

Rabbi's Column: Tikkun Olam

President's Letter - Spring! Spring! Spring!

The 2022 Michelle Cohn Sisterhood Scholarship Essay

WOTY Save-the-Date and More

New Member Spotlightl

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Tikkun Olam

The Passover Seder is a central practice of Judaism. Even today, among the most secular of Jews, Passover Seders reign supreme as the Jewish experience, sometimes beating out Yom Kippur.

And there is good reason for this! We must not forget how the Exodus story continues to reverberate in the reality of anti-Semitism, where Pharaoh's suspicions are still spoken out loud; in modern day slavery, in which we experience the trafficking of human beings; in the lives of immigrants and refugees who, just as our ancestors, flee violence and persecution in other lands.

On the second Seder night, we begin a sacred counting: the Omer. We begin to count the 50 days that lead from freedom at shore of the Sea of Reeds to the moment we received the Torah from Moses on Mount Sinai. At this point, we celebrate the holiday of

Shavuot. Traditionally, each day we say a blessing and count one more day. This practice offers us time to reflect on what it means to be free.

At Mount Sinai, we received our mission. It was not enough just to escape Pharaoh, and then flee into the wild. Freedom is not about "everything goes." Freedom is about becoming our own masters, and this requires us to assume responsibilities, to enter into covenants, to form relationships. The Seder marks the beginning of our journey as a free people, but it does not celebrate any milestones we achieved as a free people.

Once each year, we commemorate the moment when we assumed responsibility for the freedom we've been given, the moment when we accepted the Torah. On Shavuot, it's time to again to recommit ourselves to the covenant we have with each other, with the larger communities of which we are part, with our people as a whole, with the human race, and with the

natural world in which we live. Acceptance of the Torah involves all these relationships.

Shavuot is a time to decide on the actions we will take as a free people. There are Jewish organizations which focus on Tikkun Olam, repairing the world, with skill, dedication, and success. T'ruah, HIAS, American Jewish World Service, Leket, the Israel Democracy Institute, are just a few that deserve our support. Here, in Flemington, New Jersey, local charities and advocacy groups, like Family Promise and HIOC, do their important work, and need our involvement.

Every evening over the next seven weeks, we are commanded to "count the Omer," to mark each day we journey from the end of physical bondage to a fuller realization of our mission here on earth. As we count, let us consider: how will we live up to our responsibilities as free people?

RABBI

Good things are happening...



IN OUR WORLD

'Artificial Pancreas' is revolutionizing

Diabetes Treatment (UK)

IN OUR COUNTRY
Florida teen accepted. to 27 colleges
including Harvard, MIT, gets. \$4M in
scholarship offers

IN OUR STATE

Couple finds large pearl worth thousands after ordering on 34th anniversary with favorite restaurant

President's Letter

"Spring, spring! Bytuene Mershe ant Averil, when spray biginneth to spring! When shaws be sheene and swards full fayre, and leaves both large and longe! When the hounds of spring are on winter's traces, in the spring time, the only pretty ring time, when the birds do sing, hey-ding-a-ding ding, cuckoo, jug-jug, pu-wee, ta-witta-woo! - George Orwell

Springtime arrived and with it a flurry of activity. In various forms, springtime is evident everywhere: car pool activity picks up due to spring sports, people are out taking walks to get in their 10,000 steps, there is a burst of growth of spring flowering bulbs, birds are furiously preparing their nests, my bad back will attest to the amount of effort put into the pre-Pesach spring cleaning. And, most important -- the FJCC calendar is full of fun and exciting events for members of all ages and interests!

In April, our staff, committees, and members prepared a host of interesting events, specifically for you. Hopefully you attended one of our recent activities ... a Zoom session with the translator of the book "Passages" ... or our Post Passover Pizza Party ... or the teen's Shark Tank product promotions ... or the presentation on Modern Day Slavery ... or the Yom HaShoah commemoration ... or the Lunch and Learn by Nancy Rumore on life's transitions ... or baking challah with the Challah Prince ... or playing mah jong and bridge ... or listening to our visiting storyteller spin a tale ... or learning about the weekly parsha with Rabbi Cohen. On behalf of the entire congregation, I want to thank all our organizers for thinking of great ideas and planning great programs for us to enjoy. April was a very active month here at the FJCC.

The month of May promises to be even more exciting – is that possible? Check out the FJCC calendar on our new online portal for a list of upcoming social events, educational opportunities and dinners. They are all listed here:

https://flemingtonjcc.shulcloud.com/calendar

The first day of May coincides with the celebration of Rosh Chodesh Iyyar. Then, we'll continue that week with the celebration of Yom Ha'atzmaut (Israel Independence Day) with a presentation about the Israel Ride and the Arava Institute. Next, the Movie Club will discuss the very funny film, Frisco Kid. Three big not-to-be-missed events follow: 1) a visit by comedy-writer, Alan Zweibel, who is sure to be entertaining, 2) It's a Wrap Shabbat Dinner, celebrating our Gimel and Dalet students at the culmination of the Hebrew School year, and 3) the announcement and crowning of our well-deserved Woman of the Year! Please join us!

Sharon Rednor FJCC President

BAR MITZVAH CORNER JACOB SPERLING

It's with great joy that we welcome the congregation in joining us as Jacob Asa Sperling becomes a Bar Mitzvah on May 14, 2022.

He has juggled many competing priorities on the road to this great achievement including training and playing competitive soccer and volleyball, maintaining his grades, and playing the trumpet in the school band. He has been a great role model for his three younger brothers, Zachary, Joshua, and Aaron and has set the bar for the family, displaying determination and commitment as he studies and practices for this important Jewish milestone.

Jacob's Bar Mitzvah project is a reflection of his empathetic nature. Jacob will be working to clean and maintain the headstones for Veterans and others who no longer have family to honor their legacy. We are incredibly proud of the boy he is and the man we know he will become. All are welcome to celebrate his Bar Mitzvah on May 14th and the luncheon to follow.

HEBREW SCHOOL

Last month we had the Passover Model Seder, led by Rabbi Cohen, on Zoom. It was nice to see so many students present. The students know their Passover blessings, the Four Questions and Chad Gad Ya.

Join us as we wrap up the year with sandwich wraps, pizza bagels and donuts. The Gimel and Dalet students are preparing to lead service on May 20th. All classes will meet the week of May 22nd. Summer break begins the week of May 29th.

2022-2023 Schedule

	Sunday	Wednesday	Thursday
Alef-Bet	9:00 - 11:30		
Gimel	9:00 - 11:30		
Dalet	9:00 - 11:30	4:30 - 6:15	
Hay	9:00 - 11:30	4:30 - 6:15	
Vav	9:00 - 11:30	4:30 - 6:15	
7th Grade		4:45 - 6:15	
Hebrew High			6:00 - 7:15

FJCC Hebrew School students package up 237 lbs. of food for the Flemington Food Pantry. Jake Walsh and Lil Red Gofor deliver food for the 18th year in a row!



Contributions

General Fund

<u>Loren Hurwitz & Florence Hurwitz Friedman</u> - in honor of David & Carolyn Goldman on the birth of your grandchild

Fredrick & Melissa Kleiman

in honor of Debbie Pierce; in memory of your beloved father-in-law

in honor of Rich Pierce; in memory of your beloved father

in honor of Jeremy Silberman; in memory of your father, Paul Silberman

in honor of Sue & Rick Rothstein; in memory of Minnie Arowitz

Marsha & Zel Gerstein

in honor of Monica Gort on the engagement of Ariel to Scott

in honor of Howard Spinowitz; in memory of your beloved father, Harvey

in honor of Jeremy Silberman; in memory of your father, Paul

in honor of Jerry Atlas; refuah shalemah and a speedy recovery

mazel tov to Jerry Atlas in honor of your birthday, Jerry!

mazel tov to Caroloyn & David Goldman on the birth of your grandson, Samuel

Elizabeth Lowe

in honor of Carolyn & David Goldman on the birth of your grandson, Evan Samuel

Barbara & Mitch Clarin

in honor of Jerry Silberman; in memory of your beloved father, Paul

in honor of Howard Spinowitz; in memory of your beloved father, Harvey

<u>Frederick & Suzanne Rothstein</u> - in honor of Lois Butt - Get Well wishes from Sue & Rick Rothstein

<u>Ellen Teitelbaum</u> - mazel tov to Carolyn & David Goldman for the birth of your grandson

Kiddush / Oneg Fund

Bruce Moskovitz & John Fellin - in memory of Harvey Spinowitz, beloved father of Howard Spinowitz

<u>Carolyn & David Goldman</u> - in honor of Stephanie & Dan for the birth of their son Evan Samuel

Deborah & Steve Kesselhaut

mazel tov to Carolyn & David Goldman in honor of the birth of your grandson Evan Samuel

in memory of Harvey Spinowitz, beloved father of Howard Spinowitz

<u>Jane & Eric Wasserman</u> - mazel tov to Carolyn & David Goldman on the birth of your grandson

Rabbi's Discretionary Fund

Jerry & Linda Atlas

in memory of Barbara Palter, beloved cousin of Jerry Atlas

in memory of Jack Cohen, beloved father of Ilyssa Fox, father-in-law to Steve Fox, and Papa to Bradley and Emily Fox

<u>Barry & Kimi Mittler</u> - for the yahrzeit of Sylvia Mittler

<u>Julius Kawarsky & Alexander Soto</u> - in memory of my father, Irvin Kalman Kawarsky

Apologies to Ms. Marilyn Dvoor for the misprint in last month's Contributions. Here is the corrected dedication:

Building Fund

Marilyn Dvoor

in memory of William Treuhaft, beloved cousin of Marilyn Dvoor

in memory of Jack Kogan, beloved father of



Note from the Editor

Those making contributions in honor of a congregant or deceased member of the community...please be sure to list the honoree and/or the deceased with first and last name.

Thank you.

This Month in Jewish History

May is Jewish American Heritage Month

Did you know there was an entire month dedicated to Jewish American Heritage?

The proclamation was first made by President George W. Bush in April of 2006, in cooperation with Sen. Arlen Specter, the <u>Jewish Museum of Florida</u> and the South Florida Jewish Community. Presidents Obama, Trump and Biden have continued to celebrate it with receptions at the White House every year in May.

The celebration came as a result of the Jewish Museum of South Florida and the South Florida Jewish Community coming together to celebrate the accomplishments of American Jews over our 350-year history. Congress issued a <u>House Concurrent Resolution 315</u> stating: "Resolved...that Congress urges the President to issue each year a proclamation calling on State and local governments and the people of the United States to observe an American Jewish History Month with appropriate programs, ceremonies, and activities."

The Jewish American Heritage Month (or JAHM) "enables the exploration of the meaning of religious pluralism, cultural diversity, and participation in American civic culture," according to the group's mission statement. There are several resources and events throughout the month of May...

- A website that touts the accomplishments of American Jews and can be found on <u>jewishheritagemonth.gov</u>. Organizers include The Library of Congress, National Archives and Records Administration, National Endowment for the Humanities, National Gallery of Art, National Park Service and United States Holocaust Memorial Museum.
- In 2020, due to the pandemic, the National Museum of American Jewish History (in Philadelphia) pivoted to a fully online resource and program with the launch of their website, which supported more than 50 organizations around the country. The result of that effort can be found at https://theweitzman.org/jewish-american-heritage-month/
- Additionally, many Jewish organizations hold Jewish Heritage Week lectures. <u>ReformJudaism.org</u> has a list of suggestions on how to celebrate the month, which starts on May 1 and runs until May 31.

For more resources and information, visit these sites, which were also source for this piece:

- Wikipedia Jewish American Heritage Month
- Jewish American Heritage Month website
- From Reform Judaism website: Ways to Celebrate Jewish American Heritage Month

The 2022

Michelle Cohn Sisterhood Scholarship Award

Why I am a Jew

Jason Gertzman

Judaism incorporates many things about me. Both my parents are Jewish, and my ancestors are Jewish, but this is not the only reason. I am Jewish internally and externally. I know what Jewish values are, and I also appreciate them. For example, I have always valued volunteering. For many years, I was an active volunteer at Independence Manor. I liked what I was doing. I spent a summer volunteering at the Flemington Food Pantry. In addition, I volunteer for various organizations now and then, such as United Way, and Spring Reins of Life, just to name two. I not only understand the purpose of volunteering, but I also enjoy it. Tzedakah is a mitzvah, a good deed. This has always been important in Judaism, as helping others is the right thing to do.

In addition, I understand the value of Tikkun Olam. Tikkun Olam means repairing the world. I understand how working together with my fellow human beings would make the world a better place and help society as a whole. I wish this was how the world functions, but it is not. When it is, I will be ready.

I am proud and understand my Jewish heritage. Our ancestors have continued our culture regardless of their struggles. They continued to practice the religion even when persecution arose. We have always found ways to observe our traditions. During the holocaust, Jews still found ways to celebrate holidays and observe traditions. Even though we haven't been persecuted recently, we found ways to observe our traditions in a present-day struggle, the coronavirus. We still made it so we could be together... sort of. We used Zoom for Shabbat and holidays. Even Zoom High Holidays! We got together in person when we could, and still found ways to do what we have always done: observe our traditions. I was a part of this by logging on to Zoom, and coming in-person to make minyan, and make sure our traditions are intact. I am proud to be a part of another example in the history of Jews continuing to observe traditions during struggles.

Even when there isn't a pandemic, I still come to services to help make sure there is a minyan. I teach Hebrew School to help make sure the younger generation carries on our traditions and knowledge. I celebrate Jewish holidays to commemorate the traditions of our ancestors. I am sure to not miss those holidays. I come to services during the holidays as well to observe these traditions with my community and, again, to make a minyan. We need to keep observing our traditions.

The FJCC Youth Group helps with observing our traditions. We run events that make younger kids enthusiastic about them. We make sure they learn traditions while having fun. Unfortunately, we went without a youth group for too long. I wanted to make sure we had one intact and functional. I will continue to make sure the youth group thrives so we can continue to ignite a community among our younger peers. I am a Jew because I value traditions, Tikkun Olam, and Mitzvot.

Hard deadline to RSVP is May 10, no exceptions

JOIN US TO CELEBRATE AT THE FLEMINGTON JEWISH COMMUNITY CENTER THE 2022 SUNDAY, MAY 22 5-7 PM RSVP BY MAY 10TH! SISTERHOOD - \$50PP JR. SISTERHOOD* - \$25PP

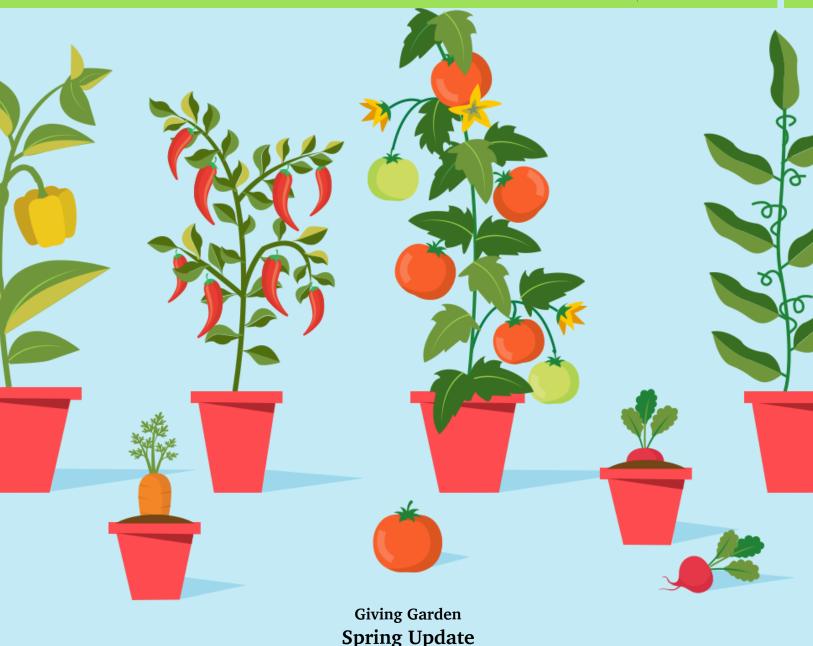
Click to Register

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Although Mother Nature may not yet be working toward a fabulous summer of vegetable growing, we at the FJCC Giving Garden have been. April was a month of planting – in the Nursery School classrooms and in the homes of volunteers. And we've even planted bean and pea seeds along the garden fence. This is something we've never done before and are hoping for excellent results. Early May the middle and high schoolers will prepare the garden beds by turning the soil and getting rid of the few sneaky weeds that found a home there during this long cold spring. And end of May the Nursery School students will plant their plants which are presently looking quite lovely in colorfully decorated cups.

We have a new compost bin and, with the help of new member Glenn Gold, will soon have installed a large compost system behind the dumpster. It will be easier than ever to deposit your kitchen scraps and help us create nutrient-dense soil that will be used to grow even more food for the Flemington Food Pantry, not to mention putting less in landfills!!! So please, bring over your compostable kitchen and gardening scraps.

Join the awesome crew of waterers and food deliverers. You'll be paid handsomely - smiles and that incredible feeling in your soul that you've helped those in need!!! (Community service credit as well.) Contact Pam or the FJCC office to get involved.

For our Mon-Goddesses!

Green Goddess Spring Salad Prep time 10 mins Cook time 5 mins Total time 15 mins

Author: Teffy Perk

Recipe type: Salad, Main, Healthy

Cuisine: Vegan, Vegetarian

Serves: 4

Ingredients

Salad Dressing

- 1 avocado, pitted and flesh scooped
- 1 lime, juiced
- 2 tablespoon light tahini
 2 tablespoon olive oil
 Large handful fresh basil
- 1 teaspoon miso pasteSalt & pepper, to taste
- Water, to thin

Salad Greens

- 2 heads butterhead lettuce
- 1 head of broccoli, chopped into florets
- 1 cup fresh green peas (can also use frozen)
- 1 beetroot, peeled
- 2 tablespoons sesame seeds



mage: Perk, Teffy. "Green Goddess Spring Salad." Sprinkle of Green, Https://Www.sprinkleofgreen.com/Green-Goddess-Spring-Salad-

Honor mom with this delicious, fresh and healthy Green Goddess Spring Salad

- 2 tablespoons pumpkin seeds
- · Handful sprouts

Instructions

For the dressing

- Simply whizz all the ingredients together in a lil' food processor or blender, or mash the avocado by hand and stir in the remaining ingredients.
- Set aside while you prepare the salad. For the greens
- Prepare the fresh peas by boiling in a pot of salted water for 5-8 minutes, and add the broccoli for the final 3 minutes.
 They're done when tender and bright green - drain and place into a large bowl with ice and water to stop the cooking.

Remove and discard outer leaves of the butterhead lettuce. Chop remaining leaves into bitesize pieces, rinse and dry (I use a salad spinner). Set aside in a large bowl.

Chop your beet in thin slices, with either a mandolin or a good knife - be careful with your fingers! Place in the bowl with the lettuce.

Drain the peas and broccoli and add to the large bowl with the other salad ingredients and dressing.

Toss together with the salad until every.single.leaf is coated in its glorious creaminess.

 $Perk, Teffy. \ "Green Goddess Spring Salad." \ Sprinkle of Green, Https://Www.sprinkle of green.com/Green-Goddess Spring Salad-Healthy-Fresh Sal$

challah at Me, Bro!

For those who were able to join our Challah Prince presentation, you already know the secret in the sauce, so-to-speak. If you weren't able to join, here's your chance to make your own Challah-at-Home! Click the image below...



MEMBER SPOTLIGHT



Get to Know Your Fellow FJCC

There have been a number of new members/families that have joined FJCC over the past couple years, some even joined shortly before the COVID Shutdown, giving us minimal face to face opportunity to get to do a meet and greet. Over the next few months we'll use this column to introduce them.

Introducing Marce Zuchoviki!

Marce is the CEO of Jalima Aranis, a CFO/Bookkeeping practice providing outsource services to small and medium size companies; and a strategic Management Company, Jalima & Associates, helping medium to large organizations/companies work better in different environments or cultures.

Marce is fluent in five languages – having lived many places in her life. She was born in Argentina, grew up in Mexico, lived in the USA, Portugal and Spain and circled back to the USA in 1992 and, in her own words, "became a proud American in 2000." Marce's mom, from Austria, was a survivor of the Holocaust. Her Dad was born in Argentina after his parents escaped the pogroms in Byelorussia, in a shtetl called Baranowich.

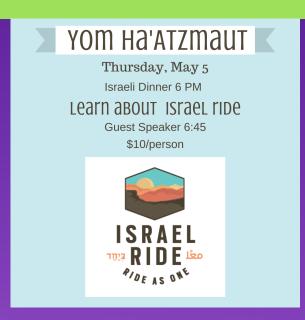
When not working, Marce enjoys swimming, playing tennis, hiking, and biking on flat surfaces (LOL). Wherever Marce is, her beautiful 3-year-old service dog, Yofi, is never far. *Welcome to the FJCC Marce!*



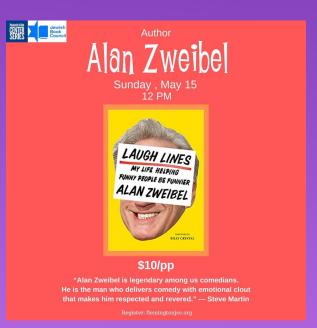
Wraps Pizza Bagels &

May 10th

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Please be sure to check your email & the FJCC website for cancellations due to Covid or inclement weather.



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THURSDAYS-7:30 PM \$2/pp/session includes snacks

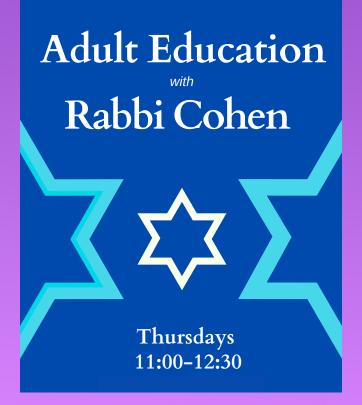
BEGINNERS ARE WELCOME!



Members can bring friends Light snacks served



Contact Karen Walsh: kwalsh@flemingtonjcc.org Susan Kamich: suecolts@gmail.com







FARMLAND RIDE

DISCOVER THE BEAUTIES OF HUNTERDON COUNTY ON THE FJCC'S 5th ANNUAL FARMLAND BICYCLE TOUR

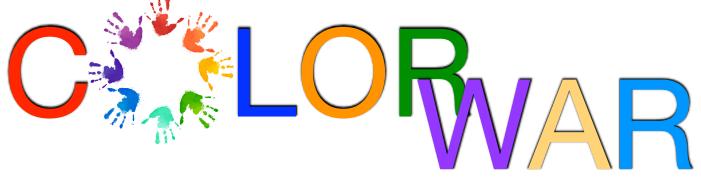
Hunterdon County, one of the most beautiful counties in NJ, will again be the destination for bicycle enthusiasts from casual riders to those who prefer the challenges of a longer ride in the Flemington Jewish Community Center's ("FJCC") 5th annual Farmland Ride on Sunday, June 12th. Starting at the FJCC in Flemington, NJ, riders will enjoy some of the most beautiful vistas Hunterdon County has to offer, whether they choose a 15-mile ride along moderate rolling hills, a 30-mile hiller and more difficult ride, or a 62-mile (metric century) challenging ride along well-marked routes with Sourland Cycles providing Tech support. SAG support will be offered.

In addition to the rest stops, stocked with Hammer Nutrition products and high-energy snacks, participants will enjoy lunch provided by the highly acclaimed Blue Fish Grill of Flemington. Registration is open through the day of the event, but only riders registering prior to May 15th will receive an event T-shirt.

Register on-line at www.bikereg.com/farmland-ride. Bicycle helmets are required for this ride.

Businesses interested in appearing as an event supporter (with name and logo on the event T-shirt) can contact **Dena Scibilia at Farmlandride@gmail.com**.





The Youth Group hosted another fun and exciting event for all with a Color War!

Enjoy images from the event on this beautiful Sunday on shul grounds...







BIRTHDAYS

Dr. Stephen Rogow
2
Ms. Connie Mitchko
2
Mrs Helen Pollack
5
Mrs Marian Daniels
9
Mrs. Nomi Forman
9
Ms Nomi Forman
9
Reba Holley
9
Ms Jane Wasserman
10
Mrs Deborah Farber
11
Mrs. Sharon Winnick
12
Mrs Larissa Wolf
15
Mrs Carolyn Goldman

19 Mrs Gil Rosen Mrs Pamela Nemeth Mr Jonathan Weitz 22 Mona Shapiro 23 Erin Brueche Mrs. Barbara Clarin Dr. Mindy Friedman Mr. Martin Wolfson 28 Dr. Glenn Gabai Dr. Glenn Gabai 29 Marsha Goldstein Rabbi Eric Cohen Dr. Seth Rubin Mrs. Karen Walsh

ANNIVERSARIES

Amy & Jeffrey Marshall

5
Robin & Bradley Mason
11
Lisa Martin & Seymour Mondshein
13
Dale & Brian Sperling
18
Lois & Dan Gross
26
Deborah & Alan Hylton
Laurie & Harry Rapkin
27
Nomi & Jack Forman
29
Alissa & Jim Fox
Joan & Stephen Rogow
Andrea & Lawrence Wissner
30
Florence Friedman Hurwitz & Loren

Hurwitz

Heather & Ryan Goldschmitt

YAHRZEITS

1
Faye Nahama
Jerome Weiner
2
Abraham Simon
4
Herman Lefkow
Benjamin Thomas
Anita Winnick
7
Milton Frant
8
Daniel Itzcough
Orlin
Lawrence Rubin
Gertrude Seligsohn
Leo Kushnick

Irving Ort
Gale Mack Staton
11
Kenneth Neal
Kashan
Emil Neibart
12
Chaim Leaf
Louis John
Rosenbrock
13
Jo Ellen Leavitt
14
Samuel
Linsenbaum

Arlene Stern

16
Lori Ollwerther
Bernard Weiss
19
Lillian Rasp
20
Jacob Moskovitz
21
Estelle Kern
23
Sylvia Goodman
Guy Lanstrom
Sylvia Weiner
25
Anne Lubowsky
Sylvia Stolpen
27
Walter Likuski

28
David Alan Daniels
Shelley Lynn
Goldstein
Felix Huber
Victory Lonsk
Ruth Radzin
29
Goldie Goldstein
Leonard Hurwitz
30
Emma Leaf

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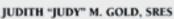
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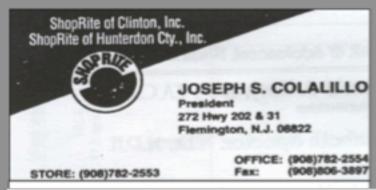




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Fellow, American College of Allergy, Asthma and Immunology

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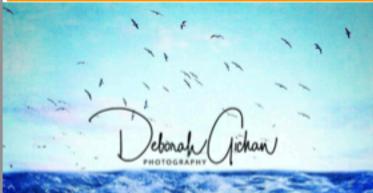
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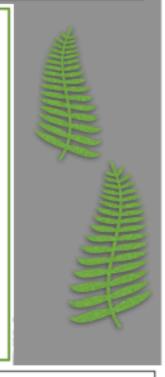




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