



תקותינו TIKVATENU



ISRAEL CENTER OF CONSERVATIVE JUDAISM

Volume XX - No.8

MAY 2022

IYAR/SIVAN 5782

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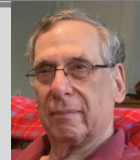
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LET OUR FAMILY WELCOME YOURS

MESSAGE FROM OUR CO-PRESIDENTS

DAVID SCHWARTZ AND SAM WEISS



Fellow Congregants,

As you all know, Rabbi Hillel Lavery-Yisaëli accepted our offer last month to become the new spiritual leader of ICCJ. As of this moment, we are in active contract negotiations with the Rabbi's representative and hope to conclude them as soon as possible so that Rabbi Hillel can begin his new duties here at ICCJ on August 1, 2022.

Meanwhile, as many of you know, Rabbi Hillel was in the neighborhood, just before Passover, to begin the search for a home and a Jewish Day School for his son, Hisda. While here, Rabbi Hillel offered to put together a Pre-Pesach music program for the congregation, which was performed in-person and Livestreamed. In all, we believe, at least 80 congregants participated in this quickly put-together event, which featured the Rabbi doing a sing-a-long session, performing melodies from the Haggadah and other Holiday songs. Our particular favorite was the Rabbi accompanying young Rachel Brenman and Levi Wyner in a rendition of the Four Questions. We don't think it is an exaggeration to say it was a spectacular success and reinforced our conviction that the Rabbinic Search Committee has selected an outstanding individual to become our next rabbi, and we look forward to welcoming Rabbi Hillel, his wife, Yonah, and their son, into our community.

In other news, we are starting up our regular in-person Friday night Kabbalat Shabbat Services on May 6, with a congregational Shabbat Dinner to celebrate Israel's Independence Day. We hope you all make a reservation to mark another aspect of the general re-start of congregational life. We plan to follow up this program with other regular events to encourage as much participation in Friday night services as possible.

Finally, we want to remind everyone of the Semi-Annual Congregational Meeting to be held Tuesday, May 24. The session will be held via Zoom for the convenience of all who wish to attend.

Regards,

David and Sam



TIKVATENU
is available to read
online @ iccj2004.org

FROM OUR RABBI: Rabbi Moshe Saks



We are now in the period of "Sefirat Ha-Omer", the counting of the Omer, a time of seven weeks between Passover and Shavuot - a total of 49 days. Traditionally, this time was used in ancient agriculture by the Israelites, as they prepared for

the late spring harvest, and the summer planting. The Rabbis associated this period with an event in history - the persecution of our early Sages by the Romans, who forbade the study of Torah (we read the account of these events in the Martyrology Service on Yom Kippur). Because of this association, traditionally, one does not get married during the Omer, since we are observing a sad time in Jewish history.

One of the more philosophically compelling reasons for the Omer is explained by a number of Commentators in Rabbinic Literature. They cite the natural Human tendency to rush through life, without appreciating its beauty and meaning. Counting helps one to slow down and take notice of the world around us. We often tell people who talk too fast to count slowly to themselves in order to slow down - this counting of the Omer, the



Rabbis tell us, should have the same effect on our lives. This is so true. We are all busy people - with appointments to keep and jobs to accomplish. So too, we would do well by slowing down to give thanks for our lives - our families, our community, our heritage. Shabbat and the other holidays of the Jewish calendar attempt to do just that and we would be very wise to take its message seriously.

Let us then use this message of the Omer as a reminder of the preciousness of life - the need to count, to slow down, and appreciate all that is around us.

Rabbi Moshe Saks

MEMBERSHIP: Betty Shaffer



Spring has finally arrived and Pesach is behind us. That means that our Semi-Annual Congregation Meeting is only a few weeks away. The May meeting is where you will hear the President's and Treasurer's Reports. You will also be asked to vote on the Slate of Officers and Board of Trustees for the upcoming year. Whether we vote on the new Rabbi's contract at the Semi-Annual meeting, or at a separate meeting is still to be determined. Your participation is crucial at these meetings to the ongoing health of ICCJ.

The growth of ICCJ is paramount, and we are glad to see the activities that every arm and committee have pursued. It is wonderful to see more members coming in person to weekly Shabbat services and the return of full luncheon kiddushes and the Friday night dinners. Many of us have missed the personal touch and interaction that makes ICCJ such a caring community. There is so much to offer besides the religious services.

There is Knit and Schmooze, Pool and Gym programs, Sisterhood, Chaverim, Men's Club, Young Adults and Young Families events, along with lectures and Rabbi Saks' Lunch & Learn and Movie Discussion classes, Book Café and the availability to borrow from our very well-stocked library.

What we need from everyone is to come and participate in these opportunities, to be with your ICCJ family. We also need you to encourage your friends who may be unaffiliated to join in and see if we are the right fit for them as well.

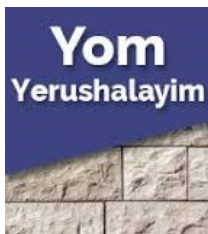
RELIGIOUS AFFAIRS: Michelle Fouks

Shalom from Religious Affairs

We hope you are all well, and had a wonderful Passover. We had many special events in April, among them: our first Shabbat Kiddush Luncheon, since the pandemic began, on Rosh Chodesh Nisan, and a Zoom special Pre-Passover program, with author Mark Gerson.



Now, we look forward to warmer weather and have many special observances to remember/celebrate, We begin the evening of May 3 with Yom Hazikaron (Israel's Memorial Day) that flows into May 4 and then is immediately followed by a very happy occasion that evening into May 5 with Yom Ha'atzmaut - Israel's Independence Day. The month moves along to: Pesach Sheni on May 15, Lag B'Omer on May 19—always a fun day especially for kids, and culminates May 29 with Yom Yerushalayim, Jerusalem Day. Lots of programs are in the works so watch your eblasts to be sure you don't miss any of these upcoming events. With



the Spring here and people getting their second boosters, where eligible, we hope to have many more in person celebrations. In addition, we will be bringing back in-person Friday night Kabbalat Shabbat services and programs, as well as Mincha, Seudah Shlishit, Maariv with Havdalah to close out the Shabbat.

As you have heard before, we have Maariv and now that the clock allows, Mincha daily on Zoom. We have a core group that attends. It would be so helpful if more congregants could commit to 1 day a week and sign up for the month. It would really help and the Service is no more than 20 minutes. If you can commit to one night a week, for a particular month, please email me at fouksm@gmail.com. Thanks so much in advance.

I keep repeating the following, (and I will until I see more of you join), there are many in person programs as well as virtual programs. Please support your fellow congregants who work so hard to provide these for you.

Remember, if you have a yahrzeit coming up, try to let the Rabbi know the month before so we can include that information on our monthly calendar.

Stay safe and most of all healthy.

L'hitraot

(see you soon)

If you would like to order

your own

LEV SHALEM SIDDUR (\$36 each)

and/or

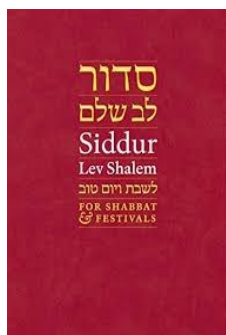
ETZ HAYIM CHUMASH (\$70 each)

to have at home,

Contact the Synagogue Office

@ 718-591-5353 or

info@iccj2004.org



SAYING KADDISH

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

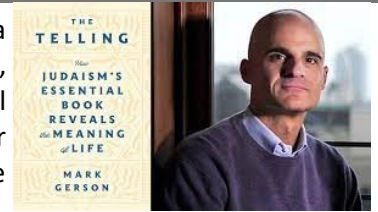


**Not
feeling
well
today..**

**The Chesed Committee,
headed by Sol Sturm, is here for you
Contact Sol: storm454@rcn.com
or Idan Corsentino: idadances@aol.com**

EDUCATION: Hannah Feldman, Nina Greebler, & Adam Greebler

On April 10, the Education Committee and Richter Memorial Library Book Café held a very special Pre-Passover program, “The Haggadah is More Than the Story of Passover”, featuring guest author, Mark Gerson, whose book, “The Telling, How Judaism’s Essential Book Reveals the Meaning of Life” was discussed. The program was facilitated by our ICCJ Librarian, Arlene Ratzabi. This story of Passover was an excellent way to begin the holiday.

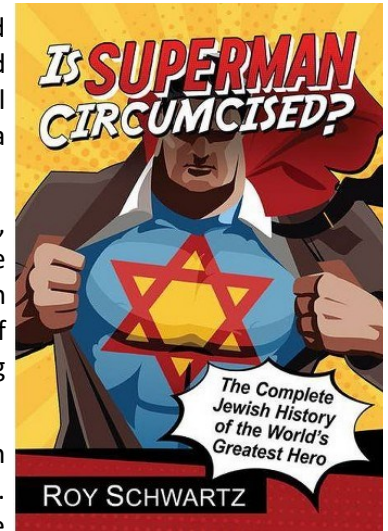


On April 19, 2022, the Education Committee was honored to co-host with Sisterhood, “Shelly Sings The Classics and More”. Our own Shelly Ornstein treated us to a wonderful medley of songs. I am sure you will all agree that it was a delightful evening and Shelly did an outstanding job.

May not only brings May flowers it brings Roy Schwartz, author of the book “Is Superman Circumcised? The Complete Jewish History of the World’s Greatest Hero” on Sunday, May 15. This is part of the new “Oneg+ Series of

Programs” the Education Committee is now offering. We are very excited to be sharing this event with both Sisterhood and the entire congregation at large.

The Committee will not just be offering one event a month but two. One will be an Oneg on Friday evenings (once a month) and the other will be our monthly event. Please watch for our flyers, Facebook posts, eblasts and remember to visit our website iccj2004.org for up-to-date information on all these events.



SISTERHOOD NEWS: Presidents Hannah Feldman & Lisa Woliner

In March, we held our annual Women's Seder. The theme for the evening was Jewish Women in Science. Thank you to Joyce Mendelsohn, Shari Zuber and Judy Mermelstein for their hard work in putting together this Seder. Equally, thank you to all the women who read passages that evening.

Sisterhood wants to thank Irma Goldman and Betty Shaffer for heading our Shalach Manot fundraiser and many thanks to those in the congregation who contributed. A percentage of the money raised will be going to Masbia and God's Love We Deliver.

In April, Sisterhood, along with the Education Committee, hosted “Shelly Sings the Classics and more...” An enjoyable evening, on Zoom, was had by all who attended. Thank you to our incomparable Shelly Ornstein and his wonderful vocals.

We have now started having hybrid meetings in the building and on Zoom. Not only are we having meetings in the building, but we are playing bingo once a month in both places. If you haven't joined us before, come on down one month (look for the flyers) and join in the fun. In addition look out for flyers for new items in our gift shop showcase.

THE SISTERHOOD CATERING COMMITTEE IS BACK!

If you would like to sponsor a Kiddush Luncheon, in honor of a simcha, birthday, anniversary and more, contact Catering Chairs: Irma Goldman or Marilyn Kaufman @ info@iccj2004.org



TORAH FUND
WOMEN'S LEAGUE FOR CONSERVATIVE JUDAISM
CELEBRATING 80 YEARS



Torah Fund's 80th anniversary is underway. Begun in 1942, the Torah Fund Campaign has supported students enrolled in the worldwide Conservative/Masorti institutions of higher Jewish learning, playing an important role in perpetuating Conservative Judaism.

Every member of the ICCJ community has an opportunity to contribute to the spiritual, aesthetic and material well-being of these educational communities by supporting the annual Torah Fund Campaign.

Here are several ways you may participate in this year's Torah Fund Campaign.

Return a filled Torah Fund *tzedakah* box to the Center office this month so that your donation counts this campaign year.

Make an \$80 for 80 Years gift. Join the celebration by acknowledging this significant anniversary.

Share your passion for fashion. Proudly wear the *B'Yachad* pin. Donate \$180 and receive this beautiful thank you gift from Torah Fund.

Purchase greeting cards with a purpose. Send Torah Fund cards to acknowledge life cycle events. They're very affordable at \$5 each. **To buy one card or purchase a custom-made bundle, please contact Cynthia Begel, cbegel@gmail.com.**

For more information about how you may be a part of the Torah Fund Campaign now, as well as the future, **please contact Anise Parnes, a.parnes8166@gmail.com.**

Donating to Torah Fund is a win-win-win idea: It's a gift to someone special; it's a contribution to a worthy cause; and it's tax-deductible.

Todah rabah!

L'shalom,

Anise

Anise Parnes—ICCJ Sisterhood Torah Fund Chair

DATE THE SAVE

Sunday, May 22

via Zoom

Torah Fund Stands with Israel



SOCIAL ACTION COMMITTEE: Philip Parnes

The Social Action Committee continues to explore projects that will engage the community in social actions, and as Rabbi Saks noted in last month's *Tikvatenu*, "with love and compassion."

At this moment, we are promoting two key projects: reducing food insecurity in New York City, and raising humanitarian relief funds for Ukrainian refugees and those internally displaced within Ukraine.

Thank you, Karen Halper, our ICCJ representative on the Flushing Jewish Community Council (FJCC), for last month's article in which you shared information about the food pantry operated by FJCC. The pantry is part of Met Council's Kosher Food Network, the largest kosher food network in the country, which works with "community organizations throughout the five boroughs, serving clients regardless of their race, faith, ethnicity, sexual identity, or gender."



Here at the Center, we continue to collect food donations in conjunction with City Harvest. In addition to our year-round kosher food drive, last month we collected kosher for Passover food so that New York City Jewish families would be able to celebrate the holiday with matzah and shelf-stable basics that meet Passover *kashrut* requirements. Thank you to all who donated, making this drive another ICCJ success!



As I write this article, in the comfort of my home, Russia continues to bombard Ukrainian cities and villages. I can't begin to imagine the range of everyday essentials needed by those in Ukraine, as well as Ukrainian refugees absorbed by neighboring countries. Thank you to *all* our members who have donated directly to organizations that are providing supplies and services to those needing assistance in Europe. I want to especially thank *all* of our ICCJ members who have supported our synagogue-wide campaign, which will enhance the efforts of these organizations: HIAS, Hebrew Immigration Aid Society; JDC, Joint Distribution Committee; Masorti Olami, the Conservative Movement in Europe and Latin American; and, Razom, Ukraine Emergency Response Project. And, thank you to our Board for approving a congregational match of \$3000 towards Ukrainian humanitarian relief.

Once again, thanks to *all* who have contributed to our projects. Participation in our community's social actions makes a difference!

Look for new Social Action Committee project announcements via eblast and future issues of *Tikvatenu*.

Thank you

FOOD DONATIONS

Please help by supporting our on-going food collection

Suggestions: Canned Fish, Beans, Vegetables & Soups, Cereal, Boxed Juice, Pasta, Rice and Grains

and/or donate to these organizations: feedingamerica.org mazon.org
cityharvest.com and fundraise.humanityfirst.org/fundraiser/2752794

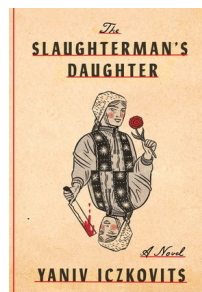




Over the past few months the library has been busy planning and executing programs and acquiring books. In February, we hosted author Lori Banov Kaufmann and Professor Jonathan Price of Tel Aviv University, who led our discussion of Ms. Kaufmann's book *Rebel Daughter*. We traveled back in time to first century Jerusalem, a formative period in Jewish history.

The library continues to be a resource for the Ohr Chadash school. In commemoration of Yom HaShoah, we will be reading to the older students, *Nicky & Vera: A Quiet Hero of the Holocaust and the Children He Rescued by Peter Sis*. Beautifully illustrated, Sis tells the story of Nicholas Winston, an Englishman who realized the dire situation of Jews in Czechoslovakia and decided to take the actions necessary to get the children to safety using his own money on occasion. Vera was one of those 669 children that he saved. Their parallel stories form the basis of this amazing book.

As Passover approached, together with the Education Committee, we invited author, Mark Gerson, to participate in our discussion of his very interesting book, *The Telling: How Judaism's Essential Book Reveals the Meaning of Life*, on Sunday April 10 at 10:30 AM on Zoom. After reading his book, you will probably never look at the Haggadah the same way and find much more meaning in the stories continued within this ancient text.



At the time of writing, we are planning, on April 24, at 10:30 am, to return to our ICCJ Book Café "in person" (barring any change in the health status of NYC) and after a light breakfast, we will discuss Israeli author, Yaniv Iczkovits's award winning book, *The Slaughterman's Daughter*. We accompany Fanny Keismann as she travels through Czarist Russia. A resident in the Pale of Settlement, Fanny becomes a ritual slaughterer and we follow her journey.

On May 15, together with the Education Committee and Sisterhood, we will host author, Roy Schwartz, who will talk about his very provocative book *Is Superman Circumcised? The Complete Jewish History of the World's Greatest Hero*. Introduced in June 1938, the Man of Steel was created by two Jewish teens, Jerry Siegel and Joe Shuster, the sons of immigrants from Eastern Europe. They based their hero's origin story on Moses, his strength on Samson, his mission on the golem and his nebbish secret identity on themselves. They made him a refugee fleeing catastrophe on the eve of World War II and sent him to tear Nazi tanks apart nearly two years before the US joined the war. We will journey through comic book lore, American history and Jewish tradition. This is a program that will surely delight our teenagers and their friends.

As always, we are a resource to our Young Families Tot Shabbat program and provide whatever material they might need.

BOOK DONATIONS



IMPORTANT ANNOUNCEMENT

The synagogue office can no longer accept donated books without prior approval from our ICCJ Librarian, Arlene Ratzabi

If you have books to donate, please contact Arlene at: aratzabi@gmail.com or call her at 917-854-7944 with a list of titles and authors

Thank you

OHR Chadash: School Administrator Shari Zuber



Purim is a holiday of great merriment for the Jewish people. The post-Biblical tale of the thwarted plot of an ancient anti-Semite to destroy the Hebrews of Shushan by the deeds of a young Jewish girl and her uncle has been commemorated for nearly 2,500 years.

On Sunday, March 13, 2022, the entire day was dedicated to celebrating this victory with arts and crafts, candy making, and a most joyous Purim Carnival. The day began with a visit from Rabbi Wise of Congregation Etz Hayim of Hollis Hills Bayside, who brought his wit, wisdom, and jovial nature to brighten the festivities.

Morah Judy guided the Kochavim, our youngest students, in making honey bear groggers for the Wednesday evening, March 16, Megillah readings at their respective synagogues to drown out the name of Haman.

While the Kochavim children were busy expressing their artistic muses, the youngsters of Chalutzim, Giborim, and Gesher were demonstrating their culinary talents by creating various colored chocolate hamantaschen and Purim lollipops.

When the Carnival got under way there were 13 game stations to choose from, among them: Just For Kicks soccer, Spider-Man to the Rescue golf, Mutant Hershey Kisses Toss, Hoop-De-Doo table top basketball, Trampoline Toss, Football Hero touchdown game, Mr. Ed horseshoe ringer game, Jupiter's Rings & Saturn's Rings Out of This World games, and tabletop Skill Ball.

The big hit of the carnival was the *How Many Hersheys* brain teaser. Students had to guess the number of Hershey kisses in a large container. The winner, Beata, came closest to the 360 total, guessing 355. Way To Go, Beata! Her Prize: She got to take the bucketful of kisses home.

At the end of the school day, the children were able to redeem the tickets they had won for testing their skills at the various carnival events. But before that time,

there was much more to the day.

Following the carnival games, our students competed for best costumes in each grade. However, considering how innovative the costumes were, and how wonderfully each child was attired, our judges decided that all the children were winners.

From the costume competition in the main sanctuary, the children returned to the ballroom for some tantalizing refreshments. Even though the outdoor temperature was only in the 30s, our children decided it's never too cold for ice cream sundaes or cones, topped with syrup, whipped cream and sprinkles, and what could be better than hamantaschen à la mode, covered with ice cream and yummy whipped cream?

After redeeming their carnival tickets, our students were given Shalach Manot bags to take home, compliments of Ohr Chadash, so that the taste of Purim would be theirs all week long.

An event such as the Ohr Chadash Carnival was successful due to so many contributors. We need to thank Morot Judy, Marina, and Zehava for manning various contests, helping with the pre-carnival programs, and for so wisely judging our Costume Contest.

Much appreciation is extended to Jordan and Mia Brantz, Ohr Chadash graduates, and Benjamin Horn, Allegra's older brother, for enlivening the game competitions. Jordan, Mia, and Benjamin are all members of ICCJ's Young Adults Group.

Thank you to Arlene Ratzabi and Neil Cohen, of the Ohr Chadash School Board, for lending their assistance to the day's celebration, and to Nina and Adam Greebler, of ICCJ, and parents of Ohr Chadash graduate, Max, for helping with the game setup and assisting in manning the activities.

Also, we greatly appreciate the assistance of our parents: Brian's Mom, Alex and Berri's Mom and Dad, Ethan's Mom, Zoey's Mom, and Sabrina and Philip's Dad for all their help with the games and the Ice Cream Bar. If I inadvertently omitted any names, I truly apologize.

As of this writing, we are anticipating the Season of our Freedom and we want to wish all our students, their families, and our entire staff a *zissin* Pesach and we pray this world will be free from Covid and global strife one day soon.

STRESS REDUCTION & AGING: Sheldon Ornstein Ed.D, RN, LNHA

The aged frequently experience a decrease in their ability to cope with the multiple stressors of life that can result in a waning of their capacity to adapt. The following is a review of several themes that are recommended by the researchers and that offer practical suggestions for those who are dealing with the excessiveness of life's stressors.

Theme I – Progressive Relaxation

This is a method for stress reduction that is achieved through (1) tensing and relaxing of specific muscles or muscle groups, and (2) through imagery or recall of pleasant events or experiences.

Theme II – Meditation

Meditation is a form of relaxation and a means of coping with stress. The following are two in particular that are found in our western culture – Zen and transcendental meditation. Both are designed to induce a state of relaxation. However, it has also been suggested that to quiet the mind, practice and perseverance are necessary.

Theme III – Arranging One's Environment

This is, according to one researcher, a means for reducing the potential for stress by taking advantage of a quiet environment, a place where one can take a momentary break to contemplate or to re-energize.

Stress arises not only from worry, anger, expectations and demands, but also from loneliness, noise or lighting. Occasionally, getting lost in some creative pursuit is an excellent way for dealing with stress. For some it can be knitting, whereas others may find painting a pastoral scene as a way of lowering stress. Also, stroking and petting the family's pet or simply watching fish with assorted exotic colors and shapes in an aquarium can serve as a unique form of stress reduction.

Theme IV – Environmental Sensitivity

The physical components of environmental sensitivity are air, water and land mass. These are but three examples in which the elderly individual's health and wellness can either be enhanced or limited. The researcher States, declares, "These environmental components that the elderly may rely on are (1) the security of their home and concern for their belongings, and (2) a familiarity with neighborhood and friendly others. However if there is a 'crush' on

destruction of any one of these levels, it can with time, determine the older individual's response to either wellness or illness."

Theme V – Personal Space

According to the researcher Brighton, "Personal space refers to the aged person who may either be living in the community or an institution and is unaware of the concept of personal space that can reinforce a state of wellness." The following are several examples of personal space:

- a sunlit porch with comfortable seating and a moment of stillness;
- relaxing before a wintry fireplace and perhaps with a glass of wine;
- finding a secluded reading corner or nook at home;
- engaging in conversation with a friend or relative of a similar generation;
- enjoying the natural occurrence of a rainbow after a storm and contemplating its significance.



Instead of watching the aged individual languish, it becomes the caregiver's role to aid the person and advise him about the opportunities that afford a better and healthier environment.

One example of this philosophy is when a nursing facility encourages the prospective resident to bring with them meaningful items to their new home as a way of recreating a familiar home environment for their mental and physical comfort.

Theme VI – Energy and Conservation

The researcher Robles, suggests that "Energy conservation is an important environmental issue that may well influence the health and continued wellness of an admitted resident, thereby reducing nagging stress issues." For example, body heat and the comfort it offers can be adequately maintained by donning several layers of clothing with additional use of blankets at night. However, the aged individual who resides in a facility can have difficulty tolerating a sharp temperature drop. And if that drop continues, it can quickly cause bodily discomfort, progressive stress and complaints to a family member.

Continue on page 13

Continued from page 12

The following is a case study about Sally, an eighty-five year old woman who has been attempting to understand about several age-related changes she's been experiencing which were causing her extreme stress and anxiety. Here are her musings about her stress. "Strange how these things creep up on you. I was really surprised and upset when I first realized it was not the headlights on my car that were growing

dim but rather my aging night vision. Then I remembered how other bits of awareness became clear and forced me to recognize that I, that sixteen-year-old in me was now experiencing those normal changes that go along with getting old."

Quotable Quote: "Avoid adopting other people's negative views."

SPORTS CLINIC: Paul Gorel

Welcome Spring!!

We hope everyone had a very Happy, Healthy and safe Pesach!!

The Sports Clinic program is happy to say that we are doing well. We are currently working on our waiting list and preparing for next season (G-d Willing). We have given out our Early Bird Registration Forms, and created the calendar for next year.

Water Aerobics continues to be a big hit with both Val

and Gaby helping me lead the group.

We want to take this time to thank all the students and parents who have participated in our Staff Sweatshirt Contest. We have appreciated all the feedback we have gotten.

We wish everyone a Happy May and look forward to celebrating the students' success with our in-class medal distribution.

Until next time...

YOUNG ADULTS: Jordan Brantz & Maxwell Greebler



In April, Young Adults and their families participated in a cemetery clean up project. Families cleaned up a portion at two local Jewish cemeteries. The strong winds spread branches and debris all over, leaving the participants much to clean up. After the clean up, everyone headed back to ICCJ for a BBQ. We enjoyed hot dogs and hamburgers with a few ICCJ members who joined us. Though participation in the clean up



project and BBQ was slim, it was an overall great bonding opportunity. We are looking into partnering with the Social Action Committee on future projects and are excited about the opportunity to work with other committees.

In May, we look forward to celebrating Yom Ha'atzmaut and Lag B'Omer. We are planning a bonfire hangout and are calling all interested Young Adults to bring a friend. Details to follow in the YA group chat.



To join the chat, send your info to jaybeejordan@gmail.com

H2I YOUTH GROUP: Youth Director Jennifer Gold

A Joint Venture of HJC, HHBJC & ICCJ



Dear Congregants,

Even though April was short, our members got to participate in a really cool trip off campus. We also celebrated Passover by entering the world of Nickelodeon's "Rugrats." We also practiced the process of the Passover Seder while dining on delicious chocolate everything!

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. We are holding our programming at Israel Center for Conservative Judaism.

April will be a short month, but we are looking forward to some amazing programming! Please take a look at our May programs below!

USY & Kadima Calendar

Kadima (6:15pm-7:30pm)

USY (7:30pm-9:00pm)

Location: Israel Center of Conservative Judaism, 167-11 73rd Avenue, Flushing, NY 11366

5/1: Clothes to DYE For Looking to spice up your wardrobe? The sky's the limit in the world of TIE DYE! Bring a white shirt, and we'll bring the rest!

5/15: Ice Cream... But Make It *Homemade *Life is never too sweet! See dessert through the eyes of a chemist as you learn how to make your very own ice cream!

5/22: Spring 'Pool'ooza CANNONBALL! Let's ring in the warm weather with a refreshing night at the pool!

5/29: Final Program Stay tuned for more details!

If you should have any questions, please reach out at any time :)

h2iyouthgroup18@gmail.com Thank you!



COMMUNICATIONS: Nina Greebler & Linda Korobelnik

The Communications Committee wishes everyone a Happy Spring. We hope everyone had a wonderful Pesach.

Changes to the website will be occurring over the summer once our new rabbi joins the fold. At that point, you may see a new facelift to the site.

Since we are getting back into the building, keep in mind that Zoom and Livestreaming will still be happening. Please check your eblasts for further

clarification.

Even if your events take place on Zoom, or in the building, we are requesting photos for our newly added photo pages. Please make sure, if children who are non-members are being photographed, you get permission for use of their photos. Please send all your photos to ngreebler@gmail.com.

Looking forward to seeing everyone soon.

YOUNG FAMILIES: Emilee Wyner & Dina Yakar

Our Young Families Chocolate Seder was on Sunday, April 3, 2022. We sang songs, colored, learned the story of Passover and made our own Afikomen bags. There were 25 of us together to celebrate.

Thank you to all who donated to our collection of Arts & Crafts supplies for the Cohen's Children's Medical Center. We brought the donated items over to the

hospital on April 1. They were so grateful for our donations!

Our next event will be on Sunday, May 22. Look in your emails for more information!

If you have any questions, or want to reach out, email Dina Yakar at iccyoungfamilies@gmail.com.



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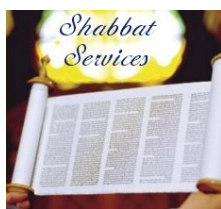
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Please join Rabbi Saks
for



SHABBAT CANDLE LIGHTING TIMES MAY, 2022

5/6 - 7:38 PM - *Kedoshim*
5/13 - 7:45 PM - *Emor*
5/20 - 7:52 PM - *Behar*
5/27 - 7:58 PM - *Bechukotai*



Israel Center of Conservative Judaism
and
ICCJ Family Programming