosen

BOOK OF REMEMBRANCE

Amy J. Koreen in memory of Grace and Joseph Koreen & Uncle Edward Koreen

CANTOR DEVELOPMENT FUND

Phillip & Dale Mintz with gratitude to Cantor Gordan
Judith & Alan Leopold in honor of Cantor Gordan and his thoughtfulness during the high holidays

DAILY MINYAN FUND

Paul & Joan Cohen for the speedy recovery of Tom Rosen
Joel & Miriam Wirchin for the speedy recovery of Tom Rosen

DAVID S. ROSENMAN CAMP RAMAH SCHOLARSHIP FUND

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Judith & Lester Fox for the speedy recovery of Bruce Feinberg
Judith & Lester Fox for the speedy recovery of Vicki Perler
Brian & Nancy Cooper in honor of Ezra Steinberg's wedding to Rebecca Binder
Pam & Jeff Goldstein in memory of Jerry Reiter
Pam & Jeff Goldstein in memory of Michael Liebman

ETHEL SACHS ENGAGEMENT FUND

Jody Gelber in honor of Nancy and Brian Cooper for their amazing contribution to Community life and the honor of be chosen as Simchat Torah Nominees
Ronald and Gwen Goldstein in honor of Brian & Nancy Cooper being named Simchat Torah Nominees
Ronald and Gwen Goldstein in honor of the marriage of Ezra Steinberg to Rebecca Binder
Brian & Nancy Cooper in memory Richard Berlow at yahrzeit

GARDEN FUND

Bruce & Alice Rosen in memory of Sondra Rosen at Yahrzeit
Bruce & Alice Rosen in memory of Harold Hammerschlag at Yahrzeit
Bruce & Alice Rosen in memory of Betty Goldgeier at Yahrzeit

HIHI FUND

Janet & Mark Zimmerman in honor of Ellen & Jay Steinberg on the marriage of their son, Ezra Steinberg to Rebecca Binder

INCLUSION FUND

Dr. & Mrs. Alan Schuler in memory of Gary Schuler at Yahrzeit
Bill Yelen in honor of Brian & Nancy Cooper being named Simchat Torah Nominees
Miriam Eckstein-Koas in memory of Jessica Schoeffler, mother of Dan Schoeffler
Tom & Vicki Rosen in honor of Ellen & Jay Steinberg on the marriage of their son, Ezra Steinberg to Rebecca Binder
Tom & Vicki Rosen for the speedy recovery of Matt Raskin
Tom & Vicki Rosen for the speedy recovery of Paul Cohen
Tom & Vicki Rosen in honor of Brian and Nancy Cooper being named Simchat Torah Honorees
Tom & Vicki Rosen in honor of Joel and Barbara Kuppersmith being named Kol Nidre Chairpersons
Tom & Vicki Rosen in honor of David and Marilyn Klein's son Stephen's marriage

ISRAEL ENGAGEMENT FUND

Mr. & Mrs. Joel Wirchin in honor of Brian & Nancy Cooper being named Simchat Torah Nominees
Mr. & Mrs. Joel Wirchin in honor of Ellen & Jay Steinberg on the marriage of their son, Ezra Steinberg to Rebecca Binder
Bill Yelen in honor of Ellen & Jay Steinberg on the marriage of their son, Ezra Steinberg to Rebecca Binder
Robert Schpoont in memory of his grandparents, Hirsch & Rose Schpoont & Edward & Syril Diamond

JEWISH NUTRITION NETWORK

Harvey & Eileen Berger for the speedy recovery of Tom Rosen
Kenneth & Nancy Bob in memory of June Phillips
Joel & Barbara Kuppersmith in honor of Brian & Nancy Cooper being named Simchat Torah nominees
Tyna Strenger in memory of Morah Sarah Eidelberg
Tyna Strenger in memory of S. Gordon Strenger
Janet & Mark Zimmerman for the speedy recovery of Bruce Feinberg
Janet & Mark Zimmerman in honor of Brian & Nancy Cooper being named Simchat Torah nominees
Gail & Jim Lodge in honor of Brian & Nancy Cooper being named Simchat Torah nominees
Gail & Jim Lodge in honor of Ezra Steinberg's wedding to Rebecca Binder
Gail & Jim Lodge in honor of Vickie and Arthur Perler and Johanna and Ari Perler on their honors from UJA/Federation
Gail & Jim Lodge for the Yahrzeits of Lillian Grunberger and Jack Grunberger

RABBI'S TZEDAKAH FUND

Carillon Nursing Home
Kirk & Amy Henin in honor of Brian & Nancy Cooper being named Simchat Torah nominees

Donations continued on following page

SOCIAL ACTION FUND

Jed & Leslie Hantverk in honor of Brian & Nancy Cooper being named Simchat Torah nominees

Marilyn & David Klein in honor of Ruby, granddaughter of Sarah & Jerry Saunders

Marilyn & David Klein in honor of Brian & Nancy Cooper being named Simchat Torah nominees

Marilyn & David Klein in memory of George Klein at Yahrzeit

TEACHERS DEVELOPMENT FUND

Seth & Judy Popkin in memory of Mitzi Popkin

Seth & Judy Popkin in memory of Paul Popkin

Seth & Judy Popkin in memory of Barry Popkin

New Members:

Samantha & Timothy Lynch and their children, Lucas & Madeline

Condolence:

Family of **Sarah Eidelberg**

Family of **Frank Wolff**

Mazal tov:

Melissa & Mike Richter on the November Bat Mitzvah of their daughter, Eva

Ellen & Jay Steinberg on the marriage of their son, Ezra Steinberg to Rebecca Binder

HIGH HOLIDAY HONORS

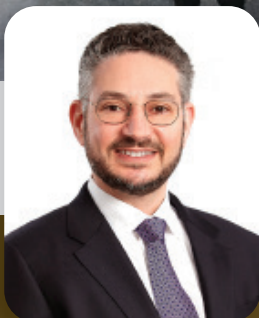
Barry Chase
Andrew Cohen
Paul Cohen
Dan Danson
Howard Dubow
Jerry Ellstein
Sheila Feinberg
Edward Fleiss
Judith Fox
Scott Herskovitz
Liz Holbreich
Todd Houslanger

Elaine Kleinmann
Eve Krief
Morris Lagnado
Marjorie Maltin
Emily May
Felicia Messing
Marlene Paley
Alice Rosen
Tom Rosen
David Schoenfarber
Arnold Schwartz
Aaron Sloutski
Jeffrey Stark

David Stein
Debbie Stein
Jay Steinberg
Paul Strachan
Tyna Strenger
Shelley Weinberg
Jay Weiss
Vivian Weiss
Marlene Winter
Bill Yelen
Janet Zimmerman
Mark Zimmerman

Men's Club News

Many thanks to the Men's Club for constructing, Sisterhood for decorating and Religious School staff and students for creating the decorations for our beautiful Sukkah!



**Congratulations to Scott Herskovitz
on becoming President of the Men's Club**

MOVING FOR LIFE: Dance Exercise for Health

Moving For Life: Dance Exercise for Health® is a well known and trusted moderately paced and research-based low impact aerobic dance class. Designed by Dr. Martha Eddy, eminent dance scholar, exercise physiologist and somatic health expert. The original intent of MFL was to provide a thoughtful and appropriate way for individuals recovering from cancer and other serious illnesses to reconnect with their bodies in a positive way.

However, Moving for Life is a dance workout excellent for everyone! Exercise and movement, to music and with natural rhythm is fun, rejuvenating and replenishes the spirit as well as the body. Being physically fit is critically important to recovery and healthy living.

**Three Sunday Mornings 10:30am-11:30am
in the Kiddush Lounge**

November 6, November 20, December 4

Led by Dafna Soltes Stein - Certified Instructor

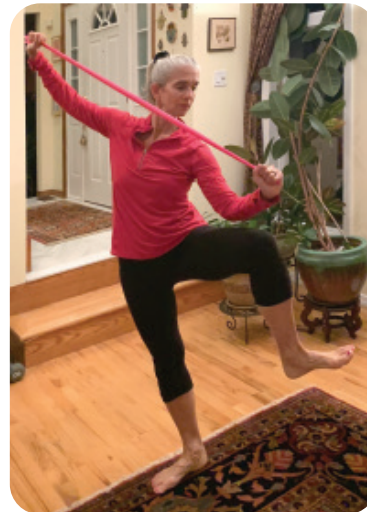
Wear loose comfortable clothes and footwear

Bring small 1-2 lb weights if you have them (small water bottles with water in them are terrific weights.)

Water Bottle for hydration

Moving for Life trains participants to be sensitive to their own bodies. Class participants are encouraged to work at a pace where they work up a bit of a sweat but can still talk at the same time. Class begins with breathing exercises to stimulate blood circulation, calm and then gently activate nerves, to stimulate lymph to return to the core of the body and drain. Every class has a warm-up, gradually raising body temperature, and a cool down, moving gently until the heart rate returns to normal. The warm-up also includes isolation movements to loosen the joints and extend range of motion. Movements are light and easy: taping,

squeezing, swaying, swinging, jiggling joints, weight shifting and walking. Participants are invited to add work with light weights if they can do so pain-free. Simple social and line dances are introduced to engage the brain, and amp up with moderate cardio activity. Class ends as it begins with movements to slow down the breathing and heart rate while moving through gentle dynamic stretches.



HJC Religious School Presents:

A LEGO SHABBAT

(Lunch included*)

Come build the old city of Jerusalem
including The Kotel, Second Temple, David's Tower,
Montifiore Windmill, Jaffa, Damascus, Zion,
Dung and Lion's Gates!

Under the supervision of Building Blocks Workshops

Saturday, Nov. 12th, 12:30-2:30 PM

All are welcome! students, parents, grandparents,
congregation at large

Made possible by the Herskovitz Family Fund



***Free Event but registration is required for lunch:**
<https://hjc.shulcloud.com/event/lego-workshop-.html>

HJC Adult Education Presents



In contemporary life, it is reasonable to view receiving “The Driver’s License” as the next critical lifecycle event after Bar or Bat Mitzvah. In this family education workshop, led by Dr. Cindy Dolgin, HJC’s pre-drivers (16-year olds) and their parents/guardians are invited* to HJC to explore “key” insights (get it??) from Jewish sources, talk through and negotiate the rules of the road, and create a Family Drivers’ Pact.



*Parents might consider “requiring” rather than “inviting” their child’s participation in this epic HJC Family Education Classic.

Tuesday, Nov 15th at 8:00pm
In-person and hybrid



Dr. Cindy Dolgin became a religious school teacher at HJC in 1990 and loved the congregation so much that after 6 years as HJC’s education and family life director, she and her family moved to Huntington and became HJC members. Cindy loves to apply Jewish wisdom to real-life situations. “Can I Have The Keys, Please?” is a reprise of a Jewish Family Ed program developed at HJC in the 1990’s.

Please RSVP to: Keys to the Car
(and indicate if you and your teenager will attend in person or via zoom)

Organ, Eye, and Tissue Donation: A Jewish Perspective

November is National Donor Sabbath month, celebrating the interfaith support of organ donation as an act of generosity and compassion that saves the lives of others. There are 110,000 people waiting nationally for a transplant and nearly 10,000 right here in New York, many of whom may be your fellow congregants, family, and friends. New York also has an organ shortage resulting in longer wait times for those on the transplant waiting list. On average, a New Yorker dies every day waiting for the organ transplant that could have saved their life.

All denominations of Judaism agree that the supreme Jewish value, and greatest *mitzvah*, is saving a life. *Pikuach Nefesh* (saving a life) is such a sacred principle that it takes precedence over almost every other religious act or consideration. Because a single organ donor can save up to eight lives, and one tissue donor can save or enhance the lives of up to 50 people, Judaism views organ and tissue donation as a sacred act of *Pikuach Nefesh* which overrides all other religious concerns, such as burying a body intact and expedient burial. Organ donation does not interfere with any Jewish burial rituals (*Taharah*) or the right to be buried in a Jewish cemetery. Donation and transplantation do not desecrate a body or show lack of respect for the dead, and any delay in burial to facilitate organ donation is respectful of the decedent.

Organ donation saves lives and honors the deceased. The Conservative Movement's Committee on Jewish Laws and Standards has stated that organ donations after death represent not only an act of kindness but are also a "commanded obligation" which saves human lives.

Anyone 16 or older can join the New York State Donate Life Registry and no one is ever too old to register. Go to www.ny.gov/services/become-organ-donor

Watch these moving videos on faith communities and organ donation.

www.youtube.com/watch?v=RI59r1cuifQ&ab_channel=GiftofLifeMichigan

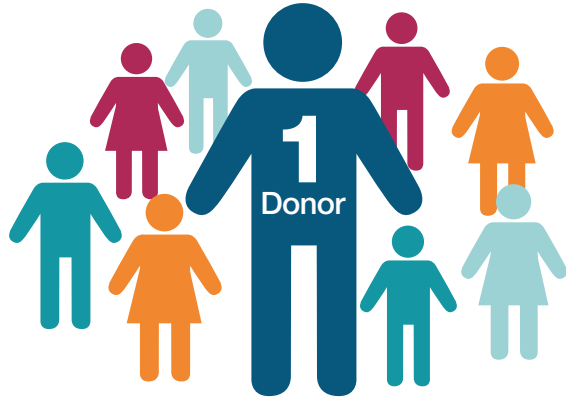
www.youtube.com/watch?v=tSaPf7N-Aws&ab_channel=GiftofLifeDonorProgram



Be a light to those who are waiting

100,000+ people are waiting for lifesaving organ transplants, and hundreds of thousands more are in need of corneal and tissue transplants.

Deceased Donation



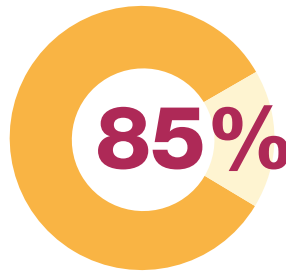
Organ
Save up to
8
lives

Eye
Restore sight to
2
people

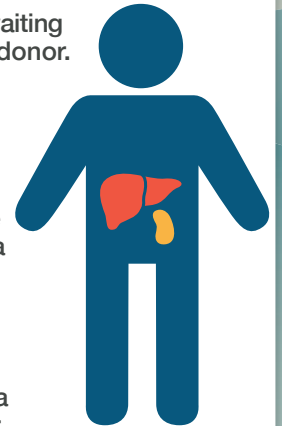
Tissue
Heal more than
75
people

Living Donation

3-5 years is the average waiting time for a kidney from a deceased donor.



of patients waiting are in need of a kidney.



Living donors can provide a kidney or a portion of their liver to a waiting patient.*

*Living donation is not included in your deceased donor registration.

More than **39,000** organ transplants from 18,300 donors gave new life to patients in 2020.

More than **66,000** corneas were provided for sight restoring transplants in 2020.

58,000 tissue donors provide lifesaving and healing tissue for transplant each year.



Top 5 Frequently Asked Questions

Does registering as a donor change my patient care?

No. Doctors work hard to save the patient's life, but sometimes there is a complete and irreversible loss of brain function. The patient is declared clinically and legally dead. Only then is organ donation an option.

Will I be able to have an open casket funeral if I donate?

An open casket funeral is possible for organ, eye and tissue donors.

Does my religion support organ, eye and tissue donation?

All major religions support donation as a final act of compassion and generosity.

Does my social or financial status play any part in whether or not I will receive an organ?

A national system matches available organs from the donor with people on the waiting list based on many factors, including: blood type, body size, how sick they are, distance from donor hospital and time on the list. Race, income, gender, celebrity and social status are never considered.

Why register your decision to be a donor?

You can save up to 8 lives and heal more than 75 people. Your registration also relieves your family of the burden of making the decision at a time of sadness and grief.

What can I do to increase organ, eye and tissue donation?



1 Register your decision to be a donor at [RegisterMe.org](https://www.registerme.org).



2 Tell your family and friends about your decision to *Donate Life*.



3 Ask others to visit [DonateLife.net](https://www.donatelife.net) to learn more and register.

The Prophets

Monday night Learning with Lester Fox
Starting Oct 24th at 8pm



We will read and discuss the texts of Nevi'im (Prophets). These texts are usually not discussed on Shabbat unless there is a particular Haftarah that is salient to the occasion. A great deal of our history and culture is rooted in the books of the Prophets.

No previous reading of the Prophets is necessary to participate - all are welcome!

Zoom - HJC's Main Zoom Room
All sessions beginning at 8 pm
RSVP to: www.hjcny.org/event-rsvp



Jews in Business

Estée Lauder



Estée Lauder, née Josephine Esther Mentzer; July 1, 1908 – April 24, 2004) was an American businesswoman. She co-founded her eponymous cosmetics company with her husband, Joseph Lauter (later Lauder). Lauder was the only woman on Time magazine's 1998 list of the 20 most influential business geniuses of the 20th century.

Lauder was born in Corona, Queens, New York City, the second child born to Rose Schotz and Max Mentzer. Her parents were Hungarian Jewish immigrants; on the mother's side her grandmother was from Sátoraljaújhely and her grandfather from Gelle (now Holic, Slovakia), while her father had Czech-Jewish ancestry. Lauder's claims of descent from European aristocracy were discredited in a biography, *Estée Lauder: Beyond the Magic* (1985) by Lee Israel.

In actuality, her mother Rose emigrated from Hungary to the United States in 1898 with her five children to join her husband, Abraham Rosenthal. But, in 1905, she married Max Mentzer, a shopkeeper who had also immigrated to the United States in the 1890s. When their daughter was born, they wanted to name her Eszti, after her mother's favorite Hungarian aunt, but decided at the last minute to keep the name "Josephine", which they had agreed upon. However, the baby's nickname became "Estee", the name she would grow up using and responding to. Eventually, when she launched her perfume empire with her husband, she added an accent mark to make her name look French and began pronouncing it the way her father had in his Hungarian accent.

Lauder graduated from Newtown High School in Elmhurst, Queens, New York, and much of her childhood was spent trying to make ends meet. Like most of her eight siblings, she worked at the family's hardware store, where she got her first taste of business, entrepreneurship, and what it takes to be a successful retailer. Her childhood dream was to become an actress with her "name in lights, flowers and handsome men".

When Lauder grew older, she agreed to help her uncle, Dr. John Schotz, with his business. Schotz was a chemist, and his company, New Way Laboratories, sold beauty products such as creams, lotions, rouge, and fragrances. She became more interested in his business than her father's. She was fascinated watching her uncle create his products. He also taught her how to wash her face and do facial massages. After graduating from high school, she focused on her uncle's business.

Lauder named one of her uncle's blends Super Rich All-

Purpose Cream, and began selling the preparation to her friends. She sold creams like Six-In-One cold cream and Dr. Schotz's Viennese Cream to beauty shops, beach clubs and resorts. One day, as she was getting her hair done at the House of Ash Blondes, the salon's owner Florence Morris asked Lauder about her perfect skin. Soon, Estée returned to the beauty parlor to hand out four of her uncle's creams and demonstrate their use. Morris was so impressed that she asked Lauder to sell her products at Morris's new salon.

In 1953, Lauder introduced her first fragrance, Youth-Dew, a bath oil that doubled as a perfume. Instead of using French perfumes by the drop behind each ear, women began using Youth-Dew by the bottle in their bath water. In the first year, it sold 50,000 bottles; by 1984, the figure had risen to 150 million.

Lauder was a subject of a 1985 TV documentary, *Estée Lauder: The Sweet Smell of Success*. Explaining her success, she said, "I have never worked a day in my life without selling. If I believe in something, I sell it, and I sell it hard."

Lauder received the Knight class of the Legion of Honour from the Consul General of France, Gerard Causer. She was the first woman to receive the Chevalier Commendation this year, on January 16, 1978. She was inducted to the Junior Achievement U.S. Business Hall of Fame in 1988. She received the Presidential Medal of Freedom in 2004.

Estée met Joseph Lauter when she was in her early twenties. On January 15, 1930, they married. Their surname was later changed from Lauter to Lauder. Their first child, Leonard, was born March 19, 1933. The couple separated then divorced in 1939 and she moved to Florida, but they remarried in 1942. Their second son, Ronald, was born in 1944. Estée and Joseph Lauder remained married until his death in 1982, and she later regretted her divorce, saying that she married young and assumed that she had missed out on life but soon found out that she had the "sweetest husband in the world".

Leonard became the chief executive of Estée Lauder and then chairman of the board. Ronald was a Deputy Assistant Secretary of Defense in the Reagan administration and was U.S. Ambassador to Austria in 1986–87. As of 2021, he is the president of the World Jewish Congress.

Lauder died of cardiopulmonary arrest on April 24, 2004, aged 95, at her home in Manhattan.



Estée with a customer in 1966

HJC Grow to Give Garden

A new fence was built around our Grow to Give Garden which now has the Native Plant Garden and the new ECC Adaptive play area. Many thanks to Peter Cohn, Howard Goldstein, Farrell Jouard and Alan Kriegstein for the many hours of planning and constructing the fence which now better serves the area.

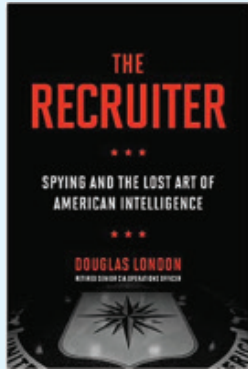
Ten years ago HJC was one of ten congregations in the Huntington community that started a garden for the purpose of growing fresh vegetables for the local food pantries. Over the years we were able to deliver many pounds of tomatoes, cucumbers, string beans, swiss chard to just name a few to Helping Hand Rescue Mission and Long Island Cares. They were always so grateful for the donation.

As the growing season soon ends, we look forward to next year's garden bounty!

Joanne



NEW SEASON.....NEW YEAR.....NEW BOOKS...

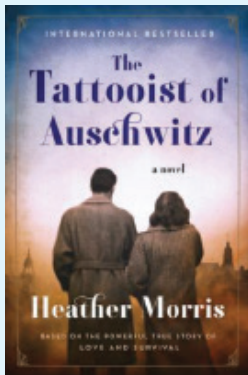


NON-FICTION

*Douglas London: **The Recruiter: A Memoir.*** Referred to in an interview as about 'Jews in trench coats', this memoir describes a 34 year career in the CIA as an agent recruiter of foreign agents, spotting and identifying targets, and what it's like being a spy in a modern day world, while maintaining 'a job' and a wife and kids at home.

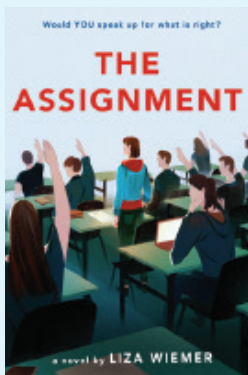


*Tova Friedman: **The Daughter of Auschwitz: A Memoir.*** "As a child Tova Friedman survived the Nazi liquidation of a Jewish ghetto, concentration camps and other atrocities. This is her harrowing and powerful memoir of survival and resilience."



FICTION

Heather Morris: Three Sisters continuing in the series of **The Tattooist of Auschwitz**, this novel of family, courage and resilience, inspired by a true story.



*Lisa Wiener: **The Assignment*** is inspired by an actual event. A teacher gives an assignment for the students to pretend to be Nazis and debate the Final Solution. Two teens refuse and speak up, which forces the school as well as the larger community to confront anti-Semitism and bigotry. Questions of what it takes for tolerance/justice/love to prevail.



HJC Bulletin

November 2022

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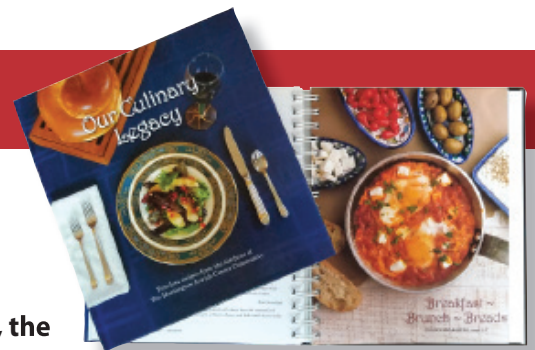
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Our Culinary Legacy Cookbook

OUR CULINARY LEGACY COOKBOOK MAKES A GREAT GIFT

If you are looking to add some new Recipes for Thanksgiving and Hanukkah, the Culinary Legacy Cookbook should be your source. There are interesting stories as well from our HJC Community. The cost is \$36 a book. You can order online <https://hjcny.org/hjc-cookbook/> or send a check payable to HJC Sisterhood to HJC and mark attention Sisterhood Cookbook.



APRONS AND BAGS WITH CULINARY LEGACY COOKBOOK

If you are looking for a gift to give family or friends, in addition to the cookbook, buy an Apron (\$15) and Grocery Bag (\$5) with the Cookbook logo.

Please contact Evelyn Abraham if you have any questions about making donations and ordering the Cookbook, Apron or Grocery Bag. evelyn_abraham@optonline.net

Huntington Jewish Center encourages the participation of people of all abilities in its programs and activities. If you or a family member would like to attend an activity, program, meeting or event but require additional support or special accommodations, please call the HJC Main Office at 631-427-1089 or email hjcadmin@hjcny.org.