



The Chronicle

September 2018

Issue I

Tishrei 5779



Rabbi's Message

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When was the last time you had a physical? Have we not all heard those words before at some point? In this day and age when as a society we are very aware of health risks and dangers, we strive to be conscious and proactive when it comes to taking care of ourselves. We are encouraged to visit our physicians annually at a minimum so that we can ensure our health and productivity.

Over the last few decades society has come to appreciate the link between our mental health and physical health. There is a reason why Yoga and Mindfulness have become so popular. Yet, one area that has not captured enough attention and prominence is our spiritual care. As we approach the Yamim Noraim we begin to think about our spiritual health.

In order to make this period meaningful, perhaps we should make an appointment for a spiritual checkup, with ourselves. This spiritual checkup consists of not only evaluating our progress in mitzvah performance over the last year, but asking ourselves core questions regarding how we think, feel, and act in accordance with the Torah's

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President's Message

Bryan Bier
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What is your favorite *tefillah* on *Rosh Hashana*? My favorite is *Hayom Harat Olam* – Today the world is born. I especially like the last line in this *tefillah* in which we request that You (G-d) be gracious to us, rendering judgement for good, on our behalf, as clear as light of the day -- a short but uplifting *tefillah* that gives us hope for the coming year.

The main theme on *Rosh Hashana* is to recognize G-d as King of the Universe. For many of us, the image of a king conjures up images of a greedy and power-hungry despot who wishes to subjugate the masses for his selfish aims.

In Jewish tradition, by contrast, a king is first and foremost a servant of the people. His main concern is that his people live in happiness and harmony and his decrees are always for the good of the

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www.aabjd.org

Web Dvar
by Rabbi Eliezer Zwickler



Parshat Hashavuah
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Rabbi's Message *cont'd*

prescription for our lives. Are we in relative good health or do we need to take measures to heal bonds with Hashem that have become shaken or never truly developed? When we stand before our doctors we ultimately know that lying to him or her is frivolous, as we are really lying to ourselves. When we stand before Hashem on the Yamim Noraim, the same is true. Hashem created each and every one of us for a purpose. He deems us as being special, and expects us to live up to His expectations as well as ours. This period affords us the opportunity to focus on our spiritual health and ensure our vitality and those of our loved ones for generations to come. May we take advantage of this time and secure the gift of another healthy, prosperous, and successful year filled with simcha and nachas. Ksiva Vchasima Tova!

President's Message *cont'd*

people. Our objective on *Rosh Hashana* is to proclaim G-d as our King and we focus on the fact the He runs the world.

The Rambam adds on one more important qualification: it isn't enough that G-d is our individual King alone. If ALL humanity doesn't recognize G-d as King, then there is something lacking in our own relationship with G-d. We state this in the *Aleinu* on a regular basis and specifically as part of the *musaf* on *Rosh Hashana* and *Yom Kippur*. Part of our love for the Almighty is to help guide all people to an appreciation of Him. Of course, this is largely an expression of our deep caring for others, but it also affects our own sense of G-d's all-encompassing Kingship.

Each and every one of us goes through periods in life when we need to be reminded that G-d runs the world and we need this to be reinforced. This is what being part of a community is all about. This is where our shul "enters the picture".

At this time of year, the birthday of our world, we pronounce G-d as our King. On this Rosh Hashana I request that we pause to contemplate for a moment about how our community is there for one another in so many facets of life to aid in our spiritual needs. In this regard, each and every one of us, no matter what age, has what to involve ourselves with, and, our shul needs all of us. A true meaning of a *chaver* is one who is there to help and motivate each other.

Rosh Hashana is the perfect time to think about increasing involvement in and support of our shul. We can reach out to our friends by inviting them to increase Torah learning by coming out to learn together or attend a *shiur*. We can focus ourselves in the service of our King by increasing attendance at our *minyanim*, we can get involved with acts of *chesed*, and in order to enable all who wish to participate and feel equally important in our community, we can increase our much needed financial support of our shul.

No individual will be able to excel at all of these and just like we plead to our King to judge us favorably, so should we be careful not to minimize or even overlook the efforts and interests of our fellow congregants. Let's not sit on the sidelines as observers, but let's jump in and help each other as teammates: with our own passions and with our own abilities, to carry our shul's banner of *Ahavas Achim* to all those in our community and beyond. I wish everyone a sweet new year and may we all be inscribed in the Book of Life.

The entire community is invited to join Rabbi Zwickler for his weekly Parsha shiur every Wednesday Night at 8 PM in the Smilowitz Beit Midrash at AABJ&D. The shiur will be streamed live on Facebook.





We Need To Believe

Yosef Sharbat
Assistant Rabbi
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Rosh Hashana is known to be the yom hadin, day of judgment, yet the Torah chooses to call the day as yom teruah, the day of (shofar) blowing. If you read through the machzor you will notice that there is no reference to judgement and teshuva! So what is this day about?

Rav Soloveitchik explains that Yom Kippur is the day of teshuvah, repentance, and Rosh Hashana is not the day of teshuva but is that stage before teshuva. The prerequisite for teshuva is called hirhur teshuva, the musings of teshuvah. Before we can make any changes, before we can grow, we have to believe that we can change and grow. We can recite selichot for weeks but it will not affect us if we don't believe we can change.

Rav Soloveitchik gets this idea from a gemara in Kiddushin 49b. If a person transgresses many aveirot and turns to a women and says "harei at mekudeshet li al menat she'ani tzaddik... MEKUDESHET!", you are betrothed to me on condition that I am a righteous person... they are married! How could they be married if he is clearly not a tzaddik? The answer is perhaps a second before he said that to her, he thought of changing and to do teshuva. We believe that people can change as long as they believe that they can.

From Rosh Hashana to Yom Kippur is the period of time that we believe that we can change and then Yom Kippur is the day we make that change-- we regret our previous actions and move towards a different direction. On Rosh Hashana, we pray to Hashem to give us the strength to change and that we believe we could.

AABJ&D would like to welcome all the new families that have moved in this past year! We are so happy to have you here with us as we head into the New Year!

- Esti, Jason, David, and Nathan Buskin
- Myriam, Brian, and Emma Bostwick
- Ryen, Reuven, Anna, and Sammy Darvick
- Alanna, Nir, and Naftali Ben David
- Jennifer, Gaby, and Eitan Minsky
- Aliza, Saul, and Rebecca Maslansky
- Shani, Jeremy, and Jacob Gutmajer
- Aviva, Matt, Ben, and Olivia Fortgang
- Chanie, Guy, and Ziv Goldstein
- Daveda, Matthew, and Eli Lipman
- Stephanie, Ilan, Donny, Elisheva, and Aliza Rosenrauch

Please join us in making all our new families feel welcome! Shana Tovah to all!

Congregation AABJ&D Executive Committee

- President Bryan Bier
- First VP Gary Eisenberg
- VP Jerry Blugrind
- VP Andrew Yolín
- VP Sally Malech
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- Mens Club President Tully Rubín

Guide for the Perplexed



Dear Members:

Tishrei is a month filled with awe and joy. It is a time when we step back and appreciate all of our blessings and beseech Hashem to bestow upon us a sweet, healthy and peaceful New Year. It is also a time when we beg for forgiveness from Hashem and our fellows in the hope that our names are sealed in the Book of Life. Succot and Simchat Torah are a time for us to celebrate with joy the customs and traditions of our wonderful Torah heritage.

Our minds are thus so busy, at this time, planning and fulfilling the tasks of this month; therefore, I am providing you with a guide that will hopefully allow all of us to concentrate, contemplate and enjoy the sacred month of Tishrei.

Sharon and I along with Yitzy, Tziporah, Menachem Psachya, and Zevi wish the entire AABJ&D community a Ksivah Vachasima Tovah – A happy, healthy and sweet new year!

Rabbi Eliezer Zwickler

Selichot

We began to recite Selichot on Motzei Shabbat, September 1 in our shul. Selichot will be said each day until Yom Kippur. Please consult the shul calendar for the times. It is appropriate to say Selichot at the earliest time possible in the morning. If one cannot recite Selichot with a minyan, one may recite them alone, but he or she should omit the Aramaic portions and the יג מידות the 13 attributes of G-d, or read the 13 attributes

as a portion of the Torah with the traditional cantillation. For those who cannot say Selichot at the suggested times, the shul has a minyan for Selichot beginning with Maariv at 10 PM each night.

Rosh Hashana

Not fulfilling vows is a very serious transgression. There are times when we make certain promises or commitments during the year which remain unfulfilled when the year comes to a close. In order to absolve ourselves of this transgression it is customary for one to perform התרת נדרים in the presence of a tribunal of 3 men. All people involved in the procedure should be acquainted with the ideas of התרת נדרים. The individual who is reciting the text should understand what he or she is reciting. If one neglected to do התרת נדרים before Rosh Hashana, he or she may do so during the עשרת ימי תשובה Ten Days of Repentance.

It is customary for men to immerse themselves in the Mikvah in the afternoon on Erev Rosh Hashana.

Mikvah times: 8 AM to 4 PM

717 Pleasant Valley Way, West Orange.
Entrance on Dawson Avenue.

On the second night of Rosh Hashana, the Brachot that are recited are להדליק נר של יום טוב and Shehecheyanu.

Since the two days of Rosh Hashana are considered a single Halachic day, it is doubtful whether or not the blessing of (Shehecheyanu) שהחיינו can be said on the second night of Rosh Hashana. Therefore, during candle lighting for women and Kiddush for men, one should wear a new garment or place a new fruit on the table, so that the Shehecheyanu can be related to one of these. If a new garment or a new fruit is not found, the bracha should be recited anyway.

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It is customary on Rosh Hashana to eat foods which might be regarded as auspicious signs, to demonstrate our hope that the year will bring good fortune and success. The following is a list of foods customarily eaten on the nights of Rosh Hashana and the prayers we say when eating them. Please note that the יהי רצון for the apple, eaten first should be said only after tasting the apple preceded by the bracha of בורא פרי העץ. The other יהי רצון is said before tasting each food.

Apple with honey- יהי רצון מלפניך ד' אלקינו ואלקי אבותינו
שתחדש עלינו שנה טובה ומתוקה
We ask Hashem for a good and sweet New Year.

Carrots- יהי רצון מלפניך ד' אלקינו ואלקי אבותינו שירבו זכויותינו
We ask Hashem that our merits be multiplied.

Leek or Cabbage: יהי רצון מלפניך ד' אלקינו ואלקי אבותינו שיכרתו שונאינו
We ask Hashem that our enemies be vanquished.

Beets- יהי רצון מלפניך ד' אלקינו ואלקי אבותינו שישתלקו אויבינו
We ask Hashem that all enemies should be removed.

Dates- יהי רצון מלפניך ד' אלקינו ואלקי אבותינו שיתמו שונאינו
We ask Hashem that our enemies be silenced.

Gourd/ Squash- יהי רצון מלפניך ד' אלקינו ואלקי אבותינו שיקרע גזר דינו ויקראו לפניך זכויותינו
We ask Hashem that the evil decree shall be torn and our merits presented before Him.

Pomegranate- יהי רצון מלפניך ד' אלקינו ואלקי אבותינו שנרבה זכויות כרמון
We ask Hashem that our merits be as abundant as the seeds of a pomegranate.

Fish – יהי רצון מלפניך ד' אלקינו ואלקי אבותינו שנפרה ונרבה כדגים
We ask Hashem that we should multiply as fish.

Head of sheep or fish – יהי רצון מלפניך ד' אלקינו ואלקי אבותינו שנהיה לראש ולא לזנב

We hope that the Jewish people may be the head of nations, not the trailing people.

Tashlich

On the first day of Rosh Hashana there is a custom of going to the bank of the river to say Tashlich. We will be going to the lake at Degnan Park, as a shul, for Tashlich on Monday. If one cannot say Tashlich on Rosh Hashana, one may do so through Hoshana Rabbah with the exception of Shabbat.

A second Shofar blowing will take place before Mincha on both days of Rosh Hashanah, for those who missed the Shofar earlier in the day.

One who cannot daven with a minyan should plan his or her prayer to coincide with that of the congregation.

Aseret Ymai Teshuvah Ten Days of Repentance

These days should be focused on scrupulous mitzvah observance. Many have the custom to only eat Pat Yisrael (bread baked by a Jew) during this period. All products at the West Orange Bake Shop are Pas Yisrael. In addition, the mitzvah of Tzedakah should be increased during this period.

Guide for the Perplexed,

cont'd



Yom Kippur

There is a Torah obligation to eat on Erev Yom Kippur.

Individuals who have an issue with fasting, such as the sick, or those who are pregnant, please consult with me before Yom Kippur.

Men should immerse themselves in a mikvah even if they have already done so on Erev Rosh Hashana.

Mikvah Times: 8:00 AM to 4:00 PM.

717 Pleasant Valley Way, West Orange. Entrance on Dawson Avenue.

One should perform and recite Kapparot. The more prevalent custom is that of using money and donating it to the poor.

The meal preceding the Fast is called the Seudah Hamafseket. One should daven mincha before partaking of this meal. The meal should be accompanied by songs and divrei Torah.

The special prayer of Zaka should be recited before Kol Nidrei. Every man should arrive at shul while it is still day, in order to put on his Tallis with a bracha.

It is customary to light Yahrzeit candles for deceased relatives.

The "kittel" has been accepted as the most proper article of clothing to be worn by adult males on Yom Kippur.

It is customary to bless one's children before the Fast begins.

When lighting candles the brachot of להדליק נר של יום הכפורים and שהחיינו Shehecheyanu should be recited. After Kol Nidrei, when שהחיינו is recited by the congregation, women should refrain from saying the bracha a second time.

There are 5 abstentions on Yom Kippur:

- a. eating and drinking
- b. washing
- c. applying ointments or lotions to the body
- d. wearing leather shoes
- e. marital relations

All laws of Shabbat apply to Yom Kippur.

As children approach adulthood, they should be educated gradually to fast longer each year on Yom Kippur.

The Havdalah candle at the conclusion of Yom Kippur must be lit from a fire which was burning all of Yom Kippur.

After Yom Kippur Ends:

One must hear Havdallah before breaking the fast. To celebrate being forgiven for our sins, one should eat well and be in a joyous mood on this night.

The custom is to say Kiddush Levanah after the Fast. It is also customary, on this night, to commence the building of the Sukkah.

We would like to take this opportunity to thank
Mickey Weiss
and Katz/ Galatz Families
for generously sponsoring the break the
fast collation on Motzai Yom Kippur.

**Thank you to the Weiss and Katz/Galatz families
for preparing, shopping and arranging everything.**



Sukkot

The Sukkah walls may be constructed from any material sufficiently sturdy to withstand normal winds of the given area. The Sechach (covering) must be of vegetable origin, not subject to ritual defilement, and severed from the ground. It should not be built under a tree or house projection. Please contact me if you have any questions.

The entire seven days of *Sukkot*, one should eat, drink, and spend one's free time in the *Sukkah*. Snacks, such as a quantity of bread up to the size of an egg, or fruit of any quantity, need not be eaten in the *Sukkah*. One should strive to do all of his/her eating and drinking in the *Sukkah*.

At times when one does not make *Kiddush*, while eating in the *Sukkah*, one should make the *Bracha* לישב בסוכה "Hamotzi", and intend that this *Bracha* apply to all activities in the *Sukkah* until the next meal.

Erev Sukkot: We make our necessary preparations in honor of the *Yom Tov*.

Candles are lit in the *Sukkah*. The brachot of שהחיינו and להדליק נר של יום טוב (Shehecheyanu) should be recited.

First Day Sukkot: We may not make *Kiddush* on the first two nights of the holiday until nightfall.

Kiddush for *Yom Tov* consists: בורא פרי הגפן, אשר, לישב בסוכה, followed by the bracha of שהחיינו.

On the first two nights one is obligated to eat in the *Sukkah*. Even if it is difficult, uncomfortable, or if it rains, one should eat at least an olive's size (*katayit*) of bread in the *Sukkah*. However one

should not make the *Bracha* לישב בסוכה if it is raining. On the other nights, and during the days, anyone who suffers distress from rain or from any physical condition or malady is exempt from staying in the *Sukkah*.

The Mitzvah of the Four Minim is done through the taking of:

Lulav- the spine should be a minimum of approximately 14 inches long. Tip should not be split, nor should the majority of the leaves be split, broken off or dried out.

Hadasim- 3 myrtle branches whose stems are a minimum of approximately 12 inches long. The majority of the stem must be covered by clusters of 3 leaves emanating from the same point on the stem. The tips should be whole and the leaves fresh.

Aravot- 2 willow branches with a minimum length of approximately 12 inches. The edges of the leaves should be smooth and not wilted. The tips should be whole and the leaves fresh.

Etrog- the yellow citron or *Citrus medica*

In the morning, the *Bracha* over the Lulav and Etrog (Four Species) can be said from sunrise on (in extenuating circumstances, from when the sky begins to brighten). The *Bracha* over the Four Species is: " אשר קדשנו במצותיו וצונו על נטילת לולב"

On this first day of the mitzvah the bracha of שהחיינו is recited as well.

The *Brachot* are made with the *Etrog* held upside down (the *pitum* facing down) so that the *Mitzvah* is first performed in its proper manner after the *Bracha*, when the *Etrog* is held the right way (with the *pitum* facing up). One holds the *Etrog* in the left hand, and the *Lulav*, with the other species, in the right hand, with the back of the *Lulav's* spine facing the person holding it.

When the Four Species are held together properly, they are [according to *Nusach*

Guide for the Perplexed,

cont'd

Ashkenaz], shaken three times back and forth in front of the person [who is facing East], three times to his right, three times behind him, three times to his left, three times above, and three times downward.

Second Day Sukkot: We delay lighting candles and doing any preparations for the second day of *Yom Tov* until after. At candle-lighting we make the *Brachot* שהחיינו and להדליק נר של יום טוב

Kiddush is the same as the night before.

Shabbat Chol Hamoed: We read the book of Koheles Shabbos Day and do not take the 4 minim.

Hoshana Rabba: From the perspective of its status as a *Yom Tov*, *Hoshana Rabba* is the same as any other of the Intermediate Days. However, many extra prayers are added to the service on *Hoshana Rabba*. The reason for this is that throughout the *Yom Tov* of *Succot* we are judged concerning the fate of our water supply. On *Hoshana Rabba*, the Judgment is finalized. The conclusion of any period of judgment is our last chance to influence the Divine Judgment and, therefore, it is of great importance to us. The *Chazzan* wears a *Kittel*. We conduct ourselves as with every *Erev Yom Tov*: we bathe, (many immerse themselves in a *Mikvah*), and we make our necessary preparations in honor of the *Yom Tov*.

Shemini Atzeret: The brachot of להדליק נר של יום טוב and שהחיינו Shehecheyanu should be recited.

We make the *Yom Tov Kiddush*, with *Shehecheyanu*, in the *Succah*; however, we do not make the *Bracha* "*Leishev Basuccah*". We eat in the *Succah* both the night and day of *Shemini Atzeres*, without making the *Bracha* "*Leishev Basuccah*".



Simchat Torah

At candle-lighting we make the same *Brachos* as yesterday שהחיינו and להדליק נר של יום טוב
We no longer sit in the *Succah*.

Kiddush is the same as the night before.

Hakafos with the Torah take place in the Shul both at night and during the day.

One should be careful on *Simchat Torah* to refrain from any wild and unbecoming types of behavior. One should act in a joyous, but proper, fashion that reflects reverence and love for Hashem and His Torah, *Simcha Shel Mitzvah*.

Maariv followed by hakafot.

We complete and begin the Torah once again. Shabbat Isru Chag - Parshat Bereishit

West Orange Jewish ConnectionZ

For service, call our hotline # 862.253.2030



Shabbat/Holiday

Home-cooked meals for individuals and/or families with temporary medical or other hardships.



"Be our Guest"

Be hosted for a Shabbat or holiday meal in a warm and friendly family environment, near your house.

Friendly Visitors

Visits to homebound individuals in the local West Orange area.



Transportation

*Hard to get around?
No car?*

*Can't drive at night or in bad weather?
Need a ride to shul?*

Transportation to and from medical appointments, Shoprite, or other local errands.

Transportation to and from local minyanim.

Caregiver Support Group

Monthly support group led by clinical social worker



A project of Chesed committees of local West Orange Synagogues.
For services, to volunteer, or for more information, please email



WestOrangeJewishConnectionZ@gmail.com
or call our hotline #862-253-2030

All calls will be kept strictly confidential

Camp Shemesh

Sura Rozenberg
Camp Director
aabjdsummercamp@gmail.com

It was a zoo this summer at Camp Shemesh! We had an animal themed summer and every week different animals came to visit us at camp. We had a reptile show with live lizards and snakes, a petting zoo with pony rides, pet gerbils and a hamster who lived at camp, a trip to the Turtle Back Zoo, many visits with a seeing eye dog in training, a special duck egg hatching project where we watched the ducks hatch and then got to play with them . The children loved the opportunity to pet, play with and explore so many different types of animals. From all of us at Camp Shemesh we wish you a Shana Tova and hoping your year is like the head of a fish and not like the tail.



Youth

Shifra Caruso
youth@aabjd.org

The youth department has been busy planning for a new year! We have new committee members excited to bring fresh new ideas to the table, new assistants and new leaders! We cant wait to start off running!

We would like to welcome Ariella Dattlekramer and Neshama Fournier who will be helping and assisting with morning groups this year. A big welcome to new-comer Alex Malech who is the new male jr. teen adviser (Along with Michal Laub who is back for round two!) Jr. teens is off to a great start with their first Seuda Shlishit this past Shabbat at the youth house!

We had our first welcome back event where k-5th grade made their own ice cream sundae's and caramel apples! Starting off our SWEET new year right! We have plenty of events coming up including afternoon onegs, the sukkah hop, and sukkah decorating.

We look forward to a wonderful year together!
Ktiva V'chatima Tova!

Men's Club

Tully Rubin
tullyrubin@gmail.com

Dedication Opportunities

Siddur Dedication \$36

Chumash Dedication
\$50



Interested in dedicating a Siddur
or Chumash
in honor of a special occasion
or in memory
of a loved one? Contact the
Shul office:

office@aabjd.org.

Tree of Life

Opportunities to participate:

Leaf - \$180

Rock - \$3,600

The AABJ&D Men's Club holds special outings and events throughout the year and provides members with the unique opportunity to serve the Synagogue and Community by working on various special fundraising projects and social events. The Men's Club commits to \$10,000 of the Shul budget every year, making each and every fundraiser and event an important and beneficial one for the entire community.

We would like to thank everyone in the West Orange community for their ongoing support of the AABJ&D Men's Club and look forward to providing many more activities and programs for you throughout the year.

Men's club meetings are held monthly and we are always looking for individuals to take an interest in what we do and join us as we proceed with our programming of future events. If you have any questions about the Men's Club or would like to help plan any activities, please contact our president, Tully Rubin at tullyrubin@gmail.com.



You shop. Amazon gives.

AABJ&D is pleased to offer you a way to make your regular purchases benefit our Shul. For personal purchases (i.e. from "home") the benefits are approximately 0.5%. Please follow the applicable link, sign in using your regular account details and purchase as normal. At this point it is our understanding that you need to follow the link for each basket of purchases you make so your efforts in this regard are appreciated. AABJ&D will have no visibility of the items you purchased or your expenditure.



Aliza Maslansky
Early Childhood Director
alizam@aabjd.org

Introducing our Nursery School staff for 2018-2019



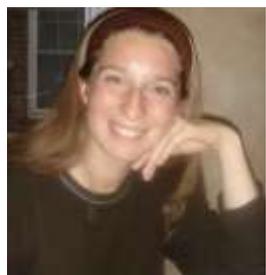
Aliza Maslansky is thrilled to have moved to West Orange with her husband, Saul, and two year old daughter, Rebecca. She is excited to become part of the community both socially and professionally and give back in a meaningful way. With over 9 years of professional teaching experience Aliza is looking forward to continuing her career at AABJ&D. Aliza is coming to us from Forest Hills, NY where she worked for

two and a half years at Chabad of Northeast Queens in Bayside, NY as the Pre-K for All lead teacher and Camp Gan Israel Director. Before that she was working at Preschool of the Arts, Chabad of Gramercy Park, as the Pre-K Morah and Coordinator for three years. She holds a Bachelor's degree in Early Childhood Education from the University of Hartford and has her Master's degree in Early Childhood Education and Special Education from Touro College. She has also completed the Jewish New Teacher Project and is a graduate of the OTZMA Graduate Seminar. Aliza is very excited to join the AABJ&D staff in growing and enhancing The Lauren Elise Bier Nursery School.

We are thrilled to begin another wonderful year at the Lauren Elise Bier Nursery School! This is a year of transition and change for us in the nursery school as I step in as director and look at the needs of the community and how the nursery school can better meet those needs. Over the summer surveys and small parlor meetings for parents (Mingling with Morah Aliza) along with individual phone calls and meetings allowed me to understand what parents would like to see happen for the nursery school. As a result of this data collection I have been working with the support of the Early Childhood committee to implement some additions to our program.

This year parents have the opportunity to enroll their children in our program from 7:30 am until 5:00 pm which has allowed for more families to become part of our nursery school. We are also gaining new families and more students because we now have our full-time Tiny Tots program for children who will be one before December 31st.

We are excited to have some of our wonderful teachers return to us and simultaneously are happy to welcome some new staff members to our growing team. I encourage you to read the bios below of our staff and learn about the incredible team we have put together.



Naomi Lieberman-Naomi is an experienced teacher in many areas of her field. She has taught both in special needs classroom settings and regular ed. She has a masters degree in special education and a specialty working with autistic children in ABA Therapy. Naomi has been a director for the past five years in a preschool setting. She

is a go getter and has a strong hold on her educational philosophy using hands on methodology, a progressive approach as well as warmth and excitement that comes across in everything she does. Naomi worked diligently to start a children community garden this past year in her preschool that enabled the elderly a place to spend time and therapeutic relaxation, the children to help care for a garden and an educational base to learn about Hashem's gift of food and the process of growth and bees and butterflies and how they contribute to the growth of our plants. Naomi is very excited to bring her talents to the west orange community.



Randi Beil- Randi Beil is so very excited to join the AABJ&D staff as the 3 year old teacher. She has taught at the JEC for 28 years, teaching preschool through third grade. Teaching Jewish children is a passion of hers. She is the mom to her son Joshua, who is married to Rachel and her daughter Esther who is married to

Jeffrey. She is the proud Savta to Max, Charlie and twin girls, Madeline and Juliet. Spending time with her family is a passion! She is looking forward to an incredible year with the incoming 3 year old class.



Felice Plaut—Morah Pliya is happy to be returning to AABJ&D nursery school for her second year! She has a part time practice as an Integrative Health Counselor, practicing holistic nutrition. She enjoys working with children and works to understand each child with compassion, respect and sense of humor. Her specialty is working with the highly sensitive

child, thereby helping them understand their special trait and how to adapt to their surroundings. Morah Pliya loves cooking, reading, working out and is crazy about needlepoint. She lives with her husband, four children and 3 yr. old rescue puppy, Rico.



Tamar Arieh- Tamar is a wife and a proud mother of three. She is an Israeli that has been living in the USA for the past 18 years. She misses her family and friends in Israel and visits them every year. Tamar loves reading, playing music (to children), photography and walking. She loves working with young children and has been

doing this for many years, especially singing, dancing, and making art. Tamar believes that children are naturally curious and as teachers, we should just help them to express their drive to explore the world.



Tami Puder has her dual Bachelors degree in Early Childhood Education and Psychology from Kean University. She is a nurturer by nature and has always enjoyed working with young children, seeing them laugh, grow and flourish has been very rewarding.

Her 15 year old twins and 9 year old enjoy spending time down the shore and spending time visiting with their cousins during their free time. Her warm smile and caring approach is what makes children love her. She is dedicated to the social and emotional development of each child and it is her goal to make sure that each child receives the best care and love that they all deserve.



Camesha Cawley- Hello! My name is Camesha Cawley and I am a immigrant from Jamaica. I migrated to USA, twenty years ago. I have two children, my son Dontae who is 15 and plays soccer for Montclair High school. My daughter Dominique who is four, she is a gymnast and loves to dance. We live in Montclair with my fiancee Damian, who

owns a demolition company. I have been in the Education field for the last 11 years. I'm currently pursuing a degree in special education k-3rd and psychology at Caldwell University. I enjoy reading, cooking, working out, traveling and singing. In the words of Plato "The Most important part of education is proper training in the nursery." Let me take your precious ones on a journey through later, play, books and songs.



Jana Shulman— My name is Jana Shulman. I am from Hillside, NJ. I have worked in early childhood education for the past 8 years. Working with children has always been my passion! It's amazing to watch them grow and learn, and to be part of that experience. I look forward to applying the skills I learned through my past

experience to my students this year. I can't wait to meet all of you and to have an amazing year.



Gila Witkin-Hi, my name is Gila Witkin. I am very excited to be working in the Nursery School for a second year! I have been working at Chabad at Short Hills Hebrew School since 2016. I have also had the pleasure of working with the three year olds at Camp Shemesh for the past five summers. In my spare time I enjoy reading, swimming, taking walks and

getting together with friends. I am proud to say that I am a graduate of the Lauren Elise Bier Nursery School, and I am looking forward to a wonderful, successful school year filled with many warm and exciting learning adventures with your children!

Inclusion

Eta Levenson
jeserichad@gmail.com

Having a teen or adult child with mental illness can be: Draining, exhausting, embarrassing, harrowing, scary, overwhelming, depressing, confusing.

Embarrassed to talk about your problems with your friends and family?
Feel like you always need to hide what's really going on?

Feeling like nobody understands what you're going through? Feeling lost and alone? Well, you're not!

There are a number of other families out there going through similar, and different, challenges as you. Come to a twice monthly peer support group geared to helping families talk it out, ask questions, maybe get some helpful advice, cry a little, maybe laugh a little.

All inquires will be kept strictly confidential. Meetings are held in a private, safe and confidential environment.

This initiative is supported by local community rabbis, and co-sponsored by WestOrangeJewishConnectionZ and Greater MetroWest ABLE.

Call 973-207-7700 or email:

WestOrangeJewishConnectionZ@gmail.com

Adult Education

Greg Zuckerman
zuckermang@gmail.com

Congregation AABJ&D is pleased to welcome this Shabbat's scholar in residence, noted lecturer and author Rabbi Dr. Jacob J. Schacter, who will help us prepare for the Yamin Noraim.



Rabbi Schacter is University Professor of Jewish History and Jewish Thought and Senior Scholar at the Center for the Jewish Future at Yeshiva University. Rabbi Schacter served as the rabbi of The Jewish Center in Manhattan and is the author of many well-received books and articles and is a member of the board of governors of the Orthodox Union.

Rabbi Schacter's speaking schedule is as follows:

After Hashkama minyan: "Holidays Or Days Of Awe: The Dalectic Of Rosh Hashanah"

After Kiddish in the main Shul: "Achieving Atonement in the Season of Atonement: Focusing on Ben Adam Le-Chavero"

5:50pm: Q&A on the Future of Modern Orthodoxy; Opportunities and Challenges

Seuda Shlishit: The Power of Preparation: Erev Rosh Hashanah and Erev Shabbat Babysitting Will Be Available!

Sponsorship opportunities are still available. Please contact: Gregory.Zuckerman@wsj.com



LET'S GET SHAKIN'!

Congregation AABJ&D is pleased once again to offer you beautiful lulavim and etrogim straight from Israel.

Standard Lulav and Etrog	\$45
Deluxe Lulav and Etrog	\$65
Select Lulav and Etrog	\$85

All orders must be in the shul office no later than Monday, SEPTEMBER 17th.

Orders are not complete without full payment in advance.

Pick up will be on Motzei Shabbat, September 22 from 9-11 PM.

Together on Tuesday

Debbie Druce, Coordinator
srtot@gmail.com
973-736-1407 x240

Greetings for a healthy and sweet new year.

Seniors and their friends and family are welcome to join us on Tuesdays at 12:30 to socialize and to enjoy a variety of programs during the year. Our new season began on Tuesday August 28, 2018 with Chaim Lauer presenting, "High Holiday Symbols and Rituals; How they help us understand the spiritual goals of the season." The program was well attended and set a good tone for getting ready for the High Holidays. Because of the Yom Tovim, we will not meet from September 4-October 2. Our next meeting will be Tuesday October 9, 2018.

May you be inscribed and sealed for a good year.
Debbie Druce, Program Coordinator
973-1407x240

Location and Time:

All meetings take place in the Sephardic Wing from 12:30-2:30PM unless otherwise noted.
12:30-1:00PM- Light, dairy or parve lunch and refreshments. (nominal charge)
1:00-2:30PM-Program

Membership: Everyone is welcome to attend our programs at any time. Annual dues of \$25.00 are much appreciated.

Transportation:

West Orange Jewish Connectionz @ 862-253-2030 at least 5 days in advance. Sharon Kessel, transportation coordinator, will call you back with details.
MetroWest Transport Rides-Call Cindy at 973-325-1359, one week in advance. Available Monday-Friday.

Program Schedule:

Tuesday, October 9- "The Other Jersey: The Story of the Channel Islands" by Judy Silberner. The Channel Islands are located off the coast of France and a protectorate of the British Isles. Learn more about these islands; the geography, famous personages who lived there, the Jersey cows, and the historical significance of the islands especially during WW2 when occupied by Nazi Germany.

Tuesday, October 16- "Cryptocurrency: Economics and the Evolution of Money" by Dr. Mark D. Grebenau. Dr. Grebenau will discuss the utility of money as a medium of exchange, as a substance of intrinsic value and as a token of confidence. He will bring you up to date on understanding current terms such as "Bitcoin."

Tuesday, October 23- "The Art of Chocolate" by Barbara Moran, Liason Coordinator, Jewish Community Housing. Enjoy learning about the origin and art of making chocolate as well as sampling the taste of a variety of chocolates.

Tuesday, October 30- "Navigating the Maze of Medicare" by SHIP counselor (State Health Insurance Assistance Program). A SHIP Counselor will give an overview of Medicare coverage, eligibility, choosing the best plan for yourself, dealing with copays, and knowing changes for 2019. The presentation is helpful to those already enrolled in Medicare and those new to Medicare. Bring your questions. For individualized counseling contact Helpline; Siobhan Flynn Higgins, Essex County Coordinator; 973-637-1717 or schedule appointment with the SHIP counselor at the meeting.

Thursday, November 1 -New Jersey Symphony Matinee at NJPAC, Newark. Program: Straus, Britten, Schumann. Cost: \$30.00 includes: ticket-\$20.00, bus-\$10.00. Transportation by MetroWest Transport. Meet at Cong. AABJD for bus leaving at 12:30PM. Concert at 1:30. Return to Cong. AABJD at 4:00PM.

Must rsvp by October 23. Call 973-736-1407x240 to reserve.

Tuesday, November 6-Outing to Lester Housing includes lunch, tour and opportunity to visit with friends. Transportation included. Must rsvp by Tuesday October 30. No charge. Sign up at meeting or call 973-736-1407x240

Bus leaves at 12 noon from Cong. AABJD parking lot. Bus returns to West Orange at 3:30PM





Sisterhood News

Bess Adler
Alisha Blugrind
Co-Presidents

Thank you for all who attended the very entertaining Jazz Night that took place at the home of the Zeldins.

Also, our pre-holiday boutique that took place last week was a great success. Stay tuned for more wonderful events this year, especially Cafe Night!

Jewish Culture Series

Debbie Buechler
njbuechlers@aol.com

The Jewish Culture Series will once again be having some courses for our members this year.

Save the dates:

Oct 17 , Nov 14, and Dec 12 we will feature Elizabeth Kurtz again teaching Sephardic Cooking. Classes can be attended as a series or as separate classes. (\$50/class or \$125 for all three!) Be sure to register in advance, as space is limited.

Israeli Dance will begin after the holidays, and meet on Tuesday evenings beginning at 7:30 pm. Elyse Litt, from Dances from the heart will be instructing the women in dance. Cost \$10/ session beginning on October 9. Classes for session I will run thru December 11, session II will meet January 8-April 16 and session III will be meeting April 30 - June 25. The option to pay for a whole session will give a discount to dancers Session I - \$90, Session II- \$135, Session III \$81. OR do the whole year for \$300.

Other classes will be added to the Jewish Culture Series, so stay tuned. Check the Shabbat announcements and your email for details. To make suggestions or discuss ideas, please contact the shul office or Debbie Buechler.

Mazel Tov

Mazel Tov to Emily Russ on her Bat Mitzvah. Mazel Tov to parents Meredith Kellman and Lawrence Russ. Mazel Tov to sister Lilli Russ. Mazel Tov to grandparents Sharon and Harvey Kellman.

Mazel Tov to Shirel Levi on her Bat Mitzvah. Mazel Tov to parents Meital & Moshe and to siblings Adi, Noa, Eli and Yosef Chaim.

Mazel tov to Rabbinic Intern Avi Okin upon his engagement to Devorah Friedman of Los Angeles. Mazel tov to parents Shani and Harvey Okin and siblings Yoni and Dassie and to Devorah's parents, Allison and Stanley Friedman and siblings Rachel and Eli.

Mazel Tov to Charlie Aptowitz & Sheila Lefkowitz on the Bat Mitzvah of their granddaughter Yedida Baer. Mazel Tov to Parents Dr. Aryeh and Aliza Baer. Mazel Tov to siblings Meira and Yoni.

Mazel tov to Ben & Selma Stern on the birth of great grandson twins. Mazel Tov to parents Avi & Sarah Stern of Baltimore, MA. Mazel Tov to the entire family.

Mazel Tov to Rebbetzin Batya Kra on the Bar Mitzvah of her great grandson Noam Saadyia Kra. Mazel Tov to parents Yossi & Amira Kra. Mazel Tov to siblings Akiva, Moshe and Ariella. Mazel Tov to grandparents Ethan & Ruthie Kra and H & Gilla Saltzman. Mazel Tov to great grandmother Rebbetzin Rothenberg. Mazel Tov to great Uncle David Kra and the entire family.

Mazel Tov to Rabbi Alvin & Marylin Marcus on the engagement of their granddaughter Abigail Marcus to Amichai Amit of Israel. Mazel Tov to parents Joshua & Leah Marcus and siblings Aaron and Jesse.

Mazel Tov to Rivka Sara & Ariel Pedoeem on their marriage. Mazel Tov to parents Albert & Victoria and Elisa & Eyal Noy. Mazel Tov to siblings Debbie, Johnathan, Michael, Nathan, Yosef and Dovid. Mazel Tov to grandparents Avi & Carmella Noy.

Mazel Tov to Linda & Murray Laulicht on the birth of a great granddaughter, Valerie Morgan (Miriam Chayil) Hasten. Mazel tov to parents Michelle & Joseph Hasten and to grandparents Laurie & Bernard Hasten.

Mazel Tov to Mark Levenson on being elected Chairman of The Zionist Organization of America.

Mazel Tov to Carol & Barry Goldsammler on the birth of twin granddaughters, Sara Matla (Sara) and Avigayil Miriam (Abby). Mazel Tov to parents Michal & Bradley Goldsammler. Mazel Tov to siblings Leah and Sammy. Mazel Tov to grandparents Debbie & Eddie Simpser.

Mazel Tov to Debbie & Jack Becker on the birth of a grandson. Mazel Tob to parents Chaya & Donny Becker. Mazel tov to siblings Asher, Meechal, Shira, and Avtalyon.

Mazel Tov to Judy & Doni Israeli on the birth of a grandson Netanel Yehuda. Mazel Tov to parents Rabbi and Mrs. Andrew Israeli. Mazel Tov to grandparents Dr. & Mrs. Jeffrey Ambinder. Mazel Tov to great grandparents Bella Dolinsky and Tova & Yaacov Israeli. Mazel Tov to siblings Eric & Jen and Judah, Alex & Amanda and Zachary.

Mazel Tov to Rivka & Etan Hindin on the birth of a baby girl. Mazel Tov to sisters Sarena and Carmel. Mazel Tov to grandparents Beth & Lee Hindin, Nicki Weinberg and Jack & Surie Weinberg. Mazel Tov to great grandmother Harriet Sherman.

Mazel Tov to Sara & Michael Fellus on the birth of a baby boy. Mazel Tov to big sister Liza. Mazel Tov to grandparents Gail & Mark Hausdorff and Odette & Jimmy Fellus. Mazel Tov to all of the aunts, uncles and cousins.

Mazel Tov to Helen & Bernie Neustadt on the birth of a grandson. Mazel Tov to parents Shimon & Esti Gelbtuch. Mazel Tov to siblings Mordechai and Adina, and the entire Neustadt and Gelbtuch families.

Mazel Tov to Cara Greenspan on her engagement to David Veltman. Mazel Tov to parents Nina & Harvey Greenspan, Igor Veltman of Scarsdale, NY and Alla Veltman of Fairlawn, NJ. Mazel Tov to siblings Arille, Evan and Sarah. Mazel Tov to grandparents Felix & Bronia Volozin and Lily & Isaak Veltman of Sydney, Australia.

Mazel Tov to Shaine & Josh Fluss on the birth of a baby boy. Mazel Tov to grandparents Donna & Harold Fluss and Vickie & Harold Abbani and to great grandparents Lana & Nat Grey and Ruth (Sita) Abbani. Mazel Tov to aunts and uncles Gavi Fluss and Raquel and Joel Schwartz.

Mazel Tov to Shari & Herb Faleck on the birth of a granddaughter, Maytal Ahuva. Mazel tov to parents David & Deena Faleck and to big sisters Lani and Kira.

Mazel tov to Nir and Alanna Ben-David on the birth of their son Naftali. Mazel tov to big brother Shlomo, L.A. grandparents Sholom and Debbie Fine, Aunts, Uncles, Spencer, Aliyah, Dov, Leah, and cousin Maya. Granddad Dennis, great auntie Caroline, and the rest of the Drew family in the United Kingdom.

Mazel Tov to Bessie Kra on the birth of a great grandson. Mazel Tov to grandparents David & Miriam Kra. Mazel Tov to parents Yonatan & Kineret Kra of Modiin and to big brothers Leor Moshe, Yakir Tzion, and Ezra Aviel. Mazel Tov to great uncle and aunt Ethan and Ruth Kra.

Mazel Tov, cont'd

Mazel Tov to Hadassa Levenson on her engagement to Emanuel Korn of Philadelphia. Mazel Tov to parents Mark & Eta Levenson, Benyamin & Nava Korn of Philadelphia, and Mira Korn of Kiryat Ono. Mazel Tov to honored grandparents, Dr. and Mrs. Irwin Krasna of West Orange. Mazel Tov to siblings Jessica & David Mirsky, and Eric, z"l, and Eliyahu, Avichai and Nechama Korn.

Mazel tov to Linda & Murray Laulich on the engagement of their granddaughter Joy Davis to Rami Fischberger, son of Elana & Michael Fischberger. Mazel tov to parents Shellie & Eric Davis and to grandparents Toby & Rabbi Avi Weiss and Hannah & David Fischberger.

Mazel Tov to Linda and Murray Laulich on the Brit of their great grandson, Ezra Max Dlott. Mazel Tov to the parents, Erica and Zev Dlott, and to the grandparents Laurie and Bernard Hasten.

Mazel Tov to Dr. Murray & Eileen Rothman and Dr. Eric & Dorit Garfinkel on the wedding of their children Avidan Rothman and Sarah Gutman. Mazel Tov to siblings Ariel & Pamela Rothman and children, Adam & Tova Small and children, Keren Rothman and Adda Gutman. Mazel Tov to grandparents Elimelech & Dora Gutman.

Mazel Tov to Lilli Tammam, who was honored this by the Suburban Torah Iris Berman Early Childhood Center for her 11 years of dedicated service.

Condolences

We extend our condolences on the passing of...

Ralph Nussbaum, beloved husband of Avrille and father of Stacy Younger.

Charles Burack, beloved father of Lynda Novick.

Ilene Goldman, beloved mother of Craig Goldman.

Rabbi Murray Grauer, beloved father of Debbie Finkelstein.

Eliot Tannenbaum, beloved husband of Rochelle, beloved father of Jennifer and Ricky.

Lilly Schwarzbach, beloved mother of Mitchel Schwarzbach.

Lilyan Wien, beloved mother of Steve Wien.

Thank You

We would like to thank the community for their support and generosity during the shiva for our father Mr. Bennett Koppelman. Your outpouring of kindness was truly overwhelming and we are very appreciative for all that was done at this time, as well as from the time he moved in and was made to feel as though he was a longtime member of the shul from the first day he arrived.

We would also like to express our Hakarat Hatov to Rabbi Zwickler, Rabbi Sharbat and the Chevra Kadisha for all that they did to provide him with the utmost Kavod.

May we share in simchot together in the future.
Fran Friedman and Judy Levitan.

Kol Nidre Appeal 5779

September 2018

Dear Fellow AABJ&D Member,

This email begins our 5779 Kol Nidre Appeal, in which we ask each family to make a voluntary contribution to our shul. We thank you for your past support of this important program and hope that you **will respond generously to this year's appeal as well.**

Our community is fortunate to have a dedicated volunteer network that provides time and expertise to the shul. Nevertheless, the average cost per family is about \$4000 per year and membership dues typically cover about 25 % of the annual budget. The remaining 75 % is funded through the sale of High Holiday Seats and through fundraising campaigns such as the Annual Dinner, Sustaining Membership, and the Kol Nidre Appeal.

Our membership has always been generous in supporting our shul and its programs. A contribution to the Kol Nidre Appeal is an outstanding way to continue your support.

There are several ways to respond:

Email your pledge to the Shul Office at office@aabjd.org

Email one of the co-chairs: Daniella.lichtman@gmail.com or liebmancpa@gmail.com

Pay online – **click the 'Donate Now' on the right. Please remember to write "Kol Nidre Appeal"** in the note section.

Call the Shul Office at 973-736-1407

Please make every effort to respond over the next several days and please give generously. We are making an effort to close this campaign by Yom Kippur.

Thank you for your generous participation and we wish you and your family a happy and a healthy new year.

Sincerely,

Daniella Esses and Larry Liebman
Kol Nidre Appeal Chairs



5 Becker Farm Road
Roseland, NJ 07068
Tel: (973) 994-2999 x141
Fax: (973) 994-1077

Marylin Marcus
Email: MarylinM@protravelinc.com
E-mail: MarylinM@protravelinc.com

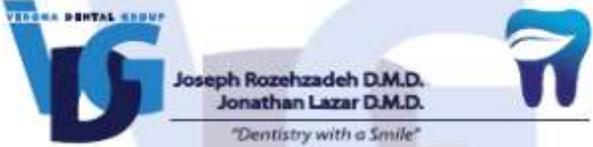


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LASER LIGHTING & SPECIAL EFFECTS!





There are so many things happening and ways to get involved. Below you will find a list of some of our Shul committees and chairpersons. Please feel free to contact them to either volunteer or inquire about their activities. If you have a special skill or talent that you would like to share or an idea that you would like to discuss, contact us at office@aabjd.org.

- Adult Education—Gregory Zuckerman (Gregory.zuckerman@wsj.com) Plans and coordinates all classes, lectures, and scholar-in-residence programs.
- Cemetery Committee— Judy Israeli: idiesq@aol.com, Chaim Silverman: Chaim@silverlaining.com, Anna Chosak: chosakhouse@comcast.net
- Chesed/ Bikur Cholim—Andrea Sultan, Debra Lando and Lorraine Gold. A branch of Sisterhood that coordinates visits to the sick & meals.
- Chronicle—Esther Schultz, eschultz@aabjd.org
- Chevra Kadisha— Avi Laub, avilaub@yahoo.com
- Constitution Committee-Harvey Okin— hokin@kpmg.com
- Dinner Committee— Plans & coordinates the **shul's annual dinner**—many volunteer opportunities for all skills and talents.
- Early Childhood—Judy Birnboim- Oversees our Nursery School and Summer Camp programs.
- Endowment Committee-Harvey Bell— harveybell@earthlink.net
- Finance Committee-Andra Goldman, Larry Liebman, Larry Rein, Avi Laub, Jay Hartman, chaim Silverman
- Fundraising-Harvey Bell— harveybell@earthlink.net, Bryan Bier— bryanbier@comcast.net
- Hi-Tech-Robert Wagner, rob@bwaycapital.com , Maintains website and all hi-tech apparatus.
- Hospitality-Cindi Dresdner 973-243-2664. Provides Shabbat hospitality to newcomers and visitors to our community.
- House Committee-Rob Wagner- Keeps all our buildings in tip-top shape.
- Inclusion Committee—Eta Levenson jeserichad@aol.com

- Israel Action & Advocacy Committee (IAAC) - Barbara Beiss Muskin
- Kiddush Society— Helps provide the weekly kiddush and seudah shlishit.
- Legal Committee-David Cherna
- Marketing Committee-Judy Birnboim, Barbara Flumen, Evan , Galatz, Barry Hammerman, Rivka Hindin, Zvi Kurlander, Alana Schwartz, Jon Waldstreicher, Andrew Yolin
- Membership-Welcomes and facilitates integration of new members into our community.
- **Men's Club**-Tully Rubin, President- Provides & coordinates a variety of programs in support of the shul.
- Outreach-Moshe Glick and Ira Bloom- Email: mglickus@gmail.com, Coordinates programs of interest to the non-affiliated.
- Ritual Committee-Larry Schiffman. Email: lschiffman@sudlerco.com, Oversees the conduct of religious services.
- Scrip-Yaffa Holander and Rachel Isler
- Security Committee-Bruce Schlanger—Email: bschlanger@comcast.net
- Seniors Group-Together on Tuesday- Email: Debbie Druce Coordinator 973-736-1407 x240
- Seniors Services Committee-Hilda Mann. Coordinates services offered to our aging members and their care-givers. Email: hvsm@verizon.net
- Seudah Shlishit- Mayer Popack (popack1@verizon.net)
- Sisterhood-Andrea Bier, Meredith Kellman— sisterhoodaabjd@gmail.com. Provides & coordinates a variety of programs in support of the shul.
- Tehillim -Ora Blum and Debbie Druce
- Youth-Shira Hammerman and Rachel Isler shirahammerman@hotmail.com/ Shifra Caruso, Director, youth@aabjd.org

Please note that all of our Board meetings are open to the membership.

Visit our website at www.aabjd.org and join our online membership list and receive timely email broadcasts. Drop us a line at cong.aabjd@verizon.net Rabbi Zwickler can be contacted via email at ezwickler@gmail.com



Jewish War Veterans

Help us continue to keep out 180 year tradition of Jewish War Veterans plane in Unites States history. Sanford L. Kahn Post 538 located in West Orange was started in 1946. It has continuously supported our Veterans-In-Need as well as social causes.

Some of these activities include:

1-Monthly visits to the Paramus Veterans Home sponsoring a Bingo Game for more than 100 Veteran residents; men and women who served. Gifts and snacks are also furnished

2 - Sponsoring annually a \$500 Olympiad Award to an outstanding high-school graduating student in memory of Israeli Olympians murdered in Munich.

3 – Providing funds for youth in scouting.

4 – Donating to the Nation Museum of American Jewish History in Washington, D.C.; where worldwide visitors are informed about the Jewish Veterans' role in our Country's Military History.

OUR MEMBERSHIP HAS SEVERLY DECREASED due to age, poor health, relocation and death. To continue our long tradition of helping our Veterans, we NEED YOUR HELP.

The SANFORD L. KAHN POST 538 meets monthly in West Orange.

We offer free membership for one year to all new members.

If interested, please contact IRWIN W. NOVICK @ 973-736-2988 for additional information and meeting dates.

Thank you
Irwin Novick



Recipe Corner

Honey Cake

6 eggs
1 1/2 cups sugar
1 1/2 cups honey
1 1/3 cups oil
1 1/4 cups hot water with 6
teaspoons instant coffee
2 teaspoons baking powder
1 teaspoon baking soda
3 1/2 cups flour
1/2 teaspoon allspice
2 teaspoons ginger
2 teaspoons cinnamon
3/4 teaspoon cloves
1/2 teaspoon nutmeg
1/2 cup whiskey



Beat eggs and sugar. Add all liquids and mix. Then add dry ingredients. Line 9x13 pan with wax paper. Bake at 300 degrees for approximately 1 hour, until an inserted knife comes out clean. You can also pour the batter in small pans. Cool and Enjoy!

APPLE CAKE



3 cups flour
2 cups sugar
1 cup oil
4 eggs
1/2 teaspoon salt
2.5 teaspoons vanilla
3 teaspoons baking
powder
Juice of one orange
4 or 5 sliced apples
5 tablespoons sugar
2 tablespoons
cinnamon

Combine cinnamon, sugar, and apples. Make batter. Pour 1/2 batter into greased tube pan. Place apples on batter. Pour rest of batter on top. Bake at 375 degrees for 1 to 1.25 hours. Cool and Enjoy!

The Chronicle

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