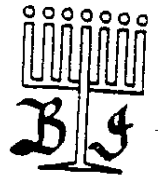


C O N G R E G A T I O N

Beth Israel



141 HILTON AVENUE HEMPSTEAD, NEW YORK 11650 Tel: 516-489-1818

August 2017

אב תשע"ז
אלול תשע"ז

Av
Elul 5777



THE ANNUAL BBQ, SUNDAY, AUGUST 27, 2017

THE ANNUAL BBQ, SUNDAY, AUGUST 27, 2017

TIME: 3:00 PM TO ????????????

FEATURING:

KOSHER BURGERS AND FRANKS

UMONGOUS SALAD BAR WITH POACHED SALMON

FRUIT AND DESSERT TABLE

AND

A RAFT OF RAFFLE PRIZES

WINNERS TO BE CHOSEN AT THE EVENT

AT

CONGREGATION BETH ISRAEL

141 HILTON AVENUE, HEMPSTEAD, NY 11550



PRICE \$30 PER PERSON, \$35 AT THE DOOR

SEND YOUR CHECK TO THE TEMPLE OFFICE

NAME

NUMBER OF RESERVATIONS

PLS SEAT ME WITH

B'NEINU (BETWEEN US)

"Not all those who wander are lost." — J.R.R. TOLKIN, *THE FELLOWSHIP OF THE RING*

August is a month without any secular holidays yet is also the month when most people take vacation time. I seem to recall Disney World and other similar places to be packed with families in August – the period of time between the end of camp and the beginning of the new school year.

Even so, there *are* a number of significant dates on the Jewish calendar that coincide with the month of August. The month begins with **Tisha B'Av** (*literal translation: the 9th of Av*), the date when we recall some of the most significant tragedies in our history.

The destruction of Solomon's Temple by Nebuchadnezzar. The destruction of the Second Temple by the Romans. The expulsion of Jews from England (1290CE). And not only did Columbus sail the ocean blue, but the Jews were also expelled from Spain, in 1492.

The first Saturday following *Tisha B'Av* is called *Shabbat Nachamu* (*Sabbath of Comfort*) and is the first of seven special *haftarot of consolation* (all from Isaiah) leading up to Rosh Hashanah.

When the new month (*Rosh Chodesh*) of *Elul* begins (August 22) the sound of the shofar is heard every morning until *Erev Rosh Hashanah* (with the exception of Shabbat). While we are commanded to blow (to hear) the shofar on Rosh Hashanah, there are also several reasons why we blow it for an entire month beforehand.

Come to an Adult Ed class on *Preparing for the High Holy Days* on **Tuesday, August 22nd @ 7:30pm** to find out why, along with suggestions on how to increase your dividends, AKA getting the most out of RH & YK.



I like the way the holidays fall this year – almost two weeks earlier than last year, but still beginning on the *1st of Tishrei* (rabbi humor). We've yet to replace the parts of the *sukkah* that were destroyed in the holiday-ending storm from last year. They will be here in time and I'd like to see if we can get in a *Erev Sukkot Dinner* on **Wednesday, October 4th** and another "meal in the

sukkah" during the intermediate days (*Chol HaMoed*) of the holiday (possibly Sun., Oct. 8th).

Keep your eyes peeled to this page in next month's bulletin for more information. Seating IS LIMITED in the *sukkah* and it *will* be a sell-out so return your RSVPs in a timely manner.



As of this writing the month of July has been a difficult one in that we have lost three congregants during the month. **Joe Levin, David Smith** and **Janet Goldman**. You may or may not know or recognize one or all of them but each of them was a valued member of our congregation, as are you.

Going forward, I would like to see a little more support across the board – from Board Members and Congregants – in providing bereaving families with a minyan during the shiva period. Please consider volunteering to help us provide this important service to our members.

Please give me a call (**516.547.3581**) or drop me an email (**rabbi.michael@me.com**) to sign up. Gd forbid we have the need for another shiva minyan, we can try to make appropriate accommodations. Besides, it's an easy mitzvah.



During July we finished reading *Sefer Bemidbar* (*Book of Numbers*). It concluded with a recap of all of the encampments – with some of the places mentioned for the very first time – made during their journey of 40 years.

The Israelites made about 40 stops along the way during the 40 years; they often stayed at one oasis or another for months or years at a time.

The question I'll leave you with is this: **What is more important, the journey or the destination?** Once again: come spend an hour on August 22nd and find out more.



— Rabbi Michael

516.547.3581 RABBI.MICHAEL@ME.COM

What Beth Israel Means to Me

My mother passed away in 1975 and a year later my father married Ida Yassky. They were introduced by mutual friends and in the time he courted her he would refer to her as "the witch". She cast her spell over many people because of her friendship, her kindness and her inveterate good humor and she was a long time member of this congregation.

Ida lived on Woodfield Road in West Hempstead in a strangely located house set far back from the street behind another one. She and I hit it off right away and became good friends. I got to know her children and grandchildren and when I found myself suddenly single, Ida was very supportive. When the high holidays arrived she asked me to accompany her to services at Beth Israel since that was not something my father was inclined to do. He had a strong feeling for Israel and the Jewish people but not for religious observance.

Our rabbi at the time was Morton Green. Many here at CBI will remember him for his charm and his musicianship with the guitar. As Ida's escort got to know many of the congregants, all of whom were her friends. Having been a member of the large Dix Hills Jewish Center where my kids went to Hebrew school, it was a pleasure to attend a much smaller, less pretentious child-free service.

Beth Israel was already here on Hilton Avenue, having moved from the Fulton Street synagogue in 1981, and I decided to join even though it meant a bit of a commute from Woodbury. It must be worth the trip for me because I've been doing it ever since, and I've seen some changes over those years, some for better and some for worse.

Other congregations on Long Island and elsewhere have either merged or gone out of existence, but we have survived to celebrate over one hundred years in the Village of Hempstead. Are we somehow immune to those factors which have closed other doors?

Our president, Richie Krauss, spoke to the incoming CBI Board of Directors at the installation in June and outlined the problems we face. Our operating expenses far exceed the income from our nominal dues. We have managed to pay our bills thanks to the fundraising efforts of a few extraordinary people, but we depend on the generosity of our members at pledge time. Sadly, there are some who do not honor this obligation in a meaningful way.

An even more serious problem has to do with apathy. The reason I am telling this story is because I have gotten so much out of belonging to the Beth Israel family that I can't help but wonder why it is that so few members attend our Sabbath service. It can be primarily a religious experience, a spiritual respite from the week, an immersion in Jewish lore and law or just a quiet time with friends in a sanctified setting. We have a very cool rabbi who is there for all of us so I suggest you give it a try and become more than a three day Jew. You'll also get lunch.

Stan Rothman

DEADLINE
AUGUST 14!

BEST WISHES TO OUR SEPTEMBER—OCTOBER BIRTHDAYS AND ANNIVERSARIES

Send your personal good wishes to your friends at Beth Israel on the occasions of their birthdays and anniversaries! Although this is a Sisterhood project, all Temple members are invited to participate.

Circle the names of those you choose to acknowledge and your name will be included in the greetings mailed to those congregants. A donation of \$1.50 is requested for each name you have selected. Proceeds will be used by Sisterhood for the benefit of our Temple.

Please return your list and check (made out to Beth Israel/Sisterhood) by **August 14** to Eleanor Nicrenberg, 605 Meadowoods Drive, East Meadow, NY 11554

Call Eleanor (516) 538-9735 to have your special dates included in future listings!

SEPTEMBER BIRTHDAYS

Barry Agulnick
Marvin Bernstein
Yael Coppolino
Abby Eisenberg
Harold Eisenberg
Robert Frank
Karen Kalstein
Charles Karman
Laura Levy
Richard Pasternak
Renee Weil
Martha Weissman
Marcy Wolfson

OCTOBER BIRTHDAYS

Barbara Abrams
Beth Eisenshtat
Lynda Eisenstein
David Fenster
Leonard Goldberg
Joyce Guberman
Zelda Jonas
Stephen Kahn
Barbara Karen
Kenneth Levine
Richard S. Levine
Adrienne Mantis
Abraham Sabbas
Claire Schoenfeld
Irene Sloan
Eli Soblick

SEPTEMBER ANNIVERSARIES

Barbara and Ellis Abrams
Ellen and Stan Rothman

OCTOBER ANNIVERSARIES

Yael and Joe Coppolino
Elaine and Howard Broder

Number of names circled _____ @ \$1.50 per name. Total enclosed \$ _____

Please indicated how you want your name to read:

From _____

TO YOUR GOOD HEALTH

We will continue to emphasize the latest recommendations for long life and good health from the medical schools of Harvard, Tufts, The Mayo Clinic and other such institutions.

Believe it or not, they recommend regular attendance at a religious service of your choice. So come on down to Beth Israel on Saturdays, stay for the Kiddush and socialize. The socialization is to combat loneliness, considered by all of them to be dangerous to your well being.

Richie Krauss, our energetic president, is always kidding about the longevity of the members of the congregation. We take that into account at our kiddushim. Dr. Jonathan Wanagat, professor of medicine and geriatrics at U C L A writes that the average American senior is dangerously low in magnesium. Deficiencies of this mineral can result in serious issues, like stroke, heart attacks, atherosclerosis and kidney disease. But you don't need pills—top magnesium rich foods include spinach and other dark green leafy veggies, squash, seeds (pumpkin, sesame and sunflower) and beans like black, pink, navy, pinto. So for your health, every Kiddush includes a big salad that includes beans, nuts, seeds, dark leafy greens—all so goood for you!

Movement is life, and even people with disabilities have to find some way to keep their muscles in good shape. Newsday recently ran an article showing that because of their new phones, long hours sitting and texting or using the internet plus television viewing habits, 19 year olds are as sedentary as 60 plus year olds. They (the reporters) are assuming that **you** are inactive, just because you have a higher number on your birthday cake. But you don't have to be--there are exercises like tai chi made for the supposedly inactive.

Wars are terrible things, but major advances in medicine have been made because treatments have had to be found for those profoundly wounded and unable to run, trot, walk or do what we call ordinary things. Just like older people, yes? No matter what our limits, we can still try for physical fitness. To your good health, below is something we culled from the latest edition of the AARP publication. Read it and **LET'S MOVE!**

Denise Austin Shows How to Keep Fit

DON'T HAVE time to exercise or go to a gym? Have a sore knee and are afraid to make it worse? AARP's new wellness ambassador, Denise Austin, has come up with solutions in a series of videos developed especially for AARP.

"My goal in life is to help people feel the best they can through exercise, eating right and a healthy attitude," Austin says. "You're never too old to begin any form of fitness."

One series of videos shows exercises that take just over a minute—back stretches while watching TV or mini-squats while waiting for your toast. For non-gym members, Austin has created videos of exercises you can do at home, such as kitchen-countertop push-ups. Austin has also developed a series of 10 videos targeting the shoulders, back, hips, knees, feet and ankles.

The videos, as well as more information about Austin and her new role at AARP, are at aarp.org/health/experts/denise-austin.



**FITNESS
BY THE
NUMBERS**

30-40%

Heart attacks preventable by 20 minutes of daily brisk walking

260,000

Deaths in the U.S. each year attributed to lack of physical activity



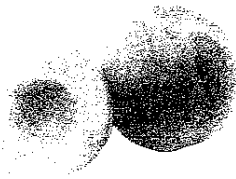
1. LOSE WEIGHT
with our chocolate smoothie secret.

Our secret: Add one tablespoon of unsweetened cocoa powder to your smoothie. You'll instantly give your smoothie a yummy chocolaty

flavor and help your body drop excess pounds! Our chocolate smoothie secret gives you 2 grams of fiber to help keep you full, spark weight loss, ease joint pressure, control blood sugar and even reduce inflammation.

2. JOINT PAIN RELIEF FROM APRICOTS

A nutrient in apricots called beta-cryptoxanthin may prevent osteoarthritis. Apricots also have high levels of magnesium, which may ease pain. Try this: Stuff them with goat cheese and almonds or grill and add them to tacos.



3. EXERCISE SECRET makes everyday tasks easier and less painful.

Whether it's for gardening, grasping or opening jars, you'll find easy exercises in *Arthritis Today* to help improve grip strength and range of motion and ease joint pain. Try the "Cat's Claw":

- Open hand wide, fingers straight
- Slowly bend fingertips and thumb toward the base of your fingers
- Hold 6 seconds. Open hand and repeat.



4. SERENITY NOW ... with this walnut secret. In a study, people who ate about an ounce (18 halves) of walnuts a day experienced a lower blood-pressure response to a high-stress situation than people who didn't eat the nuts. Walnuts are rich in inflammation-fighting omega-3 fatty acids.



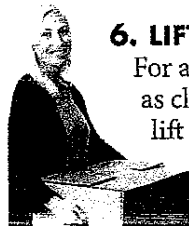
5. PREVENT MUSCLE SHRINKAGE due to age or inactivity.

Beans are packed with protein, fiber and antioxidants, and are practically fat-free. They have the power to prevent muscle shrinkage, help keep your muscles stronger and your joints moving freely. Perhaps the most "magic" beans of all: Red beans, small red kidney beans and pinto beans rank among the top antioxidant foods.



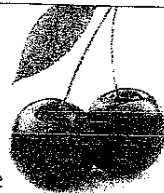
6. LIFT WITH EASE

For a better, safer grip when lifting, get as close to the object as possible, then lift with your palms or arms. Avoid twisting, bending or reaching over or around the object to grasp it.



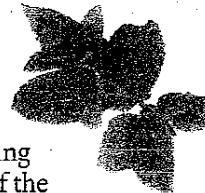
7. CHERRIES MIMIC THE EFFECTS OF NSAIDs like Advil, without the side effects.

Osteoarthritis patients who drank tart cherry juice twice a day for three weeks experienced a nearly 50 percent drop in inflammation. Try tossing tart cherries into your cereal.



8. LIFT "BRAIN FOG"

by sniffing peppermint. Researchers found that sniffing peppermint helps people feel less fatigued. That's because sniffing peppermint stimulates the part of the brain responsible for attention and energy. For news on how to outwit the fatigue that is a symptom of all forms of arthritis, send for *Arthritis Today*. Just mail the enclosed order form.



9. EASE ARTHRITIS INFLAMMATION

with this olive oil secret. Ever notice a scratchy sensation in the back of your throat after dipping your bread in olive oil? That's the anti-inflammatory compound in olive oil. It has a pharmacological action similar to ibuprofen to ease inflammation.



10. SWEET POTATO SECRET protects your knees and spine.

Sweet potatoes are brimming with both vitamin C and beta-carotene. These two nutrients are linked to a reduced risk of knee and spine osteoarthritis. Try this: Chop sweet potatoes into chunks and toss with olive oil, cumin and ginger (two spices with anti-inflammatory properties) and roast them.



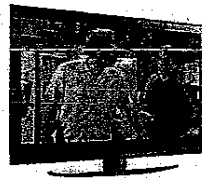
11. TO HEAL A WOUND FASTER

— whether from a scraped knee or surgical cut — reach for pumpkin seeds. The high-zinc content promotes healing and helps repair and regenerate tissue faster.



12. LET LAUGHTER BE YOUR MEDICINE

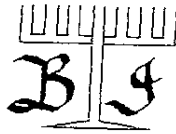
Watch a *Seinfeld* rerun!



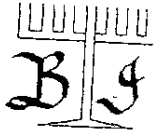
Laughter can trigger the release of feel-good endorphins — the body's natural painkillers. In a study, people who laughed often had 66 percent lower levels of inflammation than people who didn't laugh much.

13. EASE FOOT PAIN

Analgesic creams and ointments used for sore joints and muscles can also help soothe sore feet. Rub it on your feet at bedtime to allow it to dry thoroughly. Tip: Don't apply it between toes, it could cause irritation.



Beth Israel



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