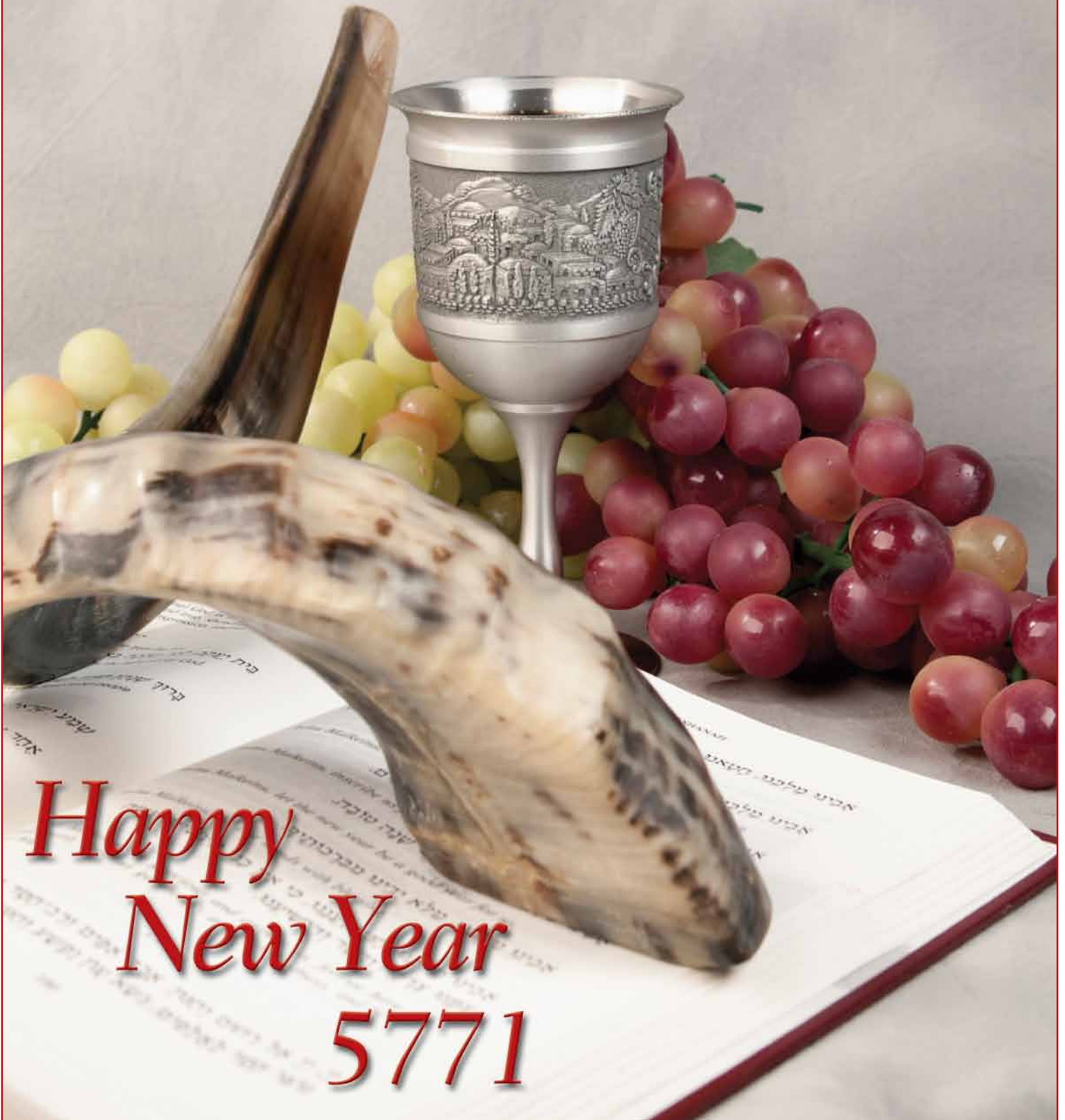


MANETTO HILL JEWISH CENTER

# SHOFAR

Volume 44, Issue 1

SEPTEMBER/OCTOBER 2010 - Elul/Tishrei/Heshvan 5771



*Happy  
New Year  
5771*

This High Holiday season has special significance for our community. Together we begin our first year as rabbi and synagogue family. In Jewish tradition the High Holidays celebrate the past, compel us to evaluate the present and dare us to envision the future. MHJC has an amazing history of which we can all be proud. We have a wonderful, warm and welcoming congregation that instantly makes the visitor feel at home. As we begin a new chapter in our congregational development we are challenged to see new realities and recognize new opportunities. Together we can build our future as the flagship congregation of the area, maintaining the warm and welcoming environment that makes us unique.

My mind tells me that Rosh Hashanah is around the corner yet the sights, sounds and experiences of summer make it hard to believe the reality of the calendar. In spite of my reluctance to say goodbye to summer I realize that it is time to prepare for the High Holiday season. In an effort to help you prepare for the High Holidays I offer the following notes in the form of a High Holiday guide.

### **The Basics**

Rosh Hashanah begins on Wednesday September 8th, continues on Thursday morning September 9th and Friday, September 10th. Kol Nidre is the evening of Friday, September 17th, continuing on, Shabbat, September 18th.

### **Services**

As in previous years, High Holiday services will be held at the Mid-Island Y JCC located at 45 Manetto Hill Rd, Plainview. A complete schedule of High Holiday services is published in this newsletter. High Holiday tickets may be obtained by contacting the synagogue office at 516 935-5454.

### **Security**

Tickets and parking passes will be checked by our volunteers and security personnel. To ensure your safety, entry will be limited to those presenting a valid High Holiday ticket. Our security staff and volunteers will be monitoring the entrances. Uniformed officers will be ready to assist you with any security concern. Security concerns should be reported to the security officers immediately.

### **Ushers**

Volunteer High Holiday ushers will be at the entrance to the building and the sanctuary. Please help us by following their directions and respond warmly when they introduce themselves.

### **Large Print High Holiday Prayer Books**

Large print High Holiday prayer books are available upon request. Please ask an usher for your copy.

### **Homebound and Hospitalized Individuals**

In the event that any individual within our community can-

not make it to services, arrangements will be made for a home/hospital visit to facilitate Tikyat Shofar (sounding of the Shofar). Similarly, we will be honored to recite Yizkor for your loved ones if you are unable to come to synagogue. Please call the synagogue office for details.

### **Out of Town For the Holidays?**

Please contact the synagogue office and we will be more than happy to locate an area synagogue where you can attend High Holiday services. Most Conservative synagogues will provide courtesy High Holiday tickets to members of sister synagogues.

### **Need a Letter For Your Employer or School?**

Feel free to contact the synagogue office to request such a letter. State law is quite specific regarding excused absences in public school for religious observances. If you feel that direct communication from the Rabbi would be helpful, I am more than happy to assist in this area and willing to speak directly with anyone who might benefit from such a discussion.

### **Holiday Apparel**

The Talaysim (prayer shawls), available at the entrance of our synagogue, are the kind popularized in post-war Jewish life. A more traditional style is the full-body, large woolen Talit. There is nothing like wrapping yourself in the full-body hug of a traditional Talit. Some of our members have purchased extraordinary Talaysim with unique designs. Consider enhancing your High Holiday experience by purchasing a unique or artistic Talit.

### **Family Services**

Family Services will take place on both days of Rosh Hashanah and on Yom Kippur. The services will be led by our Education Director Reb Helene Ainbinder. I look forward to participating in these special services.

### **Kever Avot**

It is traditional to visit family gravesites and recite memorial prayers during the days before the High Holidays and/or during the ten days between Rosh Hashanah and Yom Kippur. These visits offer moments of recollection and prayer, honoring the memory of those who are no longer with us. I will be coordinating several visits to cemeteries in the New York Metropolitan area. If you would like a memorial prayer chanted at a family burial site, please contact me at the synagogue office.

### **Bring Your Shofar To Services**

In remembrance of the victims who died in the September 11th attacks, we will sound a communal shofar blast on the first day of Rosh Hashanah. All those who own a shofar, are encouraged to bring it to services on that day. If you would like a crash course in shofar blowing, please contact the Rabbi.

*continued on next page*

### Tashlich at Cold Spring Harbor

Please join us for Tashlich as we cast off crumbs into a body of water at the beginning of the New Year. The ceremony reminds us that new beginnings are possible and that transformation of our previous behaviors is a reasonable goal. We symbolically discard the behaviors that are hurtful to ourselves and to others as we integrate healthier attitudes and behaviors into our lives.

On Sunday, September 12th we will gather at MHJC. We will caravan to Cold Spring Harbor. The caravan will leave MHJC at 10:00AM.

### Fasting

Possibly the most widespread observances connected to Yom Kippur, is fasting. It is a way of reminding ourselves that we are mortal beings, dependent on God for sustenance. On Yom Kippur, we break down our pride through an exercise

of self-discipline and begin the year in a very humble fashion. In is customary to precede the fast with a simple meal that is lightly digestible and not highly seasoned.

### Athletic Shoes

Yom Kippur is about impressing God with improving our actions, rather than impressing others. Tradition, therefore, discourages wearing clothing that is considered luxurious. Customarily, athletic shoes are worn as an alternative to leather dress shoes.

### Calling All Youth For The Havdallah Processional

Yom Kippur is brought to a close with a very beautiful ceremony which includes the Havdallah processional. Each youngster is given a candle as he/she joins the the Havdallah processional. The Havdallah is chanted, and the service concludes, with a final shofar blast.

I look forward to greeting you personally. May we experience a wonderful High Holiday season and a very special year.

On behalf of Elissa, Tracy and the entire MHJC family, I would like to wish you and your family a Shanah Tovah. May you be inscribed for a Sweet and Happy New Year.

## FROM THE REBBITZEN

*Elissa Kaplan Senter*

One of my favorite things about being a Jewish person, and trying my best to live by the values the Torah teaches us, is the concept of Tikkun Olam (Hebrew: תיקון עולם). Tikkun Olam means "repairing the world." In Judaism, the concept of Tikkun Olam originated in the early rabbinic period, the concept was given new meaning in the Kabbalah of the medieval period, and has been given further connotations in modern Judaism.

For a number of years, I have been involved with a Tikkun Olam organization called Jewish World Watch (JWW). JWW works to mobilize synagogues, their schools, their members and the community to combat genocide and other violations of human rights around the world through education, advocacy, and refugee relief. In Darfur, Sudan, JWW protects refugee women and girls from rape and other forms of violence by helping them to rebuild their lives. Women and girls fleeing the genocide in Darfur are placed in extreme jeopardy when undertaking the simple, but vital, task of collecting firewood for cooking fuel. JWW provides solar cookers that enable women to cook inside of their homes and not have to leave their children. The cost of each solar cooker is very reasonable. For more information on this project, please visit the JWW website: [www.jewishworldwatch.org](http://www.jewishworldwatch.org).

In the past, I have collected checks and mailed them together as a synagogue family to show our support, but contributions can also be made directly through the website. The genocide in Darfur is a travesty and a tragedy. A small donation can give a family the gift of a solar cooker. We can help the women of Darfur feed and raise their families in safety. Please take a look at the Jewish World Watch website and consider sponsoring a solar cooker.

*Trees for Israel*

כ' תשרי תש"ס  
 "When you shall come to the land you shall plant trees." - Leviticus 19:9

A TREE HAS BEEN PLANTED  
 In Memory Of  
**Steven Kirsi**  
 The Ones We Love Are Never Gone,  
 They Live Within Our Hearts  
 May This Serve As A Living Tribute To His Memory  
 Abraham & Florence Meyers

JWW JEWISH WORLD WATCH  
 JNF JEWISH NATIONAL FUND

The recent forest fires in Israel have caused severe damage to many of the trees that have been so lovingly planted through the years. Now would be a perfect time to think about purchasing one or more trees in memory of a loved one, or in honor of any life cycle event. The certificate shown here is one of several that can be selected. For more information, please call Sharon Waks at 516-799-1437.

Rosh Hashanah and Yom Kippur. The High Holy Days. The opportunity to look back on the prior year and close that book, and to open the book on the upcoming year. That seems particularly apropos this year.

The obvious example from our synagogue's perspective is our transition from one long-term Rabbi to our new, and hopefully long-term Rabbi. We have "opened the book" on Rabbi David Senter's role as spiritual leader of our shul. In the brief time that he and his wife Elissa have been with us, they have already taken the initiative to integrate themselves into our synagogue family and to become a part of us. If you haven't already done so, please take the opportunity to get to know them.

One thing that has always been consistent is the work ethic and dedication to our synagogue by many of our members. A perfect example of this is how the work on preparing the Rabbi's house progressed, and I want to take some space in this article to recognize and thank all the people who have been involved in the repairs and remodeling effort.

When the inspector we hired examined the house with us a few months ago, his report was 79 pages long (yes 79) and contained a host of identified problems, repairs, suggested improvements, etc. Our House committee began the process of obtaining quotes and determining priorities. Clearly, there was a multitude of work to be done, and the scheduling and coordination of work was going to be critical.

As we got closer to beginning work, it was my personal fear that we would need to provide temporary housing for Rabbi Senter and his family for six to eight weeks. This potentially would have included not having them in the house until after Rosh Hashanah or Yom Kippur. Obviously, this would not be an ideal solution, but one that seemed inevitable.

Rabbi Bernstein turned the house over to us on Thursday afternoon, July 29th. Literally within moments of completing that turnover, we did another walkthrough to determine what the key priorities were. Already in place were the decisions of what work we were using our own resources for and what work we were contracting out.

Work started the next day, and you could literally see the progress each day. The entire electrical system in the house was upgraded within the first few days. The sheetrock on a couple of walls downstairs were removed and replaced to remediate some old mold issues. Additionally, an unfinished room downstairs was framed, sheet rocked, and new lighting installed to become Rabbi Senter's office. And of course every room was repainted. The hard wood floors upstairs were sanded and re-urethaned. The kitchen counters and backsplash was tiled.

Obviously, a ton of other work was being done as well. But

to describe them all would cause this article to be around 79 pages long! There were some "interesting" surprises found, but nothing that could not be addressed by our team.

The upshot of this is that as I am putting the final touches on this article (August 13th), we have confirmed a "furniture move in" date with the Rabbi and Elissa of next Wednesday, August 18th. Yes, that's correct. Our team, through many long days and nights, completed the critical work in three weeks! There was still some work to be completed inside, mostly downstairs. Also, we have significant work to be done outside (i.e., gutters, landscaping, etc.). However, we avoided the undesirable scenario of having the Rabbi, Elissa, and Tracy staying in an extended stay hotel for any significant length of time.

So thank you to a number of people:

- Our House committee for coordinating, scheduling, and managing the effort to ensure we were keeping to the tight constraints and time and budget, especially with our House Vice President working with two broken feet!
- The trades people we brought in (i.e., electrical, flooring, etc.) who were willing to meet our scheduling needs
- Elissa's sister's family who offered the use of their house in Dix Hills to the Rabbi and Elissa for the first two weeks of August so that they would not have to stay in a hotel other than on Shabbat. Financial savings aside, it obviously provided a much more comfortable temporary home
- Our "hands on" team of people (Brian, Dave, et. al.) who were the people doing most of the actual work in the house. I'd like to give a specific thank you to Brian Sudran who was there literally every time I stopped by the house to check on progress (and I stopped by often).

You folks are the individuals who demonstrated to our new Rabbi's family how committed to excellence our MHJC family is, and our ongoing desire to "do the right thing". I heard one story how Brian serendipitously ran into Elissa at Home Depot, and that his first words to her were "would you like to pick out the tile for your kitchen?"

\* \* \*

The upcoming year will be one of transition, as we and our new Rabbi and Rebbitzin (that's "Rabbi's wife" for those who don't know) get to know each other. As I mentioned at the beginning of this article, that effort has already gotten off to a great start. There have been a number of lunches and dinners to facilitate informal contact. The Rabbi had a great time at

*continued on next page*

## MEN'S CLUB

*Ed Dicken & Doug Leo*

the Men's Club paid up BBQ and Movie Night on August 1st. Elissa clearly plans on being a dynamic part of our MHJC family as well, as evidenced by her active involvement already. And of course, we are all looking forward to getting to know Tracy once she returns from camp and gets settled into her new (very purple!) room.

I hope we all have a happy, productive, and successful new year. As always, if you want to offer comments directly to me, or if you have any other needs to speak with me directly, feel free to reach me through the synagogue office or email me at LarryKurtzman@optonline.net.

We had our Annual Men's Club All Star Game on July 13th. We have a good mix of Yankee and Mets fans. Even though I am not a baseball fan, a good time was had by all. By the way, if you have any complaints about the Mets, call Doug. He loves to hear it!

On August 1st we had our annual Men's Club Paid up Barbeque and Movie Night. It was an unofficial welcome to Rabbi Senter. As usual, Doug was our grill master and did a wonderful job. The steaks were great! It was a great night of relaxed conversation. Some of our former congregants showed up. Hopefully they will rejoin soon.

We have a lot of fun events planned for this year. It is difficult to plan for these events if we don't know how many people will attend. Please RSVP early. If you have any suggestions, please let us know. So far we have the following events:

**September 26th:** Hot Dogs, Beer and Football (Jets vs. Dolphins--will Darrelle Revis be there?)

**October 31st:** World Series (Mets vs. Yankees? Okay, I laughed when I wrote it, too.)

**November 21st:** Hot Dogs, Beer and Football (Giants vs. Eagles--as American as Hot Dogs and Marilyn Monroe)

**December 25th:** Holiday Breakfast (Where else are you gonna go?)

**January 16th:** Beer Tasting (my favorite designated driver supplied--thanks Mike!!!)

**February 6th:** Super Bowl and Blood Drive (Give blood and get free admission)

**April 2nd:** Wine Tasting with Sisterhood (Our own wine Aficionado, Doug, does a great job describing the wines. One of my favorite events.)

**April 4th:** March Madness (No, this is not when Treasurer Goldman looks at the budget numbers for 2011-12, it is college hoops time!!!)

**May 22nd:** Card and BYOB Night (the second "B" stands for booze, not baklava)

Come to a meeting or event and let us know what you enjoy doing. We are always looking for fresh ideas regarding events to sponsor. If you can't make the next one, but want to be notified of upcoming events and meetings, please email Ed at edicken@computersurgeon.com or Doug at dsleo@hotmail.com

## WAYS AND MEANS

*Sharon Dashow*

The goal of our Ways & Means Committee is to raise money for the synagogue while providing a venue for entertainment and socialization. What better way to accomplish this than to hold our annual Comedy Night?

Once the holidays are over, why not relax by joining us on October 2nd for an evening of fun and laughter. The cost for our Comedy Night is \$35. If you redeem a Kol Nidre pledge of \$180, you are entitled to one free ticket. Redeeming a pledge of \$300 gets you two free tickets. Only two free tickets per family! Pledges can even be redeemed at the door. It's a great way to support MHJC.

It's not too early to start marking other dates in your calendar. On November 13th we will be having a mentalist, a new program for MHJC. Our next Texas Hold 'Em night is December 11th.

We have our horses ready for our Night at the Races on January 22nd. Many thanks to Sid Kaldor for constructing the horses. Please save March 12th for our Las Vegas Night. This is our major fundraiser this year.

So how do all of these events get planned? With your help, of course. If there is an event you would like to see take place or if you want to help with the events we have mentioned, please come to the next Ways & Means meeting on September 21st. Your help is always appreciated. In the meantime, please check our website for updates on these programs.

"Serving the community since 1954"

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**PLEASE SUPPORT OUR ADVERTISERS! TELL THEM YOU SAW THEIR AD IN THE SHOFAR.**

| Sunday   | Monday   | Tuesday                                     | Wednesday   | Thursday  | Friday   | Saturday   |
|--|--|---|---|---|--|--|
|  |  |   | <b>1</b><br>Executive Board                                 | <b>2</b><br>7:00 pm — High Holiday<br>Ticket Pickup   | <b>3</b><br>Candle Lighting 7:06 pm                          | <b>4</b><br>8:30 pm — Havdallah<br>9:00 — Open House<br>(Desserts)<br>Selichot Service |
| <b>5</b>   | <b>6</b><br>Labor Day  | <b>7</b>                                    | <b>8</b><br><i>Erev Rosh Hashanah</i><br>POB School Starts  | <b>9</b><br><i>Rosh Hashanah</i>                      | <b>10</b><br><i>Rosh Hashanah</i><br>Candle Lighting 6:55 pm | <b>11</b>  |
| <b>12</b><br>Trustee Meeting                           | <b>13</b><br>First Day of Hebrew<br>School —Student &<br>Parent Orientation<br>Education | <b>14</b><br>House / Long Range<br>Planning | <b>15</b><br>Catering                                       | <b>16</b><br>Sisterhood                               | <b>17</b><br><i>Yom Kippur</i><br>Candle Lighting 6:43 pm    | <b>18</b><br><i>Yom Kippur Yizkor</i>  |
| <b>19</b><br>Sukkah Raising<br>Youth                   | <b>20</b><br>Membership  | <b>21</b><br>Ways and Means                 | <b>22</b><br>No Classes<br><i>Erev Sukkot</i><br>Maariv     | <b>23</b><br><i>Sukkot</i><br>Autumn begins<br>Maariv | <b>24</b><br><i>Sukkot</i><br>Candle Lighting 6:31 pm        | <b>25</b>  |
| <b>26</b><br>Sukkah Event<br>Men's Club Football Night | <b>27</b><br>Sisterhood Tea in the<br>Hut  | <b>28</b><br>Knit & Nosh, 1-3 pm            | <b>29</b><br>No Classes<br><i>Hoshanah Rabbah</i><br>Maariv | <b>30</b><br><i>Shemini Atzeret Yizkor</i>            |  |  |

All Friday Evening Services are at 8:00 PM unless otherwise noted.  
All meetings are at 8:00 PM unless otherwise noted.

All Saturday Morning Services are at 9:30 a.m. unless otherwise noted.

YAHARZEITS

In this the September/October issue the Hebrew months of Elul, Tishri and Heshvan begin and thus we list the Yahrzeits observed during these months. If you do not see a Yahrzeit listed, please notify the office with the necessary information so that it can be added to the Synagogue's computer system.

**Elul:** Freda Arlick, David Bank, Elsie Cohen, Frank Dashow, Louis Delin, Sol Drabkin, Milton Eichen, Annette Fischer, Irma Gordon, Herbert Kingsberg, Rose Klein, Helen Konel, Harry Kurtzman, Bernard Levy, William Madonick, Samuel Mandel, Isidore Meinberg, Nathan Minkoff, Aaron Port, Daniel Rabinowitz, Harry Reich, Myron Resnick, Nathan Ritter, Martin Schiff, Anna Shinman, Sylvia Silverberg, Rebecca Silverman, Ida Uslan

**Tishri:** Melvin Bart, Harry Black, Florence Borodinsky, William Brody, Hyman Chesner, Samuel Cohen, Neil Endelson, Pauline Froehlich. Betty Gilbert, Mollie Goldblatt, Sidney Goldstein, Morris Himmel, Emery Klein, Irving Klein, Clara Kusinitz, Florence Osterweil, Lillian Port, Minnie Randall, Anna Schwartz, Dorothy Roseman, Max Sonenklare, Rose Stier, Hiram Symons, Marion Tetenbaum, Jacob Tuffiash, Stuart Vogel, Lillian Weintraub

**Heshvan:** Rose Berenson, Phyllis Brodzansky, Elaine Caplan, Solomon Clarin, Seymour Cohen, Kurt Dreyfuss, Sylvia Eill, Steven Gilbert, Leslie Grunwald, Louis Hauptman, Gussie Himmel, Herbert Hollander, Morris Kirchenberg, Frances Klein, Harry Konel, Harry Lampert, Howard Lewton, Paul Levine, Rose Moskowitz, Sylvia Nitkin, Abraham Pasetsky, Starla Perzov, Elena Reznik, Nathaniel Rosen, Lillian Rubin, Irving Schutzer. Herbert Spindel, Aaron Spund, Sylvia Spund, Emily Starr.

| Sunday   | Monday   | Tuesday                                     | Wednesday                             | Thursday                                    | Friday  | Saturday                                |
|--|--|---|---------------------------------------|---|---|---|
|  |  |   |                                       |   | <b>1</b><br><i>Simchat Torah</i><br>Candle Lighting 6:19 pm       | <b>2</b><br>Ways & Means<br>Comedy Nite |
| <b>3</b>   | <b>4</b><br>Education                          | <b>5</b>                                    | <b>6</b><br>Executive Board           | <b>7</b><br>Ritual (High Holiday<br>Review) | <b>8</b><br>Candle Lighting 6:08 pm<br>Dinner — Simcha<br>Shabbat | <b>9</b><br>Bar Mitzvah: Seth Pearl     |
| <b>10</b><br>Youth   | <b>11</b><br>No Classes<br><i>Columbus Day</i> | <b>12</b><br>House / Long Range<br>Planning | <b>13</b><br>Sisterhood               | <b>14</b>                                   | <b>15</b><br>Candle Lighting 5:57 pm                              | <b>16</b><br>Junior Congregation        |
| <b>17</b><br>Trustee Meeting                                   | <b>18</b><br>Ways and Means                    | <b>19</b><br>Knit & Nosh, 1-3 pm            | <b>20</b>                             | <b>21</b>                                   | <b>22</b><br>Candle Lighting 5:46 pm                              | <b>23</b>                               |
| <b>24</b><br><br>Men's Club<br>World Series Night<br><b>31</b> | <b>25</b><br>Membership                        | <b>26</b>                                   | <b>27</b><br>Sisterhood Paid Up event | <b>28</b><br>Ritual                         | <b>29</b><br>Candle Lighting 5:37 pm                              | <b>30</b>                               |

All Friday Evening Services are at 8:00 PM unless otherwise noted.  
All meetings are at 8:00 PM unless otherwise noted.

All Saturday Morning Services are at 9:30 a.m. unless otherwise noted.

**SIMCHAS**

**September Birthdays:** Irene Abrams, Ivan Bielik, Sharon Bielik, Jennifer Drossman Fox, Jaime Eichen, Audrey Engel, Hugh Fradkin, Lori Fradkin, Robert Goldman, Marc Honigman, Sharon Honigman, Bethany Konel, Terry Kwartner, Marjorie Labowitz, Ronni Leo, Ira Mandelbaum, Tamara Osdoby, Bobbie Ritter, Alex Rothenberg, Bryan Rothenberg, Michael Rothenberg, Robert Rothenberg, Tamir Saland, William Schweitzer, Ken Silver, Laura Silver, Patti Silver, Samantha Starr, Karen Stein, Larry Tetenbaum, Jake Trembley, Jeffrey Weiss.

**September Anniversaries:** David & Edie Friedel, Robyn & Keith Greenspan, Ira & Ellen Kallem, Alex & Donna Linden, Ellis & Felicia Schneberg, Jeffrey & Abby Weiss, Conrad & Renee Yarmoff, Michael & Sharon Zelkind, Howard & Laurie Starr, Gary & Deborah Talkofsky, Alan & Cindy Weiner.

**October Birthdays:** Cheryl Aron, Seth Bart, David Bielik, Jonathan Bielik, Steven Bielik, Robert Blatt, Arnold Brodzansky, Robert Carmen, Joseph Chasan, Harvey Cohen, Jason Depierro, Alexa Dicken, Barbara Dicken, David Engel, Steve Fuchs, Harold Gaynes, Stephen David Gerard, Jessica Goldman, Anne Goldstein, Robert Goldstein, Barry Greenspan, Shari Hankin, Alex Horowitz, Julie Horowitz, Barry Katz, Tiffany Kistenberg, Dawn Kusinitz, Jason Kwartner, Bruce Lesser, Carol Levine, Douglas Levine, Audra Lewton, Shelia Lipshie, Leah Mandelbaum, Naomi Mann, Brett Marx, Stacey Marx, David Meinberg, Alan C. Ozur, Rachel Pearl, Seth Pearl, Trudy Reznik, Roberta Schechter, Karyn Schutzer, Alice Schweitzer, Erica Sommer, Laurie Starr, Ruth Turoff.

**October Anniversaries:** David & Alyssa Gorfinkel, Lynda & Steven Greenblatt, Stephen & Gladys Honigman, Michael & Laurel Konel, Gary & Hedva Marrell, Lauren & Glen Stifelman.

If you are celebrating a birthday or anniversary in September or October and it is not listed, please notify the office so that we can update our records.

*Mindy Kurtzman*

**L**'Shanah Tovah to all temple members and their families, as well as the Sisters of the Hood! The calendar of the 2010-2011 MHJC Sisterhood starts off with a bang! We are welcoming our new Rebbetzin, Elissa Kaplan Senter, with our Sisterhood "Tea" in the Hut (sukkah) on September 27th at 8:00. We will be serving desserts, coffee and cocktails for those who wish. Please call the temple office to sign up.

It continues with our Paid-Up event on October 27th at 7:00 (please note early start time). We are thrilled to be hosting Gita Fendelman to teach us Laughter Yoga. Gita is a certified Laughter Yoga teacher and leader as well as a Kripalu-certified Yoga teacher with over 30 years experience. Laughter Yoga involves deep breathing, simple stretches, childlike playfulness, lots of laughter and deep relaxation. Anyone can do it! Benefits include stress and pain relief, an enhance immune system, better sleep, improved circulation, and a better mood. Who couldn't use a little more laughter in their lives?? Thanks to

Laurel Konel for researching and finding this activity! Please RSVP to the MHJC office by October 20th at 935-5454 or mhjc@verizon.net.

Our regular Sisterhood meetings for those months will be September 16th and October 13th. The rest of our calendar is as follows:

## November

- 5 Sisterhood Simcha Shabbat (sponsoring the Kiddush)
- 10 Tastefully Simple Fundraiser (watch for flyers concerning this event!!)

## December

- 8 Sisterhood Meeting/Hanukkah Party
- 18 Sisterhood/Men's Club Joint Event – TBA

## January

- 3 Purim Basket Order Forms go out
- 12 Sisterhood Meeting – Chick Flick Night

## February

- 4 Sisterhood Shabbat/Dinner
- 9 Sisterhood Meeting

## March

- 9 Sisterhood Meeting
- 13 Collate Purim Baskets
- 14-18 Pick up baskets.

## April

- 2 Sisterhood/Men's Club Wine Tasting
- 3 Sisterhood Meeting (note change of day–SUN)
- 11 Women's Passover Seder

## May

- 11 Sisterhood Meeting

## June

- 15 Sisterhood Meeting

We are also working on a possible trip into the city to tour the Lower East Side tenements as well as a night out to see a show.

If you'd like to become involved with Sisterhood, please call Mindy Kurtzman @ 516-349-7041 or you can e-mail me at mindyandlarry@optonline.net. We can always use an extra pair of hands...may your holidays be filled with family and spiritual fulfillment. May you have an easy fast and be written into the Book of Life for another year! Be joyous!!



Sisterhood Of Manetto Hill Jewish Center  
is pleased to announce that

### JOY WEISER, ZUMBA® INSTRUCTOR

Will be conducting a series of Zumba® classes  
at the synagogue

Call the synagogue at **935 – 5454** to sign up

Cost: **\$10.00 per class** (pay as you go)

Class size is limited and Manetto Hill members  
get first priority, but your non member friends are welcome  
to join if there is space in the class

Class schedule—all classes start at 7:00 pm

**August 19**

**September 2**

**September 16th**

Starting in October, classes will be held every Thursday night  
at 7:00 pm. Be sure to arrive 15 minutes early (6:45-6:50)  
So that you can register and pay. Bring a towel  
and water bottle and dress in workout clothing.

The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. The goal is simple: We want you to want to work out, to love working out, to get hooked. Zumba® Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

## MHJC SPOTLIGHT

*Laurel Konel*

**R**obyn Sutnick, Award-Winning Youth Director, started on the MHJC road to fame and notoriety at the age of 11 when she and her family moved to Plainview and joined the MHJC family. First Robyn joined Kadima in the 7th grade. Then she became a USY'er. Then in her senior year of high school she became MHJC's Chapter Co-President. During her 4 years of USY, she regularly volunteered as the MHJC Kadima Advisor. In 2000 she accepted the position of Youth Director. The rest is history!



During the last 10 years under Robyn's reign, MHJC's Youth Group has consistently stood out as a program of excellence. The Youth Group has won numerous awards over the years and has regularly been praised by the Rakevet Directors for their dedication and hard work.

When no other Rakevet Division Youth Group steps up to host a weekend Kinnus (and there are about 12 groups in the division), MHJC Youth Group consistently volunteers and opens up our synagogue to the other youth groups. Just in the last 2 years alone, Robyn and the MHJC Youth Group have hosted 2 Kinnusim when many have hosted none. Not only do Robyn and the MHJC Youth Group volunteer our synagogue for the weekend, but under Robyn's leadership, dedication and hard work, attendance is off the charts!

If your child(ren) has never experienced an MHJC Youth Group meeting, he or she absolutely should. There is a Pre-Kadima program for 5th and 6th graders, a Kadima program for 7th and 8th graders, and the USY program for 9th-12th graders. Additionally, from time to time, Robyn will open a program to 3rd and 4th graders so that they can experience some of the exciting programs we have to offer. Annual programs include "Edible Israels", Chocolate Seder, and game night, to name a few. New programs are always added and there are "surprise" programs from time to time as well. Additionally, the entire Youth Group is involved in fundraising for charity throughout the year. The kids consistently exceed the goals they set. Watch for emails and notices of upcoming meetings and events.

When Robyn is not meeting with the other Rakevet Division Youth Directors, or chairing a board meeting of her USY'ers, or hosting a Rakevet Division Kinnus or Shabbaton, she is a licensed Property and Casualty Broker, working as an Underwriting Manager in Long Beach.

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### **MANETTO HILL JEWISH CENTER CONTACT LIST**

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## Gift Card

### **SHOP FOR MHJC!**

You can shop and MHJC can make money. We are now selling gift cards for everything. Supermarkets (Shop-Rite; Fairway; etc.), department stores (Bloomingdale's; Macy's; Bed, Bath & Beyond; etc.), restaurants (Macaroni Grill; Wendy's; etc.), Motels (Best Western, etc.), & home improvement (Home Depot; Lowe's; Best Buy; etc.), & more.

This costs you nothing. If you want a \$100 gift card for Bed, Bath and Beyond, send a check for \$100 made out to MHJC to the synagogue. The first Monday of each month an order will be placed for the gift cards and within a week you will have your gift cards. Use them to shop or give as gifts. The more who buy, the more we make. Our profit is from 2% to 12% depending on the store. This will add up.

For More Information call **Sue Halfen (516) 921-2682** or **MHJC (516) 935-5454**

## RITUAL COMMITTEE

**T**hank you to all who lamed Torah, read Haftorah, lead services and attended services this summer. You made sure that others had a minyan. As is our custom, we had one Shabbat where we split up the Torah reading. Thanks to those brave souls who took on this venture. If you would like to have one of those parts next summer or, for that matter, if you would like to lane Torah, lead services, etc. during the year, just let us know. Our services are participatory and we welcome anyone who wants to take a part.

Speaking of participatory, Rabbi Senter has added more English to the Friday night service. So, come and join us. While you're at it, we'd love to have you join us on Saturday mornings as well.

Needless to say, the High Holidays are here. If you would like to usher, please call the synagogue office, Sharon Dashow or Harvey Cohen. We are setting up at the Y at 3 pm on Tuesday, September 7th and then again at 3 pm on Thursday, September 16th. Please stop by if you are available. We could use the extra help!

If you know of people who cannot leave their homes to hear the shofar, please let us know. Rabbi Senter will be more than happy to go to their homes and blow shofar for them. If anyone cannot leave his or her home to recite Yiskor, please call the synagogue office and inform Rabbi Senter.

It's not too late to purchase raffle tickets for a break-fast for ten. Raffle prices are \$10 for one raffle, \$25 for three and \$50 for seven. It's a great way to support Manetto Hill Jewish Center and save yourself from all the work involved in preparing the break-fast.

## ISRAEL AND JEWISH AFFAIRS COMMITTEE

### RENEWAL!

**A**s we await the first cool hint of fall and the summer becomes a happy memory, the season of renewal begins with Selichot, followed by Rosh Hashanah and Yom Kippur. This New Year, 5771, is a special one for Manetto Hill Jewish Center as we anticipate a new beginning and welcome Rabbi David Senter and Elissa to our synagogue family. We look forward to a long and rewarding relationship.

It is important that we, as Jews, remember that this will be the fourth year that Gilad Shalit is being held captive and denied his freedom to be a Jew and celebrate the High Holidays with his family. Through the efforts of Jews throughout the world, we hope his captivity will be brought to an end. REMEMBER GILAD SHALIT!

*Sharon Dashow*

If you build it, they will come. Please help us build our synagogue sukkah on Sunday, September 19th. Then, on the 26th, join us for a family scavenger hunt ending, of course, with refreshments in the sukkah.

Most importantly, we wish you all a very happy and healthy New Year. L'Shanah Tovah Tikatavu!

## YOUTH NEWS

*Robyn Sutnick*

**A**s the New Year approaches, we all begin to make our resolutions for a better year to come. As the winner of the 2010 Rakevet Division Chapter of the Year Award, MHJC Youth Group understands we have an award winning reputation to uphold!

**OUR NEW YEAR'S RESOLUTION: WE PROMISE TO MAKE THIS THE BEST YOUTH GROUP YEAR EVER!**

We have so much in store, all beginning Sunday, September 19th from 5-7 PM. Look forward to a year filled with games, trips, shows, overnights, kinnusim, and a whole lot more.

### OUR GROUPS

|            |             |
|------------|-------------|
| USY        | Grades 9-12 |
| Kadima     | Grades 7-8  |
| Pre-Kadima | Grades 5-6  |

**NEW:** Special Programs throughout the year to include 3rd & 4th Graders!! For more information, please contact Robyn Sutnick, Youth Director.

We wish you a Happy, Healthy and Sweet New Year!

*Judy Nitkin and Sue Moskowitz*

FYI, as printed in the World Jewish Congress' publication, "Dateline World Jewry" July-August 2010 edition: Did you know that...a famous Iranian scientist who has some connection to the Islamic state's nuclear program has requested asylum in Israel...babies born recently in Port-au-Prince, Haiti have been given Hebrew first names as a thank you to the Israeli efforts to save earthquake-ravaged Haitians...Israel has been accepted to join the World Economic Forum, the Organization for Economic Cooperation and Development ("OECD") as one of its 34 members. The OECD seeks a stronger, cleaner and fairer world economy.

Please look for future announcements from the Synagogue regarding the re-dedication of our Holocaust Torah.

L'hitraot

## BOOK CLUB

At our August book club meeting, we started to reminisce about how the club got started and chatted about some of the books we had read, when someone said, "can you believe that we have been meeting and discussing books for three years!" "Impossible" said another. "It can't be that long." "Maybe 2 years," said someone else. Well, after considerable debate, we realized that we have been meeting and discussing books for 2 1/2 years and that February indeed will be the start of the third! In that time we have shared our opinions on many books that covered many topics and genre. The club has grown from the original 6 people to a high of 23. As with any group, people come and go but we have a pretty constant core group of 10 - 12.

One of the things that make our group special is that we have a diverse group of participants. Some people are working... others are retired. Some still have children in school; others have married kids with grandchildren. Everyone brings something to the table due to our varied life experiences.

## PRINCIPALLY SPEAKING

How can one breathe life and spiritual meaning into Judaism? Giving children every possible thing you always wanted...giving your children a special horn to blow at Rosh Hashanah services...taking a nice afternoon walk to a body of water with living things in it and saying some really awesome prayers and finding the wildlife...building that special tree house (but don't climb it!), and watching, listening and dancing around with a book that never ends and gives life to all that hold fast to it.

And imagine this...your child bringing the shofar he or she made at MHJC's workshop and having fun blowing it in synagogue at Jr. Congregation...going outdoors and participating in the spiritually moving custom of Tashlikh by throwing pieces of bread, matzah, etc. into the water to symbolize the casting away of one's sins...enjoying the Sukkah, a wonderful place to dwell with your family and friends and watch the stars at night...and, of course, taking part in Simchat Torah services, marking the ending and beginning of the reading of the Torah, with children waving flags as they participate in the service.

What is happening is the lessons your children learn in MHJC's Religious School come alive with more meaning when the whole family participates and has fun in observing a little more ritual and customs.

The Shabbat Backpack program includes every item needed for Shabbat, which can help to enhance that sacred time of the week for the whole family. Through our school's teachers,

*Barbara Nizewitz*

Reading and discussing books is a wonderful way to stimulate your mind. If you like to read and talk about books, please think about joining the Manetto Hill Book Club. We meet in the evenings at the synagogue. If you have any questions please call me at 935-1081. I would be happy to answer any questions that you might have.

Here is the list of dates and readings for the next few months:

- October 6 *Olive Kitteridge*  
by Elizabeth Strout
- November 10 *People of the Book*  
by Geraldine Brooks
- December 15 *South of Broad*  
by Pat Conroy

I hope to see some new faces at our next meeting. Happy reading!

*Helene Aimbinder, Principal*

books, lessons, computers, and tefillot, each child will receive a solid foundation of Conservative Judaism, and become a Bar or Bat Mitzvah. Our school will have more educational programs for the whole family to learn together and practice and enjoy at home for many years to come.

The religious school will be welcoming a new Gimmel teacher, Mrs. Sara Warmbrand. Mrs. Warmbrand is an Israeli and has been living in the U.S. for many years. She has enjoyed teaching many Judaic subjects and singing Israeli songs and Tefillot (prayers) with children in religious schools for over 15 years. Mrs. Warmbrand is sure to be a wonderful addition to our school. In addition, our school is going to have a primary class called Shorasim (roots) meeting once a week with Mrs. Bienenfeld as the teacher. MHJC's Religious School will continue to work with Israel on the environment and other topics. This will be a very exciting new school year! Stop in and say "Shalom".

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## MHJC Event Catering

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Manetto Hill Jewish Center is pleased to announce our expert panel of caterers.

They handle all catered parties held on our premises including Bar/Bat Mitzvahs, extended Kiddushes, Baby Namings, Bris, and more.

**Please be aware that the kitchen is Meat/Pareve only.  
No Dairy products are allowed.**

Dairy substitutes, such as non-dairy creamer and non-dairy (tofu) cream cheese are acceptable.

Please reserve your event date with Ellen Goldman before contacting any of the following caterers:

*Mr. Bob Kanowitz of*

**Del Mir Caterers 516-802-5492**

*Mr. Brian Yarmeisch at*

**Commack Kosher Caterers  
631-543-2300**

*Mr. Rich Austein of*

**Ackerstein Caterers 516-538-6655**

Their catering expertise and the high quality of their food are sure to make your event very successful.

An Extended Kiddush requires a room reservation and fee of \$300 for members, \$400 for non-members.

Please reserve your date early by calling the telephone number below. Feel free to call me if you have any questions.

**Ellen Goldman  
Catering/Kiddush Coordinator  
(516) 933-6361**

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