



L'Chaim



Candle Lighting Times

February

4	4:59
11	5:08
18	5:16
25	5:25

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Megilah Reading

Saturday, March 26,
Sunday, March 27,
More detail
next bulletin.

**Be happy
it's Adar!**



INDOOR GARAGE SALE

Sunday, March 6th

30 Hinchman Ave., Wayne, NJ
9am - 3pm

All Tables **\$36.00**

Buy a table and sell your own items
or

Please help Shomrei Torah by donating
items you no longer want. They will be
sold at a synagogue table.

Donated items can be dropped off at
Shomrei Torah any time after 1/31/11.

Reserve early, space is limited.

Please contact the office at 973-696-2500
(Set up Saturday, March 5th, 7pm-9pm)

From the Bima

I recently attended a joint meeting of NJ rabbis; we had Reform, Conservative, Reconstructionist, Renewal and Non-denominational rabbis. We gathered together with representatives of the Jewish Genetic Disease Consortium, who were talking to us about the role rabbis can play in highlighting the importance of genetic testing, especially for Jewish of Ashkenazic descent. A generation ago everyone knew about the importance of Tay-Sachs testing, but today there is a panel of 16 Ashkenazi Jewish Genetic Diseases for which young adults can and should be tested. When I meet with couples to prepare for their wedding, I encourage them to be tested for Jewish genetic diseases.

It was sobering to learn that one in five Ashkenazi Jews is a carrier for one of the genetic disorders and that less than half of all Jewish couples are screened before pregnancy. They have statistics for the various disorders and you can look them up on line or by visiting their website www.jewishgeneticdiseases.org. It was surprising to find out that the most common of them all is Gaucher Disease, at a frequency of 1 in 15; that it is treatable but often misdiagnosed. It isn't really statistics that matter, it is the experiences of the people and the families that have suffered through these diseases. Our presenter is well known to many in our community, Shari Ungerleider of Wayne, who is their Project Coordinator. She shared with the group her own painful story of Evan's Tay-Sachs disease.

We learned that most OB/GYN's can do the testing, but that if you have a positive test or an insurance issue a Genetic Counselor is the way to go. There is a major center right at St. Joseph's Regional Medical Center, Paterson. We also learned that they continue to find new diseases to add to the panel, so it is important for a woman to check between pregnancies to see if anything new has been added to the panel since her last pregnancy. Whenever we can prepare and/or prevent a tragedy it is so much better than treating and supporting. Help to spread the word to young people of childbearing age to make sure that they get tested. Please feel free to contact me if you have any questions or concerns. May we help to insure a generation where everyone is tested.

Rabbi Mark



Rabbi Mark listening to Justin Korman, Kitah Zayin student, as he shows his Israel travel project.



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President's Message



Shomrei Torah is the big winner!

This week's parsha tells the story of Yitro, Moses' father-in-law.

Yitro watches as Moses' micromanagement leadership style is wearing him down. He is taking care of everything. It is Yitro that tells Moses that he just can't do everything himself and he needs to get people to help him. This was the beginning of delegating by a leader. In order for a leader to delegate, there must be people willing to take on the obligation. As President, I am blessed with many wonderful volunteers that help me with every aspect of running our shul.

Our volunteers make a huge difference in what we are able to accomplish at the synagogue. I know many people, due to their busy life and lack of time, didn't think they could make a meaningful contribution to the shul...but they have. As people realize their passion for a specific area in the synagogue, they also recognize that even a small amount of time can make a huge difference.

I am not a finance person, but I am grateful to all the accountants and finance experts who have devoted their time working on the budget and our finances. Our members involved in marketing in their professional life helped us start to develop a membership marketing plan. Don't ask me to help with our website, but our members who have computer skills have devoted their time to assist us. And then we have lawyers who help write our bylaws and contracts. As you can see, so many members use their professional experience to help the shul.

Shomrei Torah is a winner every time someone chooses to give of their time. Everyone volunteering at the synagogue is part of my winning team...and I am a part of your team. We are a strong community because of the relationships we have formed while volunteering. There is so much more to accomplish...come and make some friends and make a difference at Shomrei Torah.

This month we will honor, at our annual Gala, our very special volunteers Arlene and Michael Marks. They have made priceless contributions by dedicating their time and energy to our shul. Our children have benefited



from Arlene's passion regarding our Religious School and Michael has solved many building problems, including the water in the basement when no one else could find a permanent fix. There is so much more that this couple has done for Shomrei Torah. This is a special night for Arlene and Michael and for Shomrei Torah. Join us at the Gala on February 12th as we honor this wonderful couple.

I sincerely thank all our volunteers that have helped Shomrei Torah and me. I couldn't do it without you!

With gratitude,
Sheryl Sarin
sherylsar@aol.com



Want to help Shomrei Torah's
Religious School?
**If you have a Stop&Shop card
it's easy, here's how!**

All you have to do is:

Log on to www.stopandshop.com/aplus to register online **OR** Dial 1-877-275-2758 to register your card over the phone. After you register your card, each shopping trip at Stop&Shop using your Stop&Shop Card earns CASH for our school! Each month, the amount of CASH awarded will be updated on the Stop&Shop website. You can track the amount of points you earn for our school by checking your grocery receipt or online when you create an account at stopandshop.com. Our school will receive a check at the end of the program. The money can be used for any of our school's educational needs.

Please be sure to register your card to benefit Shomrei Torah Religious School using ID #09368. Up to three schools can be registered on each Stop and Shop card. Don't forget to encourage your friends and relatives to do the same. It could mean the world to our children. If you have any questions regarding the program, please contact Leslie Fischgrund at 973-942-9232.

Volunteer of the Month of February



Linda Gutman

Shomrei Torah is so fortunate to have many volunteers that give their time and energy to our congregation. February's Volunteer of the Month is Linda Gutman. Linda is a native New Yorker, having been raised in Brooklyn. She made the move to New Jersey when she married her husband, Bernie. They have been members of Shomrei Torah for more than ten years now. They are the proud parents of a son, Andrew, who is a Shomrei Torah student and a Youth Group member (and also known to sometimes be a Youth Group "helper"). Linda and Bernie work hard, but make time for special family activities together, most notably boating in the summer and skiing in the winter.

As a teenager, Linda was active in USY, attending chapter meetings and events, Encampment and Pilgrimage. Her fond memories of the friendships and values she developed through USY ultimately convinced her to become involved with the Youth Group. She wanted to be able to offer her son, as well as other children in our synagogue, the same types of friendships and experiences which she derived from USY. Having a vibrant Youth Group as a "stepping stone" into Kadima and USY is what Linda envisions as critical to the success of youth engagement and enthusiasm.

We are truly grateful to Linda for her devotion and dedication to our Shomrei Torah Youth groups. She has worked very hard, with her committee, to build a community where our children feel connected. We thank Linda for all she has given to Shomrei Torah!

*Have **U** Heard . . .*

Fern and Scott Taylor celebrated their 25th wedding anniversary.

Jason had a wonderful time in Israel on a Birthright trip.

Andy Lieb will be running a half marathon in Philadelphia in May.

Megan is starting nursery school at the Y.

Jamie Burr launched his new blog, jamieeats.com.

Michael made Dean's List.

Laura will be attending the Young Judea Convention in Austin, Texas in February.

Kate Burr will be studying abroad in Florence, Italy for 3 months.

Avi Mark backpacked through India with friends.

Ben Julie is spending a semester abroad in Italy.



*Our Annual
Gala honoring
Arlene and
Michael
Marks*

for their dedication and service

February 12, 2011

7:30 pm



2011
Midnight Run



Our Bat Mitzvah of the Month



Mira

My name is Mira and I am a seventh grade student at the Gerrard Berman Solomon Schechter Day School in Oakland. My family recently returned from Israel where we celebrated my Bat Mitzvah and now I will be called to the Torah here at Shomrei Torah on Saturday, February 26, 2011. I was named here by Rabbi Mark when I was three months old and I will become a Bat Mitzvah here, too. I am an active softball player and I like to play piano.

My parsha is Vaykhel. In the very beginning of this parsha, Moses tells the Jewish people that G-d wants them to work for six days and rest on the seventh. He also tells them not to light a flame on Shabbat. Then he lists all the things needed to build the mishkan, or the tabernacle. The people bring everything from linens to earrings, goat hair to silver, all in preparation to build G-d's dwelling. G-d gives certain people special skills, like Bezalel and Oholiab, to help build the mishkan. They are put in charge of overseeing the whole construction. Even after the people stop bringing their belongings to help, these leaders and others are still building, building, building. The rest of the parsha describes how Bezalel built every aspect of the mishkan, like the altar and the lampstand.

For my Bat Mitzvah project I took my dog, Odie, to classes where we were trained to be a therapy dog team. Since then Odie and I have helped children in Wayne through the Read to Rover program at the Wayne Public Library and visited Jewish children with disabilities through the Bergen County Friendship Circle. The kids love Odie and he loves being around people.

I want to thank Rabbi Mark for teaching me how to read Torah in fifth grade and for helping me to prepare for my

Bat Mitzvah. I would also like to thank my tutor, Stuart Skolnick, for his patience and skill and for tutoring me for my Bat Mitzvah. Please join my siblings, Shayna, Josh and Kayla, my parents Barry and Sarah and me, on Saturday, February 26 for services followed by a Kiddush lunch.

Family Bingo Night

Sunday, ~~January 23, 2011~~

5:30pm – 7:30pm

\$ 8.00 per person for synagogue members

\$10.00 per person non-synagogue members

This is not a drop-off event.

Evening includes:

- buffet dinner and dessert
- one bingo card per person
- prizes for all ages for the whole family

Additional cards can be purchased for \$1.00

**February 13,
New Date!**



Kadima Day

at

POWERHOUSE STUDIOS

7 Littell Road, East Hanover

Sunday February 27, 2011

2-5pm

**WILD AND WACKY GAME SHOW
DRESS FOR A MESS!!**

Video games

**TRIVIA
CONTEST**

Food Fun and Friends!!

COST - \$15

Complete the application on the reverse side! Space is limited!
Don't miss out!!

Sisterhood News



Sisterhood is once again taking part in one of the four mitzvot of Purim by sending Misholach Manot to every member of our congregation. We hope that each of you will participate by contributing \$54.00 and adding your name to the card that will be in every Purim box. Look for the information on page 12 and the form on page 13 in this month's L'Chaim for details for participating in this fundraiser and Mitzvah.

Please join Sisterhood on Monday, March 14th, Thursday, March 17th and Sunday, March 20th as we organize, set up, fill and deliver the Purim Boxes. Sending out Purim Boxes to our entire congregation is a big undertaking - the reason it works so

well and is so special is because of all the help we receive from our members! Thank you to each of you who participate in this Mitzvah!

Sisterhood will be having a general meeting on Wednesday, February 16th. This is a great opportunity to share your thoughts and ideas with Sisterhood. Location will be announced via e-mail.

On Sunday, February 27th Sisterhood will be sponsoring Bagels and Learning with the Rabbi. If you have a suggestion for a topic, please contact Jackie Helfand at thisgirl1960@yahoo.com.

Sisterhood will be selling SCRIP on Sundays February 6th and 27th. If you want more information about SCRIP you can contact Renee Lesser at RTL18@aol.com. Don't forget to stop at the Sisterhood Gift Shop while you are at the Synagogue. Buying SCRIP and purchasing from the Gift Shop are two easy ways to support Shomrei Torah.

After a lovely response and reaction to the posters honoring our Shomrei Torah family of Veterans, Sisterhood wants to encourage everyone to honor their family Veteran. With a season of snow days upon us, why not take a few minutes to go through your photos, or call your favorite Veteran to ask them if they have any to share. All we ask for is a few basic pieces of data (all voluntary) so we can caption the photo correctly. We know there are more Vets out there we want to honor. So if you didn't do it last year, make sure your family member or friend is part of the display! Please contact Betty Singer for more details.

As of the writing of this article we have not yet had our Sisterhood Shabbat or Progressive Dinner, however we want to thank both Jackie Helfand and Sue Gordon for their many hours of hard work and dedication in organizing these events.

Stay warm and we look forward to seeing you!
Janet and Karen



**Sisterhood will be
selling gift cards
in the lobby on
Sundays
February 6th & 27th**

Tu
B'Shevat
Seder

Thanks to
Danny
Schlossberg
for organizing
the Seder.



**SISTERHOOD
GOLDEN CARDS**

IN HONOR OF

DEBBIE & PETER TILL
ANDREW'S ENGAGEMENT -
Rhita & Steve Gastwirth
DONNA & MARK ROSEN
ANDREW'S ENGAGEMENT -
Rhita & Steve Gastwirth
MARY & FRANK
SHEYDWASSER
ERIC & MICHELLE'S
ENGAGEMENT -
Maxine & Barry Berger
Cindy & Perry Wolkowitz
ROBYN & PETER TENNER
JASON'S BAR MITZVAH -
Synagogue Board & Affiliates
SUE & HARVEY NAGLER
GRANDDAUGHTER
SHIRA ELLIE -
Elaine & Sy Schlossberg
Laura & Marty Siegel
RHITA & STEVE GASTWIRTH
DAUGHTER SHARA'S
ENGAGEMENT TO GREG -
Laura & Marty Siegel
Carol & Jack Pomeranc

IN MEMORY OF

GRANDMOTHER OF
LINDSEY GISERMAN -
Sue & Bob Gordon
THE HAUBENSTOCK FAMILY
ELEANOR HAUBENSTOCK -
Cindy & Alan Merker

LANDSCAPING FUND

IN HONOR OF

SHEYDWASSER FAMILY
ERIC & MICHELLE'S
ENGAGEMENT -
TENNER FAMILY
JASON'S BAR MITZVAH -
ZIMMERMAN FAMILY
NEW GRANDSON -
NAGLER FAMILY
NEW GRANDDAUGHTER
SHIRA ELLIE -
Harvey & Naomi Miller

IN MEMORY OF

DR. MICHAEL LIPPE
HUSBAND OF SUZANNE -
LIL SHAMES
MOTHER OF DANIEL -
THELMA PARRIS
MOTHER OF
MICHAEL SIROTA -
SHIRLEY KAUFMAN
MOTHER OF WILLIAM -
Harvey & Naomi Miller

GET WELL

LEON ZEROLNICK -
Harvey & Naomi Miller

Yahrzeit Fund

Hilda & Sanford Goldberg
Peter & Robyn Tenner
David & Marcy Marcus
Ian & Wendy Rayman
Barbara & Robert Kahn
Beth & Ed Julie
Rob & Sue Gordon

IN MEMORY OF

DAVID RAMER -
Henry & Carol Ramer
WILLIAM WILKIE -
Marsha Wilkie
IDEK ROSENBLUM -
Mark & Annette Taffet
BENJAMIN YURDITSKI -
Lilia Becker
BENJAMIN BECKER -
Lilia Becker
SAM BELLNER -
Dot Brodowitz
ROSE BRODKOWITZ -
Milt Brodowitz
LENA REISBERG -
Elaine Schlossberg
DAVID MILLER -
Harvey & Naomi Miller
SAM CALKA -
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ANNA WISOTSKY -
Barbara & Len Simon
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Robert & Aleen Klein
JACK SAFRAN -
Steve & Anita Kaplan
MOLLIE KLEIN -
Paul & Marlene Klein
HELEN ROZPRZA -
Mary & Frank Sheydwasser
JULIUS DAVIS -
Mara Hirschfeld
EVA SHULMAN -
Mark & Zina Shulman
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Rimma Markhasin
PHILIP LESSER -
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SAMUEL ZABLIN -
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PAUL MELTZER -
Barbara Rochman
DONALD LEWIS -
Judy Lewis

Yahrzeit Fund Cont.

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Emily Andreano
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GEORGE STAVE -
Sally & Sol Schwartzbard
MOLLIE SCHWARTZBARD -
Sally & Sol Schwartzbard
MARY RITTENBERG -
Carole Rittenberg

**FRANK TOBIN
MITZVAH FUND**

IN HONOR OF

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SHARA'S ENGAGEMENT -
Ken & Elaine Tobin & Family
MR. & MRS. PAUL KAY
NEW GRANDSON -
Ken & Elaine Tobin & Family

**SHOMREI TORAH
GENERAL FUND**

IN HONOR OF

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GRANDDAUGHTER
SHIRA ELLIE -
Diane & Marty Albalah

IN MEMORY OF

DR. FRED BLAKE
HUSBAND OF SHIRLEY -
Arlene (Beanie) & Michael Marks
Gloria Vermes

MAHZOR DONATION

IN MEMORY OF

HILL FIRSCHEIN
HUSBAND OF SYLVIA -
Dr. & Mrs. Alberto Davidovich

YOUTH FUND

IN MEMORY OF

PESACH BERNSTEIN
GRANDFATHER OF
TAMMY GOTIAN -
Ruthie & Amnon Gotian

**SHOMREI TORAH FUNDS
AND DONATIONS**

Capital Campaign Fund
For capital improvements
to our synagogue

**Carol S. Jacobs Fisher
Memorial Fund**
Scholarships for Jewish youth to
attend Jewish affiliated overnight
camps/programs or study in
Israel

Sam Gershon Torah Fund

For care and restoration
of our Torah scrolls

Hazak Fund
For programming and
information for our seniors

Holocaust Fund
For speakers, films and
programs to further our
Holocaust education

P.T.O.

For programming and gifts
sponsored by our Parent Teacher
Organization

Ben Pittel

Youth Scholarship Fund
To help our youth to attend
Jewish camps, conventions and
other youth activities

Rabbi's Discretionary Fund

Used by the Rabbi to assist
individuals and to worthy
charities

Religious School Fund

For programming, equipment
and other needs of the Religious
School

Shomrei Torah

General Operating

For the operation of
the synagogue

Frank Tobin Mitzvah Fund

For acts of "Gemilut Hesed," acts
of loving kindness

Yahrzeit Fund

To honor the memory of loved
ones

Youth

For operation of Youth groups

\$10 per card donation is required
for these funds

Sisterhood Golden Cards

A-L call:

Gail Dodds 973-595-0764

M-Z Call:

Laura Seigel 973-831-6350

Tree of Life

\$200.00 per leaf
\$1800.00 per rock
call: Sue Feldman
973-628-9229

Memorial Plaques

\$300.00 per plaque
call: Temple Donna
Synagogue office



**The Mitzvah of
Mishloach Manot
FROM
Shomrei Torah
Sisterhood**



One of the nicest traditions and also one of the four mitzvot performed on Purim is the giving of a gift of food to family and friends, called Mishloach Manot (the sending of portions). Along with the mitzvah of Mishloach Manot is the equally important mitzvah of giving tzedakah to two different people or organizations on Purim.

Shomrei Torah Sisterhood is happy to provide you, once again, with the opportunity to fulfill two mitzvot of Purim this year – the giving of tzedakah and Mishloach Manot. This mitzvah ensures that everyone has enough food for the Purim feast and helps create feelings of closeness and friendship within the Jewish community. We hope that you will participate.

**Sisterhood will make and deliver Mishloach Manot to
EVERY SHOMREI TORAH FAMILY !**

For \$54.00 you can participate in this annual fundraiser and Mitzvah. Your name will be included on the greeting card that will be in each Purim Box. These boxes will include the traditional gifts of Hamentashen, candies, fruit and other delicious treats. We will deliver these Mishloach Manot to our entire congregation on Sunday, March 20th.

In addition, you can purchase additional boxes for **non-members** at \$10.00 per box. We will be happy to deliver them to anyone who lives in Wayne at no extra charge. Or, we can deliver them to your home with your Purim Box.

PLEASE RETURN TO SYNAGOGUE BY SUNDAY MARCH 13TH

Your Name _____

Your Address _____

Your Phone # _____

_____ I would like to help assemble on Thursday March 17th at 7 PM

_____ I would like to help deliver on Sunday March 20th

_____ I will pick up my Purim Box Sun. 3/20 at the synagogue during Hebrew School

_____ Please send my Purim Box home with my child from Hebrew on Sun. 3/20
child's name _____ teacher _____

_____ I won't be home 3/20 to receive my box - CIRCLE: don't deliver / I will pick up

_____ Number of extra boxes at \$10.00 each (see table below for delivery info)

Amount enclosed: \$ _____ (\$54.00 plus \$10.00 per additional box)
(please make check payable to Shomrei Torah Sisterhood)

Please enter your name below as you would like it to appear on
the Shomrei Torah card: (example: The So-and-So Family)

FROM:: _____

**If you would us to deliver additional boxes in Wayne to non-members, please
provide us with their name, address and phone number below:**

Name	Address	Phone Number

Questions? Call Karen Weiss at 973-699-7170

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 841 Allwood Road, Clifton, NJ 07012
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Interested? Give us a call at (973) 696-2500. Ask for Karen Weiss, the Religious School Director. Or email Karen at principal@ShomreiTorahWCC.org. She can tell you all of the benefits of our Hebrew School program. And if you sign up before June 1, you may be eligible for a \$100 credit towards your child's tuition.

The new two day Hebrew School at Shomrei Torah. A traditional education with a modern twist.

www.ShomreiTorahWCC.org



WHAT IF YOU COULD HAVE THE FUTURE OF THE JEWISH PEOPLE IN YOUR HOME FOR ONE SHABBAT???

Kadima 8th Grade Shabbaton is coming to Wayne!

About Kadima: Kadima is a national youth group organization for middle school students. The Kadima 8th grade Shabbaton is a convention for 8th graders from the Hagalil Region, which contains all Kadima chapters in New Jersey. During the Shabbaton the Kadimaniks will be attending ALL Shabbat services, engage in discussions, and have other activities to promote interaction between their Jewish peers.

About Housing: You will have the opportunity to house boys or girls at your houses. In general, the Kadimaniks bring sleeping bags and will be grateful for simply a floor to sleep on and a shower in the morning. All meals (except a cold breakfast Saturday morning) are going to be provided at the synagogue. Part of the housing commitment is willingness to drive your Kadimaniks. There will be various times throughout the weekend, before and after Shabbat, that you will need to provide transportation for those in your house. If you live very close to the synagogue, it is suitable to walk and then escort the Kadimaniks to your home.

About Convention and Other Ways to Volunteer: The Shabbaton will be from March 11 – 13th. Approximately 50 Kadimaniks will be attending this Shabbaton. Aside from our need for housing, there are opportunities for volunteers during the weekend. In order to make this convention a success, it is a necessity that all who can give of their time to volunteer do so.

A Message from Kadima: We are excited to be the host chapter for this wonderful event. We strongly believe that housing and volunteering throughout that weekend is not only rewarding for the Kadimaniks, but will definitely be a memorable experience for all that participate. Our community is truly welcoming and a fine example for other Jewish congregations throughout New Jersey. It is apparent that we need the help and dedication of the entire congregation. We truly take pride in the Shomrei Torah Jewish community, so please help us to show our peers what our wonderful home is truly about.

**LET'S ALL HELP OUT NOW TO ENSURE A STRONG JEWISH PEOPLE
L'DOR VA'DOR, FROM GENERATION TO GENERATION!**

Name _____

Phone _____ email _____

I can house! # _____ boys or # _____ girls or _____ either

Shomrei Torah
Wayne Conservative Congregation
30 Hinchman Ave.
Wayne, NJ 07470

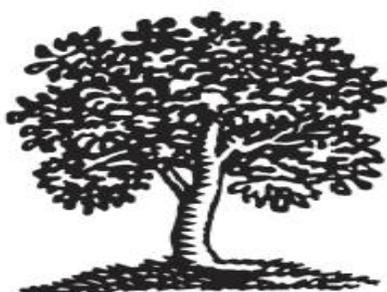
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ORG. U.S.
POSTAGE
PAID
PERMIT NO. 115



L'Chaim

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www.jnf.org



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