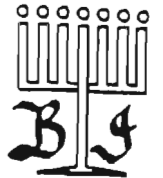


C O N G R E G A T I O N

Beth Israel



141 HILTON AVENUE HEMPSTEAD, NEW YORK 11550 Tel: 516-489-1818

WWW.BETHISRAELNASSAU.ORG

AUGUST 2019

TAMUZ - Av 5779
תמוז - אב תשע"ט



ND-ISLAND NY 117
01 AUG 2019 PM 7 L



THE ANNUAL BBQ, AUGUST 18, 2019



From the Desk of Rabbi Abe

August—along with its sister, July—is one of the hottest months of the year, bringing the blazing sun, humidity in this part of the country, beach and pool lounging, and barbeques.

Yet, that's all in this hemisphere.

If you go south of the Equator, August is one of the coldest months—the equivalent of our February. So, in essence, two people can be living in the same exact moment, but they look at the world quite differently. To one it's cold, to the other hot. One is sporting a bathing suit, the other is packing a sweater or coat.

It's all a matter of perspective, where one is, and in which direction they are headed.

After being at CBI for one year, I'd like to use the above example for how we are to move forward into the second year of my tenure as your Rabbi.

On the one hand, one can be pessimistic and note that we don't have much quantitative growth to point to, people are getting older, some have passed on, and woe is us. In other words, it is cold in August!

On the other, there are so many small, qualitative things that we can point to that says the future is still bright for CBI: the prayer service each Shabbat that has robust participation each week; the closeness of our members and the support they show each other in times of need; the joy that they express at each other's joys and Simchas; the adult-ed classes that, though small, has quality participation; and many others.

Also, I'm working on starting special activities and Shabbat Dinners for the younger demographic in our surrounding towns, and that is all about the future being bright. Stay tuned, and please let anyone in their 30s and 40s know that this is taking place!

In other words, it is **hot** in August, and, last I checked, I am in the Northern Hemisphere and see August as hot and warm and inviting.

In the past month, as Dr. Richard Krauss handed off the baton of leadership to Paul Skulsky, there have been several in the community who have stepped up and committed to helping us grow and prosper. Those individuals know who they are, and I want to thank them for their volunteer-spirit.

As we head into the Fall and the High Holiday season, let us **all** contribute and unite as one to keep CBI warm—nay, hot—all year long—even in our frigid February.

Warmly,
Rabbi Abe

THIRD ANNUAL CBI SUPER RAFFLE

Dear CBI friends,

I am pleased to announce that in August Congregation Beth Israel will be beginning the sale of tickets for our third annual **Super Raffle**. Last years raffle was a great success netting the congregation **\$15000**. Only 300 tickets will be sold and each ticket will cost \$100. The odds are only 300 to 1 that you can be the winner. The grand prize is **\$10000**. You will also have the opportunity to win second prize which is \$1000, or five other prizes of \$500 each.

The success of this Super Raffle depends upon **you** and your participation in this phenomenal fundraiser. I would like each congregant (single or a couple) to purchase a minimum of two tickets. We would like you to also spread the word and sell tickets to your family and friends .The congregant who sells the most tickets will win **\$500**. Last year Alan Mantis sold the most tickets. We need your help to sell all of these tickets to have our raffle drawing by November.

I am depending upon the congregation to actively participate in this fundraising event .This super raffle helps to keep our dues as low as possible. An additional expense this year has been to provide a security guard at our services for your protection. The success of this event depends upon you. In the next few weeks you will be getting a call from a board member asking how many tickets you would like. Please take additional tickets and sell them to someone else. Since these tickets are numbered it is important that they do not get destroyed. The filled out stubs and checks must be mailed to **Congregation Beth Israel 141 Hilton Avenue Hempstead ,New York 11550**.

We are hoping to have our raffle drawing in November, but it can not take place until the 300 tickets are sold. You do not have to be present at the drawing to win.

This year I am sure the the Super Raffle will be a great success as it was last year. However, I would like to see more participation from the congregation.

Good luck to everyone !

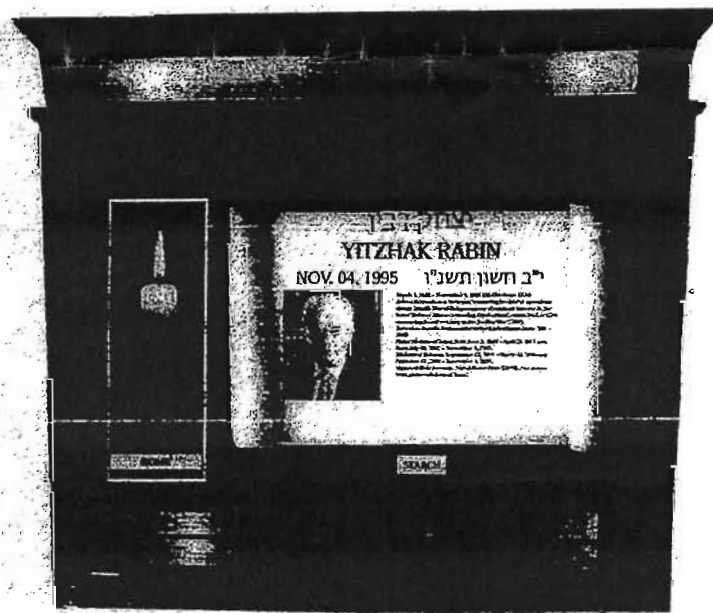
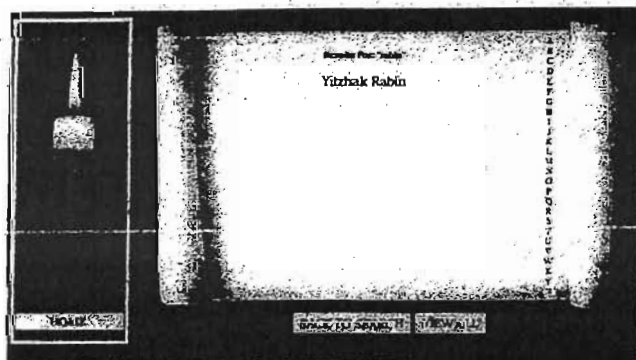
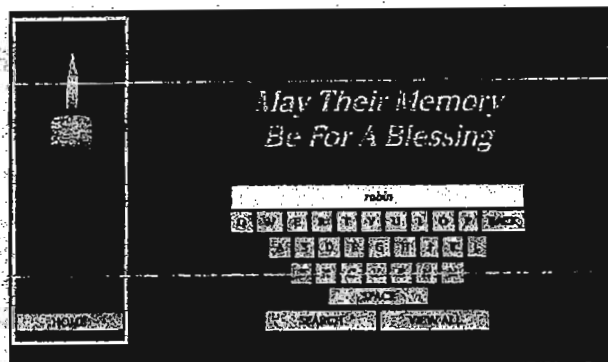
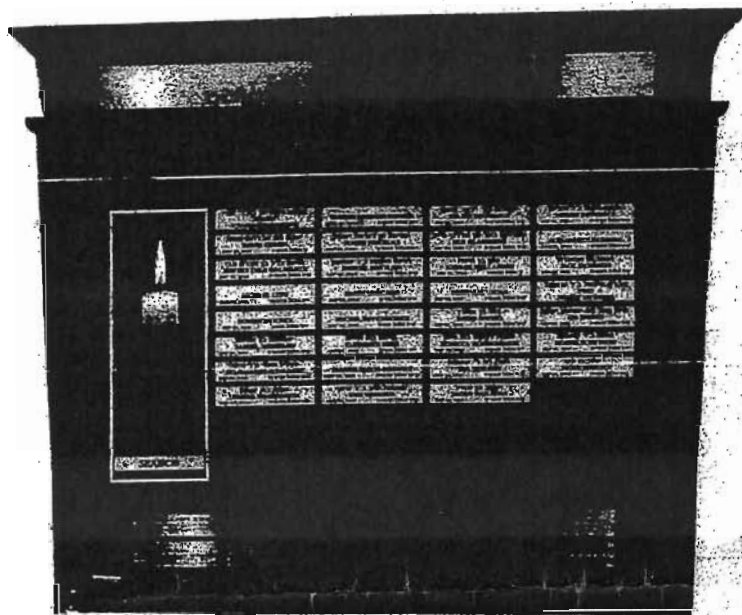
Richard Krauss

executive vice president and chairperson

CONGREGATION

Beth Israel

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SPECIAL PRICE FOR ALL UNTIL THE HIGH HOLIDAYS--\$300.00

Already have an existing bronze memorial plaque?
Add a photo and biography for only \$50 per person.

For more information, contact CBI @ 516.489.1818

JAHRZEITS, AUGUST, 2019

MILDRED LEVENTHAL	08 01	GEORGE BAKER	08 18
FANNIE GLASSER	08 02	DAVID OSER	08 18
DORA KAPLAN	08 02	WILLIAM STEINBERG	08 18
LENA BEROZA	08 05	PEARL GOTTLIEB	08 19
ELAINE BRODER	08 05	HARRY G LEVIN	08 19
LUCILLE YELLEN	08 05	A. GOLDBERG	08 20
ISIDORE GUBERMAN	08 06	SAUL STEINGER	08 20
JOSEPH LIEBMAN	08 06	MAX WEISMAN	08 20
IDA FRANK	08 14	LEE LOUZIN	08 21
SOL JAFFE	08 14	ISIDOR BECKER	08 28
IDA ROTHMAN	08 14	BERNARD MILGRAM	08 29
SUSAN ZALKIN	08 14	CONRAD SABIN	08 29
ALAN GLANZER	08 16	DORIS SCHACHTER	08 29

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**BEST WISHES TO OUR AUGUST BIRTHDAYS AND ANNIVERSARIES**

**AUGUST BIRTHDAYS**

|                  |                 |                      |
|------------------|-----------------|----------------------|
| ALLEN ALBERT     | HENRIETTA LEVIT | ELLEN ROSSMAN SKALKA |
| MORRIS ROTHSTEIN | AL MURRAY       | GAYLE WEITZ          |
| ARTHUR LEVINE    | ANGELA SABBAS   |                      |

**AUGUST ANNIVERSARIES**

AMY AND LARRY ROSSMAN                                 ARTHUR AND FRANCES YALON

THE CONGREGATION EXTENDS SYMPATHY TO THE SABBAS FAMILY  
ON THE LOSS OF ANGELA'S MOTHER



**Gutterman's**  
FUNERAL DIRECTORS SINCE 1892           INC

*One of The Largest Family Owned & Operated Jewish Funeral Homes  
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                          WOODBURY, L. I.: 8000 JERCHO TPKE 516 921 5757  
                          BROOKLYN: 1283 Coney Island Avenue 718 284 1500

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**Arrangements for Out-of-State Burials**

*\* Of Blessed Memory*

**MONUMENTS BY GUTTERMAN'S**  
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## THANK YOU FOR YOUR CONTRIBUTIONS

ALAN MANTIS TO Herb Karen in fond memory of your beloved brother, Henry Karen.

JAY STEINGER, at the yahrzeit of my father, Saul Steinger.

YAEL COPPOLINO, to the Flower Fund

HENRIETTA LEVIT, in honor of the yahrzeits of Lenny Levit and Rebecca Levit.

SUSAN BASS to wish a happy birthday and a hearty mazeltov to Muriel Levine on her 95<sup>th</sup> birthday.

GERALD N DAFFNER, ESQ., for Yizkor

THE BASS FAMILY—Susan, Lauren and Rachel—much thanks to CBI for the love and support given to all of us during the funeral and shiva following the very unexpected passing of our beloved husband and father, Mark Bass.

SONDRA BERNSTEIN, at the yahrzeit of my father, David Volin.

ROBERTA BOUER, a very special Kiddush following her rendition of the haftarah at her Bat Mitzvah, 45 years ago.

MARVIN BERNSTEIN, at the yahrzeit of my mother, Sally Bernstein.

MATILDA LOVINGER, at the yahrzeit of my brother, Samuel Herscovici.

MURIEL LEVINE, in honor of Roberta's chanting of her special haftarah.

ENID CARRUTH, at the yahrzeit of my grandfather, Harry G. Levin

MARIANNE BAKER to Herb Karen with deep sympathy at the trauma of losing a sibling, brother Hank Karen.

GLORIA KAPLAN, at the Yahrzeit of my mother in law, Dora Kaplan

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## FROM THE COMPTROLLER, MARIANNE BAKER

When I sent out the bills for the new year beginning August 1st, I carefully stapled the additional forms to the letter giving you the dates and times of the high holy day services. Please note the early return date for the Yizkor booklet (Our Book of Life). Also, do not discard the form for high holiday seats. We need to know if you plan on being at Congregation Beth Israel for those special days. You might be going to Israel or with your children elsewhere. That's fine, but not so fine for the person sitting alone in a row because we assumed you were going to sitting there, but you are somewhere else. Last year one family was upset because we assigned two seats to the couple, but they needed five—they just didn't tell us that they were bringing family. Another congregant graciously moved so that the family could sit together. Don't let this happen to you! The form is enclosed so that you can communicate your wishes and needs to us. We will bend over backwards to seat you with whom you wish to sit and give you as many seats as you request.

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**THE ANNUAL BBQ, SUNDAY, AUGUST 18, 2019**

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

**FEATURING:**

**KOSHER BURGERS AND FRANKS**

**HUMONGUS SALAD BAR WITH POACHED SALMON**

**FRUIT AND CAKES TABLE**

**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**

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**NUMBER OF RESERVATIONS**

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**PLS SEAT ME WITH**

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# Healthy You

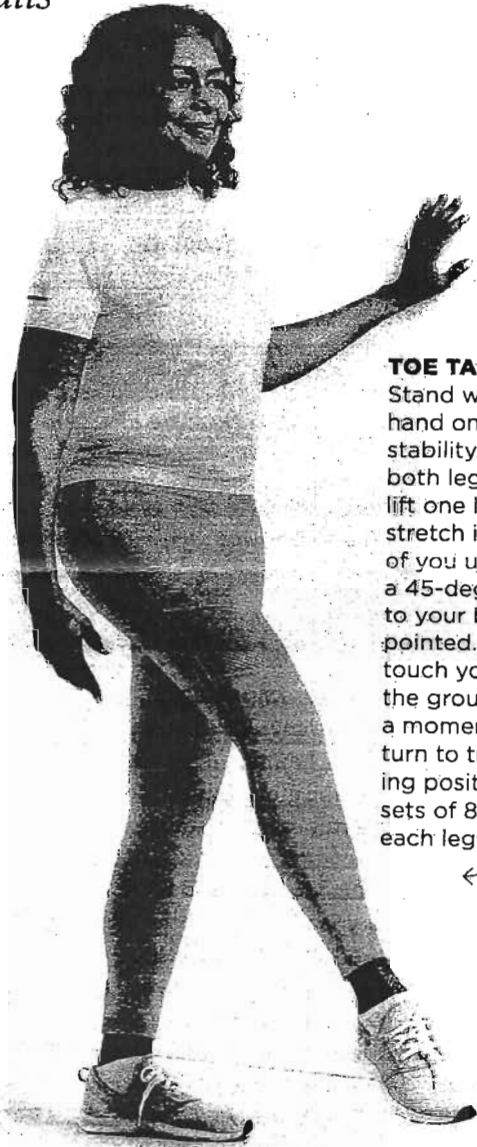
## Better Balance in Just 10 Minutes a Day

*Cut your risk of falls with these simple stability moves*

**J**UST LIKE strength, balance declines with age. And with a loss of balance comes an increased risk of injury and loss of mobility. But strength and balance training can improve your ability to stay centered and stable on your feet.

"There's a huge relationship between balance and strength," says Mary Helen Bowers, founder of New York City-based Ballet Beautiful and a professional ballerina who offers balance, strength and flexibility training.

Bowers recommends four exercises you can do in less than 10 minutes a day. "Do them three to four times a week for a few weeks and you'll notice a difference," she says.



### KNEE BENDS WITH HEEL RAISES

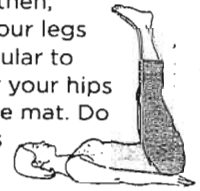
Stand with one hand on a wall for stability, your other arm at your side. Keeping your feet together and torso straight, bend your knees. Next, lift your heels off the floor as you straighten your legs and raise your free arm above your head. Hold for a moment. Perform 2 sets of 8 reps.

### TOE TAP

Stand with one hand on a wall for stability. Keeping both legs straight, lift one leg and stretch it in front of you until it's at a 45-degree angle to your body, toes pointed. Now touch your toes to the ground, hold a moment and return to the starting position. Do 2 sets of 8 reps with each leg.

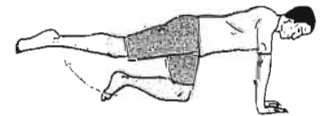
### TOES UP

Lie on your back, hands under your hips, and lift your legs straight in the air. Now pull in with your stomach to raise your hips slightly off the mat; point your toes. Hold for 2 counts; then, keeping your legs perpendicular to you, lower your hips back to the mat. Do 2 to 4 sets of 8 reps.



### ARABESQUE

Get on your hands and knees. (Use a pillow under your knees, if you wish.) Pull in your abdomen and lift your right leg straight back, keeping your abdomen tight, with your knee straight and toes pointed. Don't arch your back. Hold for a moment, then lower and repeat with your left leg. Do 2 sets of 8 reps.





# Ilana Kaufman

*Bringing together racial justice and Jewish philanthropy*

By Debra Nussbaum Cohen



**I**LANA KAUFMAN HAS SOME IMPORTANT NEWS: ONE MILLION JEWS ARE missing from population counts of American Jewry—a million Jews of color (JoCs). Kaufman, 47, is director of the San Francisco-based Jews of Color Field Building Initiative. Under Kaufman’s leadership, the initiative conducted the first-ever analysis of national and local Jewish population studies to determine the number of JoCs in the country. The study, “Counting Inconsistencies: An Analysis of American Jewish Population Studies, with a Focus on Jews of Color,” found that at least one million Jews have not been included in previous surveys. The Jewish community, like the United States in general, is growing browner. By 2044, says Kaufman, half of all Americans will be people of color. But JoCs are not participating in communal life at the level they might because they feel unwelcome, she says.

Before heading the initiative, Kaufman worked as a program officer at the San Francisco Jewish Federation and as director of public affairs and civic engagement at the city’s Jewish Community Relations Council. Prior to her career in the Jewish world, she served as an administrator and educator in middle and high schools for two decades. Along with her twin brother, David Kaufman, she was raised by their white Jewish mother in a Reform community in the Bay Area. Their African-American father wasn’t involved. This interview has been edited for brevity and clarity.

## What drew you to working in the organized Jewish community?

I thought working in the context of Jewish values would be great. I thought there would be other JoCs in the space and went in saying, “Where are my people?” When I was a program officer at the federation in 2015, I had a very hard time when young black men were being killed in the streets. I’d go from an urban setting into the federation offices and the doors would whoosh closed behind me. I felt isolated. One day, I looked out the window and saw a Black Lives Matter march walk by and I thought, “What the hell am I doing in here?” I realized I wanted to find a way to bring together racial justice and Jewish philanthropy. That was my spark.

## How do you explain racist views some white American Jews possess?

Our orientation to black-Jewish relations [during the Civil Rights

era] was as white Jews helping black people, which created a hierarchical dynamic that feeds into racism and otherness. The Jewish community has enjoyed upward mobility and, with it, some of the trappings of structural racism. Why would we escape the racism that’s part of the U.S.?

## Can you describe a time when you felt “othered” in a Jewish setting?

I experience racism all the time and try not to talk about it, but let it inform my work. I’m one of the very few people of color in these spaces. I live in a multiracial community. The only time I’m in all-white spaces is at work. People’s facility with difference outside is broader than what I experience in traditional Jewish spaces.

I had a colleague at the federation raised in a predominantly white town who went to a Jewish college who said, “You’re the first Jew of color I’ve met.” In 2017, I was hired to give a talk about diversity in the

Jewish community. A man stood up and said, “I don’t buy it. I think you’re a unicorn.” He thought I was the only JoC who exists. It happens all the time. Ignorance is hard.

## Looking ahead, how will you measure the initiative’s success?

If b’nei mitzvah students can look at clergy and Jewish role models and see reflections of themselves. I would like to see JoCs on the bimah, in classrooms, on Jewish farms. I hope our leadership reflects more racial diversity and the community around them celebrates that. What will look different is when people just give them *kavod* [honor] because they know so much Torah and not wonder *why* they know so much Torah. **H**

**Debra Nussbaum Cohen** is an award-winning journalist based in New York City. She is a columnist for the *Jewish Journal* in Los Angeles and the Jewish giving maven at *Inside Philanthropy*.

# Congregation Beth Israel presents our Third Annual SUPER RAFFLE!!!

**GRAND PRIZE - \$10,000**

**Second Prize - \$1000**

**Third, Fourth, Fifth, Six &  
Seventh PRIZE - \$500**



*\$500 will also be awarded to the congregant  
who sells the most tickets and another \$500 to the congregant who  
sells the winning ticket.*

***GREAT ODDS— ONLY 300 TICKETS TO BE SOLD!  
COST FOR EACH TICKET IS A \$100 donation to CBI***

***HURRY BEFORE THEY SELL OUT!  
YOU HAVE TO BE IN IT TO WIN IT!***

***Drawing to be held once all tickets are sold.  
Winner need not be present to win.***

---

**YES, I WANT TO WIN \$10,000!! Please contact me immediately!!**

Please reserve \_\_\_\_\_ number of tickets for me.

Name \_\_\_\_\_

Phone # \_\_\_\_\_

Please mail this to CBI at 141 Hilton Ave, Hempstead, NY 11550, ATT: SUPER RAFFLE

## MESSAGE FROM PRESIDENT PAUL SKULSKY

I believe you are entitled to know all the great new things that are happening at Beth Israel your Temple of worship and comfort. Our Rabbi is actively working helping to modernize our communication systems in order to provide a more progressive service for you; the most important part of our Temple. He is using his skills as a modern communicator to work with Roberta Bauer, a member of our Shul.

**GREAT NEWS “BETHISRAELNASSAU.ORG”** is now an **Interactive Website** and will provide all of you with an opportunity to use it to **PAY** your dues, pay for participating in events, and donate money to CBI. It will also allow non-members to make donations to CBI. We are working towards the goal of **“LIVE STREAMING OUR RELIGIOUS SERVICES AND SPECIAL EVENTS IN OUR SYNAGOGUE”**, this means that if you are unable to join us in person you will be able to go to our Website and watch either as it is happening or at a later time.

I would like to invite you to be part of this new vision, you can help by joining with us by becoming a member of one of our committees or suggesting a new committee be formed or just sending me a message suggesting changes or additions to the present committees now in practice:

1. The Ritual Committee-Chaired by Dr. Stanley Rothman,
2. The Finance Committee-Chaired by Comptroller Marianne Baker,
3. The Fund-Raising Committee-Chaired by Ronnie Lieberman,
4. The House Committee-Chaired by Vice-President Moe Rothstein,
5. The Membership and Programming Committee, Chaired by Vice-President Lynn Sevan,

We need **your ideas** and **your assistance** in any way you choose to provide it, each of these committees serve a very important role in the future of BETH ISRAEL and you will be an influential part of it.

As you know by now, Executive Vice-President, Dr. Richard Krauss is overseeing the sale of Raffle tickets which is the biggest fund raiser of your Temple, he needs your help in selling and buying them. I am sure you all buy Lottery Tickets; the odds of winning are about **one in 150 million**, the odds of winning our Raffle are **one in 300**. A far better investment, and it is a tax deductible one as well. Please call me on my cell with your **IDEAS AND SUGGESTIONS 516-808-3834**, EMAIL: [RESOURCES653@GMAIL.COM](mailto:RESOURCES653@GMAIL.COM)  
I wish you all a **HEALTHY AND HAPPY SUMMER SEE YOU IN SHUL!**

Congregation Beth Israel

# ANNUAL CHINESE AUCTION



**MULTI-COURSE LUNCHEON  
CATERED  
BY WING WAN**



**Sunday, September 8  
at 1:00PM**

**Bring a gift worth \$20 or more.**

**Must be new or in excellent condition and be dropped  
off at CBI prior to September 8.**

**Antiques, Artwork, Jewelry, Clothing, Restaurant  
Gift Certificates and much, much more.**

**Members and Non-Members \$22.00 per person**

**\*\*Nobody will be admitted without Advance Reservations!\*\***

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Mail checks to Congregation Beth Israel, 141 Hilton Ave, Hempstead, NY 11550

NAME \_\_\_\_\_

NUMBER OF RESERVATIONS \_\_\_\_\_

AMOUNT ENCLOSED \_\_\_\_\_

For more information contact Ellen Rothman 516 364-0194  
or Ronnie Leibman 516 781-8630