



תְּקוּוֹתֵינוּ TIKVATENU



ISRAEL CENTER OF CONSERVATIVE JUDAISM

Volume XVIII - No.2

NOVEMBER 2021

CHESHVAN/KISLEV/5782

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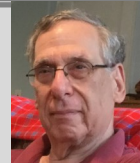
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LET OUR FAMILY WELCOME YOURS

NEW YEAR MESSAGE FROM CO-PRESIDENTS

DAVID SCHWARTZ AND SAM WEISS



Fellow Congregants,

As you all know, we began the slow resumption of normal synagogue life in June with the restart of in-person Shabbat services. In September, we passed another milestone in celebrating the High Holidays in person as well. Admittedly, in-person attendance at services was initially sparse, but we have been heartened to see, starting on Rosh Hashanah, an increasing number of congregants gradually coming back to shul. We trust that trend will continue with the ebbing of the pandemic so that we can resume the full schedule of services and activities in the synagogue. At the moment, for example, we are planning an initial in-person Friday night service and dinner on December 3 to celebrate both the festival of Hanukkah and Rosh Chodesh Tevet. We would love a large turnout for this special event.

As we continue to open up, the synagogue itself is undergoing major renovations and repairs. Under the guidance of our two House Co-Chairs, Chuck Shaffer and Adam Greebler, we have completely redone the gym locker rooms with brand new lockers, a paint job, new handrailings and new doors. Plus, at present, we are in the midst of making our pool ready for the reopening of our recreational program, which we hope can start reasonably soon.

You may have already seen, or will soon see, workmen on scaffolding busily chipping away small pieces of brickwork from the exterior of the building. Fear not, we're not carting away the building in the middle of the night. Rather, we've employed a structural engineering firm to report back to us on the soundness of the synagogue's foundation, which became a concern to us after we needed to undertake an extensive repair of one of the building's back walls in the parking lot. At this time, we have no indication of what further repairs may be needed.

However, it has come to our attention that we will have to refit our boiler system as it was apparently improperly installed several years ago. As of this moment, we have no further details available as the Officers and Board of Trustees are awaiting a report from a mechanical engineering firm we've hired. On a happier note, we have received a \$50,000 grant from the Federal Homeland Security Department to replace the fencing around our parking area with a fortified electronic gate, thus reinforcing the security of our synagogue building.

Last, but not least, we can report our search for a new rabbi is officially getting underway with the posting of a job description on the Rabbinical Assembly website. Naturally, we will keep the congregation up to date as the search process proceeds.

Regards,

David and Sam

FROM OUR RABBI: Rabbi Moshe Saks



As I listened to the Hazzan sing with the congregation on Rosh Hashanah and Yom Kippur the famous poem, “B’yom Tzom Kippur”; I couldn’t help but think intensely about the terrible events, both man-made, and natural, during the past year. We

sang “who shall live, and who shall die, who by stoning, and who by fire?” I’ve always chosen to never literally interpret these words, but to look at them metaphorically. Now, however, they assaulted me with their literal meaning. I’m wondering if the same experience happened to you.

How do we respond to such tragedies? I have tried, many times, to offer some ways to begin to address these issues, but only time will tell if we can really

learn from these events. In other words, will we be inspired to improve our society, our own family life, and our approach to Jewish tradition? Or will we be stunned into submission, calmly accepting what either man or nature have thrust upon us; will we learn to trust more, love each other more, and involve ourselves more with the world around us?

We must put everything in perspective – the strength of Judaism is that we can respond in a positive way to calamities that befall our society. We have all that we need in our tradition that will enable us to build – in a spiritual sense – that which is so necessary for us to live in a compassionate and loving community. We need each other to find the strength to accomplish this task. Let this be one of the main messages of these past holidays, as we fully embrace 5782.

Rabbi Moshe Saks

SOCIAL ACTION: Philip Parnes



The ICCJ Social Action Committee has agreed to sponsor a warm clothing drive and a food drive. These drives will take place beginning immediately and ending with Hanukkah on December 6, 2021. These items should be dropped off at ICCJ in the bins provided.



We are asking for gently used men, women and children’s clean winter outer garments, hats, gloves and scarves. Additionally, we are looking for date usable canned goods, unopened boxed and plastic container food. Pasta, canned fish, peanut butter and other canned goods are especially appreciated. Please do not bring anything perishable or in glass jars.

Members of the committee will be happy to pick up these garments or food items from your home if you are unable to drop them off at the synagogue.

Thank you, *Clarissa Weiss*

EDUCATION: Hannah Feldman & Adam Greebler



October shows us a chill in the air and brand new classes from Scholarstream, an initiative of the RA, USCJ, JTS and Ziegler. You can find these on our website iccj2004.org under the Educational Opportunities drop down tab and the JTS/Streicher link. On the link, you will find the code needed for your

free informative classes. To access these classes, please use the code we have provided for you.

Along with a plethora of classes from Scholarstream, November and December will hopefully bring a host of classes and events from our Education committee. Unfortunately, at the time of this article we are still in the planning stages. Look for eblasts and on the website for any and all upcoming events. You will not be disappointed.

Please wear your mask and continue to stay safe.

RELIGIOUS AFFAIRS: Michelle Fouks

Shalom from Religious Affairs!

We hope you are all well and settling into cooler weather. As the High Holidays are over, we hope you all enjoyed the terrific services provided by our Clergy. Whether you attended in person in the Sanctuary, outdoors, or via streaming, we are happy you joined our community. Yasher Koach to Rabbi Saks, Cantor Ribowsky and those members of our congregation who worked so hard to make the services enjoyable. We also hope you enjoyed the joint Simchat Torah evening, dancing with us at Hillcrest Jewish Center and back at ICCJ for Simchat Torah Services, on Wednesday morning, culminating with a wonderful luncheon. The luncheon is the first since the Pandemic has hit and if you missed this one, there will be others in the future. Thank you so much to the Catering Committee for preparing the luncheon. Please venture out and join us for future events.

At Religious Affairs, we are going back to work and

diligently preparing for our Chanukah in-person celebrations, as well as starting to plan for Tu B'shvat. If you have ideas don't be shy, we are always happy to hear new ideas that could help to make ICCJ festivities even better.

Please remember, we have daily evening services as well as Friday morning services via Zoom. In addition, for the time being Kabbalat Shabbat and Havdalah are both on ZOOM (Check the eblasts for the times). Shabbat Services are in person in the sanctuary as well as streamed. Rabbi Saks has been doing a great job of eliciting interest from the in-person attendees at our discussion following the Torah Service. While you can enjoy this on Streaming, it is really much more engaging in person. We would love to see you there.

Wishing you a Healthy & Happy Thanksgiving with your family & friends. Stay Safe and if you need anything feel free to let us know.

Looking forward to seeing you in person ASAP.

YASHER KOACH TO OUR SHOFAR BLOWERS



ROBERT SYLVAN



SCOTT COHEN

JORDAN BRANTZ



MEMBERSHIP: Betty Shaffer

With the High Holy Days behind us, we can take a breather but know that since Rosh Hashanah was so early this year, that can only mean that Chanukah will be early too. So the Membership Committee has already started working on the congregational Chanukah Party. At this point, we are not sure whether it will be in-person or on Zoom but be assured, that in either case, we have many ideas to make it fun and inclusive for all ages. Watch for the flyers and the eblast as decisions are made and plans finalized.



At this time, we are pleased to welcome the following new members who joined ICCJ in September:

Lynn Geisel joined as a single member. Some of us were able to meet her in-

person during the holidays.

Samantha Gleimer is another new single member. Samantha's parents were former CSJE members.

We also want to welcome back the following members who had left us and re-joined ICCJ – Fran Bernstein and Steve and Barbara Kasavana.

Welcome to all of you. We are glad that you chose to become part of our community. We look forward to seeing you in person or on Zoom. If you are interested in joining the planning of the various committees, please contact the office and Helena or Mady can connect you to the chairperson of the committee.

If you are aware of a family or individual, who may have a need for a synagogue, let them know that ICCJ is a caring communal family.

BELLA M. & HARRY RICHTER LIBRARY NEWS: Librarian Arlene Ratzabi



On October 17, we were treated to the ICCJ Book Café, still on Zoom for now, where we discussed Joshua Henkin's new book, *Morningside Heights*, a novel and Mr. Henkin joined us for this discussion. The book is about a marriage surviving hardship. It's about the love between women and men, and children and parents; about the things we give up in the face of adversity; and about how to survive when life turns out differently from what we thought we signed up for.

On Sunday, November 7, 2021 at 11:00 AM, as part of Jewish Book Month, we are delighted to participate with ICCJ Sisterhood in welcoming author Gwen Strauss, all the way from France, by way of Zoom, who will talk about her compelling book, *The Nine: The True Story of a Band of Women Who Survived the Worst of Nazi Germany*. *The Nine* follows the true story of the author's great aunt Hélène Podliasky, who led a band of nine female resistance fighters as they escaped a German forced labor camp and made a ten-day journey across the front lines of WWII from Germany back to Paris. In the words of the Wall Street Journal, "[A] narrative of unfathomable courage... Ms. Strauss does her readers—and her subjects—a worthy service by returning to this appalling history of the courage of women caught up in a time of rapacity and war." —*Wall Street Journal*/

In the News: Abdulrazak Gurnah has been awarded the **Nobel Prize in Literature**. The novelist, who was born in Zanzibar, is the first African to receive the prize in nearly a decade, and was honored for his "uncompromising and compassionate penetration of the effects of colonialism."

New Acquisitions in the Library: Adult Collection

Wecker, Helene. *The Hidden Palace: a novel of the Golem and the Jinni*

A follow-up to her first novel, *The Golem and the Jinni*, follows Chava and Ahmad navigate through the early twentieth century in New York and the Middle East.

Gross, Max. *The Lost Shtetl*

What if there was a town that history missed? For decades, the tiny Jewish shtetl of Kreskol existed in happy isolation, virtually untouched and unchanged. Spared by the Holocaust and the Cold War, its residents enjoyed remarkable peace. It missed out on cars, and electricity, and the internet, and indoor plumbing. But when a marriage dispute spins out of control, the whole town comes crashing into the twenty-first century.

Kaufman, Lori Banov. *Rebel Daughter*

Set in the first century CE tells the story of one Jewish girl's experiences in Jerusalem under Roman rule and during the destruction of the second temple.

Continue on page 7

SISTERHOOD NEWS: Presidents Hannah Feldman & Lisa Woliner

Sisterhood has been in the planning stages of organizing the New Year, and with the holidays in between, we took a breather.

We opened our first program to the comedic “Zoom” doors to Ms. Ellen Orchid. Ellen brought us laughter and reminded us to take a minute and remember the “old days” and the past comedians that brought a smile to our faces. Thank you, Judy Mermelstein, for organizing this delightful program.

As October revved up, we started with an evening of remembrance of our ancestors and the pieces they handed down. Interesting artifacts of the past brought us into the lives of our members and their family as they described the candlesticks so lovingly left by their mothers, and in some cases grandmothers. All you had to do was close your eyes for a moment and be transformed back to their homes. The description of a favorite baking pan, where one member shared a loving memory of baking with their mom, brought back the aroma of the cookies throughout the house; or the new tradition of a young mother teaching her child how to sew, gently maneuvering the needle so that the child wouldn’t get hurt.



On the evening of October 16 we held our second Designer Pocketbook Bingo with a twist – we played half in the building and the other half on Zoom. In this time of Zoom, and the new transition of in-person, this was

Sisterhood’s first attempt. It was so great to hear “Bingo” from afar in Zoom world and then hear “Bingo” right here in our ballroom. In total, we had about 80 people holding their daubers for a chance for a designer pocketbook. (Stay tuned for the next bulletin for a list of winners and their prizes). This evening was quite an undertaking and could never have gone off without the perseverance of Mara Gorel. Mara is a “spitfire” as she works a store like no one else. She set her sights on a store and went after it for a donation or a discount like a dog running for its bone. As mentioned, I will list the winners and prizes, in the next bulletin. This one are the thank yous.

To my partner in crime, Mara. Words of thanks from myself, Hannah and Sisterhood Board would not be enough. It’s good to know you are on our team. To Nina Greebler for the beautiful baskets she put together; to Adam Greebler for his donation of the “hardware” basket; to Idan Corsentino and Bonnie Nankin for their donation of jewelry; to Phil Brody for the beautiful “bag” given to Sisterhood from Marcia Brody (our beloved Sisterhood member of blessed memory); to Willie Cooper for setting up and breaking down the tables; to Scott and Debbie for your outstanding security job and keeping us safe; and to our helpers: Anise Parnes, Adam Greebler, Max Greebler, Mia Brantz, Kaitlyn McCallister and lastly, to Paul Gorel, and my husband Jay, for staying up late, listening to all the ranting, going over detail after detail on a daily basis for the last 4 months – you guys are the best!!! For all the participants who came to play either in person or on Zoom, Sisterhood can’t thank you enough for your support.

The Torah Fund Campaign is Women’s League’s dedicated philanthropy, providing financial support to the five Conservative / Masorti institutions, in the US, Israel, Argentina and Germany.

I’ve been a Torah Fund donor for many years, and I hope that this year you’ll join me as a donor, too, continuing Women’s League’s tradition of contributing student scholarships and educational subsidies. *B’Yachad*, together, let’s invest in the Jewish people by supporting our future rabbis, cantors, educators, social workers, camp and Hillel directors and innovative thinkers.

Donations in any amount are welcome and appreciated!

To learn more about how you may be a part of ICCJ’s Torah Fund drive, please contact me, Anise Parnes, ICCJ Sisterhood Torah Fund Chair, at: a.parnes8166@gmail.com.

Anise



BELLA M. & HARRY RICHTER LIBRARY NEWS: Librarian Arlene Ratzabi

Continued from page 4

Erdrich, Louise. *The Night Watchman, a novel.*

Based on the extraordinary life of National Book Award-winning author Louise Erdrich's grandfather who worked as a night watchman and carried the fight against Native dispossession from rural North Dakota all the way to Washington, D.C. **This novel won the 2021 Pulitzer Prize for Fiction.**

Garfinkel, Eli (Rabbi). *The JPS Jewish Heritage Torah Commentary.*

Accessible to Jews of all ages and backgrounds, Rabbi Garfinkel demonstrates the relevancy of this book in our modern lives. Its cornerstone is its unique four-part meditation on the Jewish heritage. After briefly summarizing a Torah portion, the commentary orbits that portion through four central pillars of Jewish life—the Torah (*Torat Yisrael*), the land of Israel (*Eretz Yisrael*), the Jewish people (*Am Yisrael*), and Jewish thought (*Mahshevet Yisrael*)—illuminating how the four intersect and enrich one another. Furthering the Jewish thought motif, every essay ends with two questions for thought well suited for discussion settings.

Magida, Arthur. *Code Name Madeleine: A Sufi Spy in Nazi-Occupied Paris*

Carefully distilled from dozens of interviews, newly discovered manuscripts, official documents, and personal letters, *Code Name Madeleine* is both a compelling, deeply researched history and a thrilling tribute to Noor Inayat Khan, whose courage and faith guided her through the most brutal regime in history.

Doctorow, E.L. *City of God, a novel.*

The large brass cross that hung behind the altar of St. Timothy's, a run-down Episco-pal church in lower Manhattan, has disappeared...and even more mysteriously reappeared on the roof of the Synagogue for Evolutionary Judaism, on the Upper West Side. The church's maverick rector and the young woman rabbi who leads the synagogue are trying to learn who committed this strange double act of desecration and why. Befriending them, the novelist finds that their struggles with their respective traditions are relevant to the case.

Chakrabarti, Jai. *A Play for the End of the World, a novel.*

New York City, 1972. Jaryk Smith, a survivor of the Warsaw Ghetto, and Lucy Gardner, a southerner,

newly arrived in the city, are in the first bloom of love when they receive word that Jaryk's oldest friend has died under mysterious circumstances in a rural village in eastern India. Travelling there alone to collect his friend's ashes, Jaryk soon finds himself enmeshed in the chaos of local politics and efforts to stage a play in protest against the government—the same play that he performed as a child in Warsaw as an act of resistance against the Nazis.

Harmel, Kristin. *The Forest of Vanishing Stars, a novel.*

After being stolen from her wealthy German parents and raised in the unforgiving wilderness of eastern Europe, a young woman finds herself alone in 1941 after her kidnapper dies. Her solitary existence is interrupted, however, when she happens upon a group of Jews fleeing the Nazi terror. Stunned to learn what's happening in the outside world, she vows to teach the group all she can about surviving in the forest—and in turn, they teach her some surprising lessons about opening her heart after years of isolation. But when she is betrayed and escapes into a German-occupied village, her past and present come together in a shocking collision that could change everything.

Benedict, Marie. *The Personal Librarian*

A novel about J. P. Morgan's personal librarian, Belle da Costa Greene, the Black American woman who was forced to hide her true identity and pass as white in order to leave a lasting legacy that enriched our nation.

Henkin, Joshua. *Morningside Heights, a novel.*

A novel about a marriage surviving hardship. It's about the love between women and men, and children and parents; about the things we give up in the face of adversity; and about how to survive when life turns out differently from what we thought we signed up for.

van Iperen, Roxane. *The Sisters of Auschwitz: The True Story of Two Jewish Sisters' Resistance in the Heart of Nazi Germany*

The story of two unsung heroes of World War II: sisters Janny and Lien Brilleslijper who joined the Dutch Resistance, helped save dozens of lives, were captured by the Nazis, and ultimately survived the Holocaust.

COMMUNICATIONS: Nina Greebler & Linda Korobelnik

The Communications Committee hopes everyone is staying well.

The website is an ongoing process and is constantly changing and being updated. It continues to be the portal for streaming the services, acting as a calendar by adding important dates and for minyan and Shabbat service times. Many of you use it as a daily reminder of what's happening and for that we thank you. Please continue to do that this year.

We are happy to announce a new picture feature on the website called Photo Galleries. On this tab, you will see all our 2021 events; such as Tashlich and Outdoor High Holiday Junior Congregation services. Each set of photos have their own page. Please visit the pages to see if perhaps you are a star!!!! Special thank you to Debbie, our security guard, for the fabulous pictures from our outdoor services.

As events occur new pictures will be added. Please remember to send all photos to ngreebler@gmail.com.

Label the photos with the date, name of the event and year so we can make a page for them. We are also in the process of "freshening up"

the pictures on the home page. Keep on the lookout for some new pictures and faces.

In addition, we have been busy sending eblasts, flyers and the bulletin you are currently reading thanks to the hard work of Linda and Helena.

We are still missing photos for the website from many of the committees. If you have any photos please send those as well to ngreebler@gmail.com.



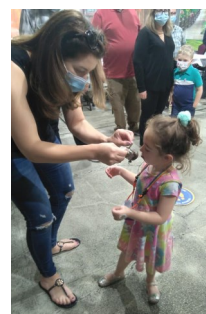
YOUNG FAMILIES SUKKOT ICE CREAM SOCIAL: Emilee Wyner



ICJ members joyfully celebrated Sukkot in person on Sunday, September 26, gathering in the synagogue's Sukkah for ice cream followed by Havdalah.

It was the perfect night for ice cream sundaes, with lovely weather and smiling faces. The youngest members of our congregation devoured their ice cream, topped with chocolate syrup, whipped cream, sprinkles, and M&Ms. Rabbi Saks then gathered the children and taught them about Sukkot. The evening ended with the singing of the Havdalah prayers, joined by remote congregation members on the Rabbi's phone, and then the shaking of the Lulav and Etrog.

Thank you to Hannah Brenman and Barry Wyner for being the ice cream servers, and to Rabbi Saks for leading the prayers. There was a lovely turn out and all left with lifted spirits and full bellies.



Presidents Joel Rothman & Sol Sturm

As of today (October 11), our 5782 Men's Club events are still in the planning stage, as it has taken a while to communicate with potential speakers, to figure out what will take place in person and what virtually, and to deal with a bit of an oddity in the holiday calendar.

By the time you receive this newsletter, we should have our Veterans Shabbat program, on November 13, in place. Other programs will follow, so be on the lookout for flyers.

Best to all for 5782,

Joel Rothman, Sol Sturm, Co-Presidents

OHR Chadash: School Administrator Shari Zuber



CELEBRATING TISHREI

Amid the usual tumult which accompanies the first day of classes, Ohr Chadash began its fourteenth year at its 5782 fall/winter home, Congregation Etz Hayim at Hollis Hills Bayside, on the sunny Sunday morning of September 12, 2021. The teachers happily greeted our returning students and several new enrollees to our program.

Our opening assembly, which was held in the synagogue's Main Sanctuary, was graced by the three rabbis of the shuls which underwrite our school. Rabbi Saks of Israel Center of Conservative Judaism welcomed our youngsters with a song for the High Holidays. Morot Marina and Zehava provided our students with season-appropriate Hebrew vocabulary. Rabbi Wise of CEHHHB enlightened the assemblage with food for thought about these special Days of Awe and Rabbi Kogan of Hillcrest Jewish Center had the children and teachers spellbound with a Tekiah Gadolah worthy of the Guinness Book of Records.

For the day, class schedules were shortened to accommodate the special Rosh Hashanah/Yom Kippur program which was conducted. Morah Judy, Ohr Chadash's teacher of holidays, enlightened the students with additional information about the season's celebrations. A video presentation followed, which included a song by Shalom Sesame's Rosh Hashanah Hannah, The Fountainheads singing *Dip The Apple*, an homage to shofar blowing, a young man having a difficult time fasting, a lesson about how Yom Kippur is observed, a musical version of *Yonah and the Big Fish*, and lastly, a wish by The Maccabeats that one day soon they will be able to sing together, as expressed by the traditional melody *Bashana Haba'a*.



The students were enthusiastic about the art projects they next engaged in. The children of Kochavim, our youngest class, created dot art pictures of a honey pot and an apple. Chalutzim and Giborim used styli to reveal colorful scratch art pictures of shofars and apples.

Concluding the program, the children engaged in the traditional dipping of apple slices into honey.

For a holiday remembrance, each student took home an apple and a jar of honey with best wishes for a sweet New Year from Ohr Chadash.

Two weeks later, on Sunday, September 26th, our youngsters joyfully commemorated the Sukkot holiday, beginning with a participatory video presentation, which included Gesher students Allegra and Sabrina reciting a Dr. Seuss-like poem detailing liberal rules of how and where to construct a sukkah. A Shalom Sesame episode provided a look at an etrogim farm in Israel, where everyone could see how this mandatory specie of the autumn festival is harvested, still green, prepared for shipment to market, and then sold, having ripened to a bright yellow with an amazing aromatic appeal. Last, but far from least, Morot Judy, Zehava, and Shari performed a parody of the Grease melody, *Summer Nights*, entitled "Sukkot Nights".

The students and teachers of Ohr Chadash then retired to the synagogue's beautifully decorated sukkah, where they learned the *brachot* for sitting in the sukkah and for shaking the lulav and etrog. To cap off the school day, pizza in the hut was enjoyed by all.

**Not
feeling
well
today..**

**The Chesed Committee,
headed by Sol Sturm, is here for you
Contact they synagogue @ 718-591-5353**

CAIN V. ABEL: Librarian Arlene Ratzabi



ICCI welcomed Rabbi Dan Ornstein, son of Sheila and Shelly Ornstein, who talked about his timely book *Cain v Abel: A Jewish Courtroom Drama*. We had a lively discussion of this significant event in the Torah. While appearing to be the first incidence of murder/fratricide in the Torah, there are many layers of understanding and interpretation that can be applied to modern society. Rabbi Ornstein is the rabbi of Congregation Ohav Shalom in Albany, NY.



SPORTS CLINIC: Paul Gorel

Hi everyone!! We hope you had a very Happy, Healthy and Safe New Year and an Easy Fast!!

We also want to wish you a very Happy and Healthy Thanksgiving!!

We are excited to be writing our first news bulletin article of the 2021-2022 season!!

Even though the program has not officially reopened, we are proud to say that many renovations have taken place since we closed in March 2020 due to the pandemic.

The locker rooms have been painted. They have new

doors that lead to the pool area along with new and double the amount of lockers for both the girls and boys. The pool, since being drained, has been cleaned and repaired.

The registration process for this season has started and we can't wait to welcome all our swim students back to the pool.



If anyone is interested in joining our program, please feel free to contact us at 347-502-3612 or sportsclinic@iccj2004.org.

Until next time...

H2I YOUTH GROUP: Youth Director Jennifer Gold

A Joint Venture of HJC, HBJC & ICCJ

Dear Congregants,

We are so excited to begin another wonderful year of H2I! We are so happy to be back in person and we are ready for a great programming year!

As a reminder, we provide programming for grades 5th through 12th. Kadima is for children in grades 5-8 and is every Sunday night from 6:15pm to 7:30pm. USY is for grades 9-12 and is every Sunday night from 7:30pm-9:00pm. Our program locations are on a rotating basis amongst the three synagogues. Until 2022, our programs will take place at Congregation Etz Hayim at Hollis Hills Bayside!

We are looking forward to a great new month filled with amazing programs! Please take a look at our November programs below!

Kadima: Every Sunday, 6:15pm-7:30pm

USY: Every Sunday, 7:30pm-9:00pm

Location: Congregation Etz Hayim at Hollis Hills Bayside

For more information on programming or anything H2I, please feel free to email h2iyouthgroup18@gmail.com

Thank you!

11/7: Back to the Schoolyard!

Let's flash back to the glory days of elementary school and enjoy all of the games we grew up playing with our friends!

11/14: Spidey Senses

Take on the test to find your 6th sense! It is your job to use all five senses in order to determine the item!

11/21: Challah At Me! Challah Bake

Get ready for an amazing Shabbat by preparing your own Shabbat kit and making your very own Challah!

11/28: Thanksgiving - No Meetings

VALIDATION THERAPY & AGING: Sheldon Ornstein Ed.D, RN, LNHA



An important issue has been the inadequacy of previously accepted therapies for dealing with the disoriented patient in the 80+ age group.

Reality Orientation, for example, could not penetrate the shield of fantasy in which such patients would wrap themselves. In fact, efforts by staff to insist that these patients face present reality, would sometimes make them retreat into their vision of the past.

Frustrated with the inability of the technique called "reality orientation" to reach these patients, Naomi Feil, MSW, developed a different approach that she calls Validation Therapy. In essence, Validation Therapy direct the worker to "validate" the feelings expressed by what Feil terms the old-old (i.e. 85+ years). The worker listens and responds with empathy instead of trying to force the patient to accept reality.

I recall a case of a 90+ year patient who continuously called for her mother. It would have been foolish for me to remind her that it would be impossible for her mother to still be alive. Instead, I talked to her about her feelings while holding her hands. In that way, I was recognizing the fact that she was expressing her need for someone to give her validation.

However, Feil cautions validation of one's feelings should not be confused with analysis.

Empathy, according to Feil, means acknowledging feelings that the individual freely expresses. According to Feil, "Validation does not mean exploring feelings that the person chooses not to express."

What becomes crucial for understanding the past events is that which shapes this patient. For example, how did this person handle losses in the past and what does she remember? Such questions help the worker relate to the disoriented patient and helps to recognize when they (i.e. the patient) is mingling the past with the present to resolve earlier conflicts.

This individual, according to Feil is "reviewing and reliving past times as a way of justifying having lived." The ability to cope with losses becomes more problematic with advanced age as the patient must confront a loss of a previous role, death of a loved one, a close and long-time friend, and even someone's physical impairment.

The ultimate goal of Validation Therapy is to relieve the confused patient's anxiety, maintain their dignity and prevent further regression into a deeper state of depression.

The following is a comparison between two opposing therapies; one that is traditional and the other, what Naomi Feil calls, her method.

Reality Orientation (RO) (Traditional) vs. Validation Therapy (VT) (Feil)

Patient: I have to go. I have to see my mother.

(RO Worker): Your mother died a long time ago.

(VT Worker): What does your mother look like? You must have loved her a lot. You must miss her.

Patient insisting: I have to go see my mother.

(RO Worker): Perhaps after dinner.

(VT Worker): (becoming firmer) You can't leave here. You are in a nursing home.

This dialogue can lead to a discussion of the patient's relationship about her mother. Validation is therefore patient oriented.

Incidentally, the above case is actually based on a real life experience I was involved with during my years in long-term care as a Nurse Administrator.

Quotable Quote:



SAYING KADDISH

If you would like to say Kaddish,
please contact Rabbi Saks @ rabbims@iccj2004.org,
rabsaks@gmail.com or 718-591-5610



9-11: TWO DECADES HENCE AND TWO COMMEMORATIONS: Shari Zuber



There is an adage which states that as we get older time passes more quickly. Despite this proviso, it is

difficult to fathom that twenty years have elapsed since that fateful sun-filled September Tuesday morning in 2001, when the United States fell prey to a reprehensible assault on our soil and upon the American psyche.

This year two distinct programs acknowledged the anniversary. On Saturday morning, September 11, 2021, ICCJ congregants in building and on streaming were privy to the recollections of our cantor, Shiya Ribowsky, and his vital role in the identification of the victims of the attacks so that their families might find closure.

Although we knew of Shiya's career as a physician's assistant, many of us did not know that he had also served as Director of Special Projects and Deputy Director of Investigations at the New York City Medical Examiner's Office. Upon him, along with several others, fell the onerous task of labeling the remains culled from the Trade Center site. Through his book, entitled *Dead Center*, he related his work in the ME's office and the most difficult task they ever faced.

This year was the first time Shiya was able to openly speak of that horrific day and its aftermath. As he recounted his experiences teardrops welled in his eyes at intervals, which needed to be dabbed away. However, the tear in his voice which punctuated the details could not be erased. Those in person and watching virtually were drawn back in time and relived those catastrophic events, sitting agape as Shiya brought us into his world and the painstaking job he and his fellows had in attempting to identify the carnage.

He lamented that although our technological capabilities are more advanced than they were twenty years ago, a good percentage of the fragments have yet to be identified. The hope is that perhaps, in time, this can be rectified and the disquietude of loved ones of all those who perished will be assuaged.

Lisa and Jay Woliner, David Schwartz, Michelle Fouks,

and the late Mark Freilich were all in lower Manhattan in the vicinity of the World Trade Center when the U.S. airliners which had been commandeered by terrorists careened into the Twin Towers.

On every anniversary of that unconscionable event, Lisa has spearheaded a commemorative program to honor the memory of those lost and pay tribute to the survivors and the rescue workers.

20 years ago, following the attacks, U.S. Air Space was closed to vehicular flights and those planes which had taken off were stranded. Not able to land within our nation's borders they sought a northerly refuge. Mayor Claude Elliott of Gander, Newfoundland, and his townspeople became the angels of mercy to the passengers.

On the evening of September 11, 2021, via Zoom, former Mayor Claude Elliott was our guest speaker for the annual 9-11 commemorative service.



More than one hundred virtual attendees listened, spellbound as Mr. Elliott related the events of that day and how his small town became a gracious haven for five days to these traumatized travelers. The mayor and his community afforded every hospitality at their disposal to these weary sojourners, regardless of faith or creed, accommodating all religious and special needs. The only inquiry made by the Gander residents was "How can we help?".

After Claude Elliott's recollections, a Q & A session followed, one which bore a common theme of gratitude to the people of Gander and their mayor, and a universal feeling by the viewers that they would like to visit the Canadian hamlet. Given the welcoming and inviting nature of the Ganderites, some wanted to relocate to the northern climes and become one of them.



Gander's kindness was never forgotten by those to whom it was extended, and it was immortalized in the Broadway musical *Come From Away*. For the Zoomers present that Saturday night, the story of twenty years past is one which will remain deeply etched in our memories and stored in our hearts.

IN HONOR OF AND APPRECIATION TO GANDER: Shari Zuber

*America's confidence became tattered and torn,
On a sunny Tuesday September morn.
The brightness of day was transformed into a dismal night,
By a cowardly act that instilled horrific fright.
From U.S. airways were banned vehicular flights,
These ships of the skies sought sanctuary to end their
plight.*

*For what seemed like an eon
Planes were forced to aimlessly wander,
And then a haven was opened in Canada's Gander.
Mayor Elliott allowed our airliners to land,
Hospitality was offered with an outstretched hand,
From North of our border opened a loving heart,
To alleviate our tragedy our neighbors took an active part.
A little town's borders were stretched and extended,*

To the passengers' needs they warmly attended.

*For five excessively long days,
Our Canadian brethren aided those who came from away.
Every man, woman, and child who had been assisted,
Within their minds the memory has persisted.
And although two decades have since passed,
From a grateful nation the recollection will eternally last.*

*And so to Gander and Mayor Elliott we raise
A toast of appreciation and unbounded praise.
The humanity so freely and readily displayed,
Eclipsed the inhumanity of that fateful day.
How rapidly have flown the interim years,
But within history's annals this kindness will forever be held
dear.*

TZEDAKAH OPPORTUNITIES

ICCJ has many ways for you to honor or remember the important people in your life.
If you would like to make a contribution, email helena@iccj2004.org or call 718-591-5353

Abraham & Yetta Paletz Memorial Youth Fund - Contributions are used to directly benefit the youth of ICCJ

Education Fund - Contributions are used to support the speakers and seminars for congregational enrichment

Bella M. and Harry Richter Memorial Library Fund - Contributions are used to purchase books and other print or electronic media for the synagogue library

Henri Gros Outreach Fund - This fund helps to serve our fellow congregants in times of joy, need and sorrow

ICCJ Synagogue Fund - Contributions are used to assist with all synagogue financial needs

Rabbi's Discretionary Fund - This fund allows our Rabbi to contribute to institutions or give to individuals in need

Ritual Fund - Contributions are used to purchase and maintain prayer books and other religious material for the synagogue

Youth Fund - Contributions are used to support our youth programs

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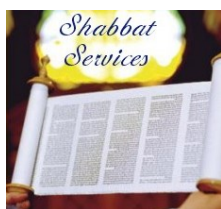
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Please join Rabbi Saks
for



CANDLE LIGHTING TIMES NOVEMBER, 2021

11/5 - 5:28 PM - *Toldot*
11/12 - 4:21 PM - *Vayetzei*
11/19 - 4:15 PM - *Vayishlach*
11/26 - 4:11 PM - *Vayeshev*



Israel Center of Conservative Judaism
and
ICCJ Family Programming