



# Congregation Bnai Yeshurun Weekly Shabbat Announcements

October 26-November 2, 2018

י"ז-כ"ד חשוון תשע"ט

Shabbat Vayera

שבת וירא

## Shabbat Times זמני שבת

Candle lighting	5:39 pm	הדלקת נרות	שולחן תפילין האזנה
Mincha and Kabbalat Shabbat	5:50	מנחה וקבלת שבת	
Moroccan mincha	5:50	מנחה נוסח מורקו	

Latest Shema	10:00 am	סוף זמן ק"ש	לכתוב התורה
Hashkama	7:00 am	השכמה	
Ashkenaz-Social Hall	8:30	נוסח אשכנז	
Sefard-Beis Medrash	8:30	נוסח ספרד	
Ashkenaz-New Main	9:00	נוסח אשכנז	
Moroccan-Ogden Building	9:00	נוסח מורקו	
Ashkenaz-Old Main	9:15	נוסח אשכנז	
Teen Minyan	9:00	מנין נוער	
Jr. Congregation (SH Stage)	9:25	מנין לכתות ה' וו'	
Youth Supervised Play	9:00	גן ילדים	
Youth Groups (N-4 <sup>th</sup> grade)	9:20	כיתות נוער	
Mommy & Me-Nursery Wing	10:15	אמהות ותינוקות	
Men's Club Kiddush following Davening			

Daf Yomi-Manny Adler	7:30 am, 4:35 pm	דף היומי	לחבר השולחן
Mishna Yomit (Kiddushin)	8:15 am	משנה יומית	
Ramban al Haparsha-R' Zahtz	8:40 am	רמב"ן על הפרשה	
Gemara Shiur-R' Frank Breslau & Dr. Joey Bench	After 8:30 am	שיעור בגמרא	
Minchas Chinuch-Ariel Felman	After Sefard	מנחת חינוך	
Manny Freed z"l Parent Child Learning	4:30 pm	הורים וילדים	
Rav Kook-Josh Notkin	5:05 pm	שיעור רב קוק	

Shabbat Mincha	1:45 pm	מנחה	סידור התפילה
Moroccan Mincha	5:15	מנחה נוסח מורקו	
Mincha & Rabbi's Shiur: R' Pruzansky's shiur, "Dating Dilemma" after mincha	5:35 pm	מנחה ושיעור של הרב	
Ma'ariv	6:43	מעריב	

Next Shabbat Candles	5:30	הדלקת נרות שבת חיי שרה
Mincha	5:40	מנחה

## Congressional Candidates Visit CBY For Pre-Election Forum on Key Issues

For two brief hours this past Sunday morning, the political rancor stopped as the candidates for the U.S. House of Representatives for our (Fifth) district visited Bnai Yeshurun to present their credentials and views to our membership. In two separate one-hour sessions, the candidates, challenger Republican John McCann and incumbent Democrat Josh Gottheimer, responded to a broad range of questions posed by Rabbi Pruzansky about some of the more controversial issues that we currently face- taxes, immigration, excessive partisanship and, of course, support for the state of Israel.



Rabbi Pruzansky questioning congressional candidates.

Above, Republican challenger McCann.

Below: Democratic incumbent Gottheimer.



Both candidates expressed general support for the recent tax reduction bill, though Gottheimer did not vote for it because of his opposition to its SALT (limitations on deductions for state and local taxes) provisions. He indicated that he is actively working to legislate "work arounds" to reduce the impact of SALT on New Jersey residents. McCann, on the other hand, largely dismissed the "moocher state" argument that claims that some states, including New Jersey, bear an unfair burden of federal taxes.

The Rabbi challenged Gottheimer, asking why states that have more should not have to help the poorer states. The candidate responded that it was his job to fight for the interests of his constituents.

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## Special Events אירועים מיוחדים

■ Men's Club Kiddush following Davening.

## Mazal Tov מזל טוב

- Rachel & Joel Getzler on the birth of a granddaughter, a daughter to Mindy & Dan Gindea.
- Susan & Fred Koss on the engagement of their grandson Shloimy Franken to Rivky Szklarz of Lakewood.
- Zahava & Hank Reinhart and Barbara & Michael Lang on the engagement of their children Carly & David.
- Alissa & Sammy Zagha on the engagement of their daughter Molly to Alex Stein.
- Joanne & Ephraim Zayat on the birth of a granddaughter, a daughter to Ashley & Glenn Weiss.

## CBY Notes

- The Teaneck Orthodox Retiree Association (TORA) will hold a hike on Monday, Oct. 29, led by Danny Chazin. Meet at CBY at 10:00 am to load cars & drive up to the Garret Mountain Reservation in Passaic County. The trail is a three-mile loop that is rated easy-moderate & passes several outstanding views. The hike should take about 2 hours, including breaks. Those attending should bring water & a lunch or snack. Sneakers are adequate for the route. For more info: [www.nynjtc.org/hike/yellow-loop-garret-mountain-reservation](http://www.nynjtc.org/hike/yellow-loop-garret-mountain-reservation).
- CBY is privileged to host the Chief Rabbi of Israel, HaRav David Lau shlit" a next Shabbat. Friday night Oneg Shabbat at 8:45 pm: Rav Lau will discuss (in English) "The Chief Rabbinate: Accomplishments & Challenges". Shabbat morning: Rav Lau will deliver the drasha (in English) in the New Main Shul. Shabbat afternoon, after Mincha: Rav Lau will give a shiur (in Hebrew) on "Yitzchak & Rivkah". Sponsored by Rochel & Alan Feld, Sandy & Steve Grodtko, in memory of Sandy's mother, Breindel bat Eliezer Yaakov a" h, Chanie & Len Grunstein, Tammy & David Katz, and Jamie & Dan Schwartz.
- Monday, November 5, at 8:00 pm CBY presents Jon Medved, Founder & CEO, OurCrowd, "Turning Curses into Blessings: How Israeli Startups are Meeting Global Challenges," in the Social Hall. Refreshments & Israeli wine tasting available.
- Join us for a screening of Heading Home: The Tale of Team Israel. The story of the Israel National Baseball Team & its successful play in the recent World Baseball Classic & their visit to Israel. Remarks from Jordy Alter, Team Equipment Manager & VP of the Israel Association of Baseball Sat. night, Nov. 10, at 7:30 pm in the Social Hall. Sponsored by Adult Ed Committee, Teen Department, & DFYD.

- Do you have an extra set of tefillin? Often members or guests will come to shacharit without a set of tefillin. If you have a pair that you can donate to the shul, it would be greatly appreciated. Contact the shul office to donate.

## Men's Club

- Thank you to all the sponsors of this week's Men's Club Kiddush.

## BNOT

- Nov. 6 at 8:30 pm at CBY: 16th Annual Yahrzeit Rachel Imeinu Video "Bringing the Geula: With the Power of Our Chessed". With introduction by HaRav Shmuel Kamenetsky, shlita, featuring words of inspiration from R' David Ashear, R' Paysach Krohn, R' Zecharia Wallerstein & Rebbetzin Tehila Jaeger. Presented by BNOT & the Beth Abraham Sisterhood. For women & girls only.

## David Frohlich z"l Youth Department

- All are welcome to join our 5th & 6th grade Jr. Congregation for davening, a hot kiddush & a raffle!

The Chief Rabbi of Israel,  
**HaRav David Lau, shlit" a**



**Shabbat Parshat Chayei Sarah**  
**November 2-3, 2018**

FRIDAY NIGHT ONEG SHABBAT 8:45 PM  
Rav Lau will discuss (in English) "The Chief Rabbinate: Accomplishments & Challenges"

SHABBAT MORNING  
Rav Lau will deliver the drasha (in English) in the New Main Shul

SHABBAT AFTERNOON, AFTER 5:30 PM MINCHA:  
Rav Lau will give a shiur (in Hebrew) on "Yitzchak and Rivkah"

**JON MEDVED**  
FOUNDER AND CEO, OURCROWD

*Turning Curses into Blessings: How Israeli Startups are Meeting Global Challenges*

**MONDAY, NOVEMBER 5<sup>TH</sup>**  
8:00 PM  
CBY SOCIAL HALL





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## Weekly Davening Schedule

Earliest <i>tefillin</i> – 6:28 am Latest <i>Shema</i> – 10:00 am <i>Mincha Gedola</i> - 1:10 pm	Sun. Oct 28	Mon. Oct. 29	Tue. Oct. 30	Wed. Oct. 31	Thu. Nov. 1	Fri. Nov. 2	
	י"ט חשוון	כ' חשוון	כ"א חשוון	כ"ב חשוון	כ"ג חשוון	כ"ד חשוון	
דף היומי	מנחות ע"ט	מנחות פ'	מנחות פ"א	מנחות פ"ב	מנחות פ"ג	מנחות פ"ד	
Daf Yomi	7:00 am	5:30 am	5:30 am	5:30 am	5:30 am	5:30 am	
<b>Shacharit - <i>New Main</i></b>			<b>6:17</b>	<b>6:18</b>	<b>6:20</b>	<b>6:30</b>	<b>שחרית</b>
Shacharit - <i>Old Main</i>		<b>*6:20</b>					
Shacharit - <i>Beis Medrash</i>	6:25		6:30	6:30			
Shacharit - <i>Old Main</i>	7:30		7:00	7:00	7:00	7:00	
Shacharit - <i>Beis Medrash</i>		7:20	7:30	7:30	7:20	7:30	
Shacharit - <i>Old Main</i>		8:00	8:00	8:00	8:00	8:00	
Shacharit - <i>Old Main</i>	8:50	8:50	8:50	8:50	8:50	8:50	
<b>Shacharit - <i>New Main</i></b>	<b>7:00</b> <b>8:00</b> <b>9:15</b>	<b>*7:00 (Bris)</b>					
Mincha - <i>Beis Medrash</i>	1:45 & 4:30 pm	1:45 pm	1:45 pm	1:45 pm	1:45 pm		<b>מנחה</b>
Mincha - <i>New Main</i>	5:40 pm						
Mincha - <i>Old Main</i>		5:40 pm	5:40 pm	5:40	5:40		
Ma'ariv - <i>Old Main</i>	7:00 pm 8:00 9:00	7:00 pm 8:00 9:00	7:00 pm 8:00 9:00	7:00 pm 8:00 9:00	7:00 pm 8:00 9:00		<b>מעריב</b>
Ma'ariv - <i>Beis Medrash</i>	10:01 11:00	10:01 11:00	10:01 11:00	10:01 11:00	10:01 11:00		

Beis Medrash Program	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Yitzchak Yaakov Kollel Boker			6:20-7 am	6:20-7 am		6:20-7 am
Daf Yomi	7 am			5:30 am		
Mishna Yomit	8:30 am			7:45 am		
Kids Mishna Shiur						8:30-9:15 pm
Daf Yomi B'Halacha Chavurah			8:30 pm			
R' Meir Shalem		9:35-10:45 am				
Night Seder			Open Learning 8-10 pm			
Rav Elkin (Moroccan minyan)		8-9:30 pm				
Rav Goldwicht - Parsha			8:30 pm			
Senior Lunch & Learn - R' Taubes				1-2:30 pm		
Tzurva Merabanan - R' Pruzansky						
Rambam's Mishneh Torah - R' Meier				8:00 pm		
R' Sobolofsky- Halacha				9:15 pm		
Hilchos Shabbos -R' Yosef Weinberger		8:30-9 pm				
Navi Chavurah-R' Schachter-Sefer Shoftim			8:15-9 pm			
Mishna Torah Chavurah-R' Jason Finkelstein			8:15-9 pm			
Pearls of Chassidus on the Parsha-R' Jason Finkelstein					9:15-10 pm	
Parsha with R' Moshe Tzvi Weinberg					8:15-9 pm	
Semichat Chaver Program-R' Schachter					8:45 pm	
Parsha & Halacha w/ R' Taubes					10:15 pm	



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He explained that affordability has become a problem for many to live in New Jersey. We have lost funds for infrastructure and Head Start. Businesses are not moving to New Jersey.

The candidates gave examples of their successes in working in a bi-partisan manner to achieve significant results. McCann pointed to his leadership in consolidating the operations of the Bergen County Sheriff's Office with the County Police Department, overcoming initial resistance from both political parties. Gottheimer described his work as co-chair of a bi-partisan caucus in the House that has achieved consensus and made some progress on issues including stabilizing the health care market, immigration reform, gun control, prison reform and avoiding a government shutdown.

He recognized that to have a more significant impact, his group would have to enlist the participation of more congressmen (which he is trying to do). "We need to govern again," he added, "not just scream at each other."

Questioning McCann's desire to run for federal office, the Rabbi asked, "If Democrats win the House, they are liable to pursue a scorched earth policy against their enemies. If they lose the House, the left will be even more violent and unhinged; why do you want to be part of that toxic environment?" McCann replied that his argument was with "the American left," not with Gottheimer. "Voting for either one of us, is good for New Jersey," he said. But McCann believes he has a better approach to addressing the issues that challenge us than does his opponent. McCann listed as his two highest priorities a) the fight for liberty and freedom and b) fixing healthcare and improving the doctor-patient relationship.

Both candidates supported the Trump administration's move of the U.S. embassy to Jerusalem. In discussing the Middle East, the Rabbi asked McCann, "How do you feel about the two-state illusion?" McCann explained that he had formulated and taught a course on Zionism as a successful movement and, with respect to current Arab-Israeli negotiations, he said, "As long as there is one side that is not standing down," disruption will continue.

McCann indicated that he had not asked President Trump to campaign for him and did not always agree with the tone of the President but, in response to the Rabbi's continued questions, he did not identify any Trump policies with which he disagreed.

Questioned about his position on the cancellation of the Iran deal, Gottheimer supported the President's cancellation. Gottheimer explained that his biggest objection to the agreement was that it did not adequately address Iran's funding of terrorist activity. Iranian funding of terrorism has increased, he claimed, and we need to impose very tight economic sanctions.

Challenging Gottheimer on the Democratic Party's lack of support for Israel, the Rabbi said, "Israel is no longer a bi-partisan issue" and then proceeded to list a number of Democrats with anti-Israel views. Gottheimer responded by saying that "the rhetoric on the far left of the Democratic party is based on ignorance." "They don't understand that support of Israel is in America's interest."

Gottheimer said that he feels his job is to educate new members of Congress about Israel and the threats from its neighbors

"Would you vote to impeach Trump?" the Rabbi asked Gottheimer. He responded that he first wanted to see the outcome of the Mueller probe. He added that if there are no serious charges against the President, we have work to do and we should not be disruptive for political reasons.

The Rabbi challenged both candidates, asking "How would you handle the caravan of immigrants coming from Guatemala and Mexico?" There are many, many oppressed people in the world, explained the Rabbi, but what is our responsibility? McCann responded, "We need strong borders. If you do not have a border, you do not have a country." Gottheimer, similarly advocated for strong borders- whatever it takes- repairing walls, increased aerial surveillance, whatever it takes. We need a good process to analyze each immigration applicant. "This should not be a political football."

An informal, unscientific "exit poll" of attendees found that most thought the congressional candidate forum was "very worthwhile," "helpful" and "informative." Please remember: Election Day is Tuesday, November 6<sup>th</sup>.

**This week's bulletin is sponsored by:  
The Chesir Family in honor of David's birthday.  
The Soclof Family in honor of Moshe Zwebner's  
birthday.**

### Contact Us

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Saul Kaszovitz, Assistant Treasurer  
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### Community Announcements

- Join the Daf Hashavua (dafaweek.org)- finish a masechta by spring 2019! To join at a shul in Teaneck or start a program at your shul contact Avi Heller at hellera@ou.org or Zecharia Adler at [adlrz@hotmail.com](mailto:adlrz@hotmail.com). Listen to these shiurim at OUTorah or join a WhatsApp group. Classes include advanced learning as well as a slower, more explanatory daf for the new Talmud student.
- Rebbetzin Leah Kohn's Monday morning shiur from 10-11:15 am on Women in Tanach - Exploring unique qualities of some famous women in Tanach & what they teach us as women & as part of the Jewish Nation at 1510 Jefferson St.
- Mrs. Chani Juravel leads a women's chavura on the topic "Bereishis-a Study in Relationships" on Wednesdays at 11 am at the Jacoby home, 271 Briarcliffe Road. \$10/class.
- A tribute concert in commemoration of Reb Shlomo Carlebach's 24th Yahrzeit. Sat. night, Oct. 27<sup>th</sup> doors open 9:00pm. Concert at 9:30pm Starring: Yehuda Green, Eli Schwebel, Shloime Dachs & Eli Beer. Musical Havdallah by Chaim Kiss. 120 West 76th street, NYC.
- Ma'ayanot Yeshiva HS for Girls Open House Sunday, Oct. 28. Registration 9:00 am Program 9:30 am - 12:30 pm
- Ben Porat Yosef Open House on Oct. 30, 2018 at 7:30 pm - E. 243 Frisch Court, Paramus. Learn about our educational experience, academic program, student life, student resources, mission & vision. Visit our campus & meet current students, faculty & parents. Contact 201-845-5007 x16, [sharonagrossberg@benporatyosef.org](mailto:sharonagrossberg@benporatyosef.org) or visit [www.benporatyosef.org/openhouse](http://www.benporatyosef.org/openhouse).
- The Parent Ed Committee of Yeshivat Noam presents: Rabbi Rothwach's series on parenting: Perspectives on Parenting in an Ever-Changing World. Start your morning off with a wonderful shiur with coffee & delicious treats. Come join us for "Latte & Learn" starting October 30th at 9 am at Yeshivat Noam's Middle School. Series will run 6 consecutive Tuesdays (excluding Nov. 6th). Open to the Community Free of Charge.
- The Rae Kushner Yeshiva HS in Livingston invites prospective 9th grade parents to join them at an informational meeting in Bergenfield on Oct. 31st at 8 pm. Come hear about the dynamic & innovative academic program & Judaic offerings, forward-thinking educational initiatives, supportive faculty & co-curricular opportunities offered in an environment where every child matters. Transportation available for Bergen County families. For meeting address or info, email Allison Lyons, at [alyons@rkyhs.org](mailto:alyons@rkyhs.org) or call 862-437-8050.
- The Frisch School, located in Paramus, NJ, invites all 8th graders & their parents to our Open House on Sunday, Nov. 4, 2018 at 9:00 am. Come & experience the innovative formal & informal educational opportunities provided to our students that foster their individualized intellectual & religious growth. (Kindly register at [Frisch.org/openhouse](http://Frisch.org/openhouse).)
- Rabbi Menachem Leibtag, Sunday, November 4, 8:45am at Rinat Yisrael. Topic: Stories in Sefer Breishit That Explain How and Why We Daven.
- Community Education Event, Sunday Nov. 4th, 7:30-9 pm at Keter Torah, "Addiction & Substance Abuse: Understanding the Landscape & Its Impact on Us". The evening will be devoted to answering the questions you may ask of local & State experts in addiction, as well as relevant community leadership & members. The event is presented by Communities Confronting Substance Abuse, Inc. in partnership with all local Yeshiva day schools & high schools. To submit your questions or email [Time2TalkAddiction@gmail.com](mailto:Time2TalkAddiction@gmail.com). For more info go to: [www.time2talkaddiction.org](http://www.time2talkaddiction.org).
- Join us for an informal discussion and learn about living in Israel. Upcoming Aliyah Open Houses: Sunday, Nov. 4th NBN-New Jersey 50 Eisenhower Drive Paramus, NJ Retiring to Israel: 6PM. Exploring Aliyah: 8PM
- RYNJ invites all prospective parents to an Open House focusing on our Early Childhood & Lower Elementary programs on Nov. 4th at 7 pm. Contact Tamar Kahn, Dir. of Admissions, at [tkahn@rynj.org](mailto:tkahn@rynj.org) or 201.986.1414 x338.
- Heichal HaTorah invites all parents to our Open House for Parents on Sunday, November 4, 2018 at 7 PM at 70 Sterling Place, Teaneck. All 8th grade talmidim are invited to a Melava Malka on Motzei Shabbos, November 10 at 8:30 pm at the yeshiva. To register, visit [heichalhatorah.org](http://heichalhatorah.org)
- Yeshivat He'Atid invites prospective parents to our Open House - Tuesday, November 6th at 7:30 pm-1500 Queen Anne Road Teaneck. Come see what makes our school so unique. For more information or to schedule a tour, please contact Gitty Eisner: [gittyeisner@yeshivatheatid.org](mailto:gittyeisner@yeshivatheatid.org) or call 201-374-2272 ext. 6.
- Beth Aaron & Celebrate Calm invite parents, teachers, friends, & the community to one FREE dynamic, laugh-out-loud funny parent event. There is NO need to register. Tues., Nov. 6, from 7 - 9 pm Beth Aaron 950 Queen Anne Rd.



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- Sign up for a 6-session Men's Beginner Jump Rope Class on Tuesdays from Nov 6-Dec 11 at Beth Abraham. Class begins at 9:35 pm. No experience necessary & ropes & workout mats provided for in-class use. Cost: \$120. Register at [bit.ly/jumpintoshape](http://bit.ly/jumpintoshape). Contact Russell Moskowitz for questions at 973.476.7356 or [jumpintoshape@icloud.com](mailto:jumpintoshape@icloud.com)
- Come learn about Yad B'Yad Israel Experience, Yachad's premiere summer program for teens with and without disabilities! Hear firsthand from participants and meet some of the program staff! Wednesday, November 7th, at the Kilimnick Family (259 Johnson Ave, Teaneck, NJ) at 8 PM For further information, please contact us at 212-613-8369 or [yachadsummer@ou.org](mailto:yachadsummer@ou.org).
- The 26th Annual Chanukah Toy Drive starts on Nov. 7th through Nov. 23rd due to an early Chanukah. The central drop off location is 95 Norfolk St., Bergenfield, (side/garage entrance) & the phone contact when dropping off is Joy Sklar, 551-404-0227.
- Naaleh High School for Girls invites 8th grade girls and their parents to our Open House, Motzei Shabbos, November 10, 2018, 7:45PM-10:00PM- at our school- 475 Grove Street Ridgewood NJ, 07450 (Temple Israel). For more information please visit our website: [www.naalehhighschool.org/admissions](http://www.naalehhighschool.org/admissions)
- Shabbat, November 9-10, Rabbanit Sally Mayer will visit as scholar-in-residence at Rinat Yisrael. The schedule for Shabbat is as follows: Friday night oneg, 7:45pm. Topic: 'Can You Order Me a Ham on Rye?' Lifnei Ivver in the Workplace and Beyond; Shabbat morning: Derashot at teen minyan, 8:30am minyan, and 9:00am minyan; Post-Mincha shiur on: Timeless Tradition Meets Modernity: When Halacha is Based on Outdated Science.
- The Kaplen JCC on the Palisades is pleased to host Mosab Hassan Yousef on Sun. Nov. 11 at 7PM. Hear a first-hand account about Hamas, and hear Mosab's incredible story, as he unveils the truth about his own secret role & his outspoken advocacy for Israel. Q&A follows. Tickets are available at [www.jccotp.org/mosab](http://www.jccotp.org/mosab).
- MTA invites you to join us at our Open House on Sunday, Nov. 11th at 9:30 am. Register at [yuhsb.org/openhouse](http://yuhsb.org/openhouse). For more info contact Jono Fuchs, Director of Admissions at [jfuchs@yuhsb.org](mailto:jfuchs@yuhsb.org) or 212-960-5400 x6676.
- Join the YAD LEAH, Clothing for Israel Dash for Dignity- 5K Sun. Nov. 11th, at Overpeck Park. All are welcome! Register at [www.wizathon.com/dashfordignity/](http://www.wizathon.com/dashfordignity/) Form a team. Donors & Sponsors Welcome! For info contact Shoshana Poloner at [sspol@optonline.net](mailto:sspol@optonline.net)
- Rinat Yisrael presents on Sunday, Nov. 11, 8:00 pm, Prof. Jordan S. Penkower, Bar Ilan University: The Ten Commandments—from the Bible to Rembrandt.
- Teaneck Teen Idol auditions Tuesday, November 13th & Wednesday, November 14th 4 – 7:30 p.m. Chorus Room - rm. 244 Teaneck High School. Open to ALL teens, 13 to 18 years old who live or go to school in Teaneck. Proof of age, and Teaneck school attendance or Teaneck residency must be provided at registration. \$5 registration fee paid at registration. Auditioner will sing an a capella selection of up to 2 minutes. Approximately 15 teens will be selected to compete. Selected performers MUST be available for rehearsals. Semi-finalists will also receive free vocal and performance coaching. THE CONTEST January 19, 2019 - 8 p.m. at Teaneck High School
- Please join the Teaneck Mikvah Association on Wed., Nov. 14th at our 9th Annual Women's Event, at Keter Torah at 7:30 PM. This event is the Mikvah's biggest fundraiser & will feature Danielle Renov of @peasloven carrots. Couvert is \$72. Register online at [teaneckmikvah.com/event](http://teaneckmikvah.com/event).
- November 18th Join the TABC basketball team for a 3 on 3 Tournament for 7th & 8th graders. \$120/teams of 4 or \$30/person. Games at TABC, jerseys included. Sign up at [tabc.org/3on3](http://tabc.org/3on3). For info go to [3on3@tabc.org](mailto:3on3@tabc.org).
- Camp RTC, a BRAND-NEW Travel Camp for Boys Entering 9th & 10th grade for the second half of the summer! In addition to davening & learning, the campers will enjoy activities such as MLB games, white-water rafting, amusement parks, stadium tours, water tubing, paintball, sports, swimming, hotel stays, & more! To register, email Avi Rosalimsky at [RoseTravelCamp@gmail.com](mailto:RoseTravelCamp@gmail.com).

## IMPORTANT COMMUNITY HEALTH ALERT:

### Measles: What to Know

**If you believe you have or have been exposed to measles, call your doctor immediately.**

Measles spreads through the air by breathing, coughing or sneezing. People infected with measles are infectious four days before a rash appears and continue to be infectious four days after the rash appears. It is highly contagious to anyone who is not immune to the virus.

Measles is a respiratory disease (in the lungs and breathing tubes) caused by the measles virus.

#### Signs and Symptoms

- Fever often as high as 104 to 105 degrees
- Cough
- Stuffy or Runny Nose
- Conjunctivitis (Pink Eye)
- Rash breaks out 3-5 days after symptoms begin

#### Complications

While measles can be a serious in all age groups, children younger than 5 and adults older than 20 are more likely to suffer from measles complications which can include:

- Ear infections
- Pneumonia
- Swelling of the brain
- Miscarriage, pre-mature birth, or a low-birth-weight baby can result in a measles infection among pregnant women

#### Prevention

Measles can be prevented with a vaccine. The measles vaccine is given with the vaccines for mumps and rubella (MMR) and is given in two doses (one shot at 12 months and a second shot at 4 to 6 years of age).

You can also get the MMRV vaccine (MMR plus varicella or chickenpox). MMRV is only approved for children between the ages of 12 months through 12 years. Ask your doctor which option is best for you or your child.