

Lakeland
Hills
Jewish
Center



Gazette

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Shavuot/Summer 2003

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The Heart of a Volunteer

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There is nothing stronger than the heart of a volunteer - especially a volunteer at Lakeland Hills Jewish Center. They have "day jobs", families and other interests. Yet they manage to give a piece of their heart. They have silent missions to give support, expertise and most importantly, time, which we know is a very precious commodity. I love these people. I support them in their endeavors. Let's deal with those I've worked most closely with this last month.

Marilyn Oppenheimer is our first Vice President. She oversees her committees and is always ready to step in when needed. "NO" doesn't seem to be in her vocabulary and I thank her for that. She even listens to me when I'm having a "melt-down".

Gary Oppenheimer, the editor of this Gazette, the M.C. of our wine tasting and our all around publicity guy, has been busy this year getting the word out. We are here - and now folks are able to find us, thanks to our newly revamped website. Thank you Gary!

Penny Safane seems to have unending energy. She oversees her committees and initiates fundraising activities. She is truly an asset to LHJC.

Cliff Safane contributes much in the way of wisdom on the Board. As Past President has truly has "been there and done that". His advice is always helpful.

Robin Abrett brought us into the 21st century by putting our financials on QuickBooks. Her efforts are to be commended.

Bernie Baron has been a steady force on the Board. His input has been invaluable.

Marilyn Judovin calmly gives her report every month and helps the Board keep everything organized. Marilyn - we couldn't have done anything without you!

Jason Okin has been doing Community Relations for a number of years. It is because of Jason that we are able to participate with other houses of worship in making our community a better place. Jason has had a dual role as Trustee and we shall miss him as he steps down from the Board next year.

Aharon Steinberg returned to the Board as a Trustee and has often times been the voice of reason that we can all count on. The Board welcomes Aharon back to the Board next year as Treasurer.

Mark Stiel has been our bereavement Chairperson and our Trustee. He shall return to the Board next year as 2nd Vice President. Many of you may know that I affectionately call him "Trouble", however, in reality, he is the opposite.

Lori Steele has provided ongoing support in her positions as Hebrew School Chairperson and Recording Secretary. Taking the minutes at the Board meetings and typing them up is often an exercise in frustration but Lori has done a tremendous job. Although she is stepping down from the Board, we all owe her a vote of thanks.

cont. on page 2.

“The Heart of a Volunteer” (cont.)

Steve does everything! You know who we are talking about – **Steve Rikon** – The quiet behind the scenes type of worker who sees all our little building maintenance issues and tackles them one by one. Thank you Steve!

Richard Nadler is one among us who can truly lead services. His voice is a pleasure to listen to. He is also the one we send our memorial plaque requests to. Our Temple is blessed to have Richard as Religious Services Chair. It is with pleasure that we welcome him back to the Board next year.

Eileen Kirschbrown has been doing a marvelous job with reminding us about our onegs. Eileen is stepping up to the Board as Recording Secretary next year. We are thrilled to have her.

Finally we are down to “**only Orly**”. Thanks to Orly the phone squad is running and the Tree of Life is growing. How appropriate that Orly heads up Sunshine. Her sunny personality, enthusiasm and energy are like a breath of fresh air.

Cheryl Kiviat – You thought I forgot you? You thought you could sit quietly in a room and not volunteer? It was a beautiful thing to see you on the Board. I could see all the thought processes going on in your head but, in the end, logic fell away and you joined the rest of us. Thank you.

These are great people doing uncommonly good things. They care, they give and they nurture our Temple and guide it.

In parting, I would like to share a quote I came upon:

“To give but not to share, the gift without the giver is bare.” If you pass one of our Temple gift givers at services, give them a hug or a word of thanks. I know I will.

To all my “temple family”

Anita and Larry Holtzberg

As a belated New Years gift, I thought this would be an appropriate time to write something I been asked to do for a very long time... so here it is.

Please forgive me if I refer to LHJC in comparison to my children. In essence that is how I feel towards our temple - that being the move of a mother and child.

LHJC was conceived as a thought on our dining room table during Rosh Hashanah dinner in the fall of 1970.

Seven months prior, Larry and I had moved to Ringwood, much for the same reasons young couples still come to our area. Good value for the price of a home, the beauty, sale, good schools, plenty for the kids to do and a nice place to live.

Marc was born that September. With Larry being a pharmacist, once of the first couples to befriend us was Marvin and Audrey Gastman. Marvin was one of the only two doctors in town. Audrey had three small boys at the same time and would tell us horrible stories of the lack of car pools and how difficult it was to go wither “over the mountain” to Oakland or behind school busses on Ringwood Ave. to get her kids from our area to Hebrew school in Pompton. Some things never change.

After the conversation went around the table a few times, we really started to get excited. Why not? The seed was planted! And so we sent forth on our mission. Buena Vista Dr. had a nickname of Mt. Sinai since 4 Jewish families lived on the hill. In order from the bottom, Seymour and Lee Feigan, Norman and Sandy Cohen, Larry and Anita Holtzberg, and Sid and Kathy Kleinman. To this, add Marvin and Audrey Gastman, and a family my dad had introduced us to (they did business together) Jules and Carolee Mendelson. This made the original six families. It is not difficult to figure out that the Mendelsons and Holtzbergs were the only remaining of the six. Now it is just us.

“To All my Temple Family” (cont.)

Marvin went through his patient files and Larry went through the prescription files (we owned Skyline pharmacy at the time) and together we sat and made a list of “who knew who was Jewish or what names sounded Jewish. Carolee went through the sales office of some builder’s lists for more names.

Within a few months we had formed a list of 36 families. We had several meetings but now were ready for the Big ONE. It was held at the Feigans home. The house is now Toli and Polinas home, past members, on the corner of Hilltop and Buena Vista Dr.

Now, what to call our synagogue? That question went around the room many times. Finally, Allan Ostrow stood up and said “How about Lakeland Hills Jewish Center?” Yes, we all agreed, we liked it. So LHJC had its “Baby Naming”. Next was where? One of Marvin’s patients was Father Angelis DeMarco of St. Catherine’s in Ringwood. What exactly took place here I am not quite sure, but the basement of the Friary became our first home. I guess even by our existence we were already starting our ecumenical goal.

Purim 1971 was our first Friday night service. H. B. Chester, then known as Howie, built us an ark. Marvin and Audrey donated the first ark cover, and table cover in memory of his mother. The feeling that filled the room that night was of sheer pleasure and great accomplishment.

Quite often, Father Angeles would come down and share our oneg Shabbat. One time, he was our “Guest Rabbi”.

From time to time, we would contact United Synagogue for guest rabbis. They sent rabbi Rothman to help celebrate our first service. On a regular basis, Marvin Gastman, Norma, Cohen, Jules Mendelson, H.B. Chester or anyone capable of doing so, conducted services. We stayed at St. Catherine’s though the first winter of the oil crisis (remember those long lines?) We left because the church needed every room. Even the Jews of Ringwood had to wander. This time to Carltondale Rd. to be taken in by Ben Frauman’s predecessor, Rev. Ron Stewart. Late in 1975, Jules and I formed a search committee to look for

available as well as affordable property to build out “shul”.

During the cold winter months of 1975-1976, with me being quite pregnant, Jules and I schlepped through property adjacent to the cemetery on Ringwood Ave, a house on Skylands Rd, property in Stonetown, and land between the Pancake House and Krausers (corner of Ringwood Ave. and Skyline Lake Dr.)

Jules finally heard about a piece of property on the corner of Cannonball Rd and Conklintown Rd, owned by builder Jack Levkowitz. This was perfect! Little by little, the pieces fell into place. Temple, property, and the desire to build us a “shul”. Buddy Klugman arranged the financing. We floated bonds among ourselves and so breaking ground began.

Deb was born on March 11, 1976. Her baby naming was one of the last official ceremonies held at the Community Church. LHJC was dedicated the week before Rosh Hashanah in 1976, with ribbon cutting, press, Congressman, town, county and state officials and all.

We were all so very proud. Finally, a “home” of our own. It really resembled a one-room schoolhouse. Would you believe, the original temple only went to the columns. The bathroom and kitchen remained the same, and the hall and storeroom was the classroom. We used folding chairs on the asphalt-tiled floors.

Within a short period of time, we realized our temple was too small and so back to the drawing board we went. Plans were drawn for the enlargement, refinancing was arranged and the structure, as you see it today, is the result. However, the folding chairs, wood paneling and the floor remained for many years. That is how it looked for Debbie’s Nat Mitzvah in May of 1989.

Barbara Sperber and Audrey Goldsten were already busy at work planning our “face lift”. The alteration was finished the night before, Jen and Carol Sheldon, mother and daughter, celebrated their B’not Mitzvah on September 16, 1989.

“To All my Temple Family” (cont.)

We might not be the biggest or the fanciest, but what we have is VERY SPECIAL – ONE ANOTHER.

Now that you know, you can understand the strong affection I have for our little “shul”. We have nurtured you and watch you grow, families coming and going, but our uniqueness of feeling like family has not changed. We have always been there for one another. I guess I feel now like the day my oldest son, Marc, went off to college or got married, except this time it’s the “parents” who are leaving the “child”. I know you have the skills, the ability and desire to continue to grow and sustain a Jewish community in this area. YOU CAN DO IT!

As the last remaining founding family, it is very difficult for us to say good-bye.

Our new address will be 8389 Marsala Way, Boynton Beach, Florida 33437, and our phone number will be 561-734-4557. Like Motel 6, “the light will always be on” for anyone to visit. G-d bless you all, be well and safe.

With much love,

Anita and Larry

National Day of Prayer Service

Jason Okun

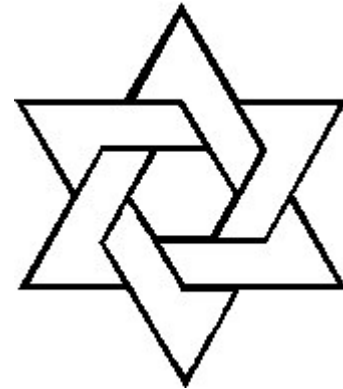
Our Lakeland Hills Jewish Center was the host congregation for the National Day of Prayer service on the evening of Thursday May 1st. This is part of a tradition of interfaith cooperation that we have with our neighbor Christian congregations in Wanaque.

Reverend Horst, Father Rocco, Reverend Bambara and Reverend DeGroat were all there in our temple with members of their churches. The interfaith service was warm and inspiring. Rabbi

Printz made it more musical by having a crash course in singing in Hebrew.

Some special thanks are due to several people who made this service enjoyable and successful. Rich Nadler edited and printed up the programs.

Debbie Schwartz took care of refreshments. Rabbi Irit Printz did an outstanding job of coordinating the entire service with the other clergy, LHJC was well represented by many of our own members.



Oneg Sponsors Needed

Please volunteer to sponsor an Oneg for any special events in your life – so that others can share the celebration with you. Contact Eileen Kirschbrown or office@lhjc.org.

Free Youth Group Membership

Just a reminder.... Lakeland Hills Jewish Center pays the membership fee for all children of active members who wish to join any youth organization sponsored by United Synagogue. The two available organizations are United Synagogue Youth (USY) and Kadima. Both are represented at Shomrei Torah in Wayne

From The Rabbi

Rabbi Irit Printz
rabbi@lhjc.org



Hello everyone,

Well, I can hardly believe it is the summer (the weather so far probably has a lot to do with my disbelief).

This is my last opportunity to communicate with you and I wanted to let you all know how much this

year has meant to me. I have been at Lakeland Hills for 10 whole months and they've gone by in the blink of an eye - and what a 10 months we have had!

We had some awesome experiences together - the High Holidays, the interfaith services, Yizkor on Shavuot. We also said a sad goodbye to the Skal-kas and the Holtzbergs - I am sure they will be sorely missed. My time at LHJC has been an amazing experience and I am so grateful to have had the opportunity to work with you all and get to know so many of you.

I am really sad to be leaving this wonderful, warm, and welcoming community.

If there has been one consistent message I hope I have conveyed through my preaching and teaching this year it is the message of tolerance, acceptance, and caring for others. Judaism has always been deeply concerned with the welfare of the least powerful members of society - the poor, the orphan, the widow, and the stranger. The Torah is particularly concerned with the welfare of the stranger, the one who is on the fringes of society, the one who doesn't fit in. This concern has not diminished over the past millennia.

However, I strongly feel that there are certain strangers the Jewish community is loath to recognize. I cannot tell you how many times I have been told that there are no problems with alcoholism in

the Jewish community, that there are no Jewish drug addicts, no Jews who suffer from poverty, no such thing as spousal or child abuse in our community, that none of our people have AIDS. None of these assumptions are true. Even in a community as small as LHJC you all know people who suffer from at least some of these problems - although you may not know of their suffering.

Jews suffer from alcoholism - but few synagogues sponsor Alcoholics Anonymous meetings which are overwhelmingly hosted and sponsored by church groups. There are many Jewish drug addicts - many of them teenagers - but almost no treatment centers that focus on a Jewish (rather than Christian) version of the twelve steps program; We don't have any fewer mentally ill, or AIDS sufferers than the larger population - but we rarely talk about them, creating a thick veil of silence and misunderstanding; we have comparable numbers of child and wife abusers - but families are often dissuaded from complaining in the name of Shalom Bayit (peace of the household). The numbers of the Jewish poor are high - especially when it comes to our older members. Many Jews go hungry - but even when we do donate food to soup kitchens we rarely think to donate kosher food.

The worst things about people who suffer from any of the above problems are the shame Jewish society imposes on them through our assumption that such things never happen to us, the silence, alienation, and loneliness we impose on people through our lack of knowledge. We often cannot do much about these issues. They will have to be slowly resolved in larger society before they can be resolved within our communities. But we can do a lot more to get the word out, to educate our own people that we are neither immune nor less likely to fall prey to these kind of problems.

We can do a lot more to let people who are suffering know that we hear their pain and are willing to be there for them. We can do a lot more to let people know they are no strangers - they are our brothers and our sisters and we will not abandon them outside of our camp any more than the ancient Israelites were willing to abandon their poor, orphans, or strangers.

It has been a privilege to work and learn in your midst. I wish you all the best of possible futures in your ongoing individual and communal journeys. May we always remember that we are one family.

From United Synagogue

The United Synagogue of Conservative Judaism, affirming the life-giving benefits of organ and tissue donation, has adopted a resolution encouraging all Jews to become enrolled as organ and tissue donors. The resolution further urges that potential donors sign and carry cards or drivers licenses attesting to their commitment of such organs and tissues, upon their death, to those in need.

According to Stephen S. Wolnek, International President of the United Synagogue, the resolution -- adopted at the organization's 1997 Biennial Convention -- is based on the premise that consideration for the health and welfare of others is at the heart of Jewish ethics. Organ and tissue donation is recognized as a life-giving act, since "the transplantation of organs and tissues is scientifically proven as a way to save the lives of persons with terminal diseases or to improve the quality of life for the blind, the deaf and others with life-threatening diseases."

The resolution goes on to state "the opportunity to ring healing and hope to an afflicted person by the family of a person who died an otherwise senseless death may provide a deep measure of comfort to [the] family." In addition, it recognizes that those in need who do not receive organ and tissue donations continue to die due to lack of consent for donation.

Given the above, and given also that the Rabbinical Assembly's Committee on Jewish Law and Standards has approved the donation of some organs, the United Synagogue has taken a strong position encouraging such donation.

According to Sarrae Crane, USCJ Director of Social Action and Public Policy, "With thousands of people on waiting lists for organs, Jewish organizations have a moral responsibility to publicize this effort."

Rabbi Jerome Epstein, USCJ Executive Vice-President, explains, "Many Jews have been reluctant to register as organ donors because of the misperception that Jewish law forbids organ donation. Nevertheless, the religious mandate to

nation. Nevertheless, the religious mandate to preserve life takes precedence over all other religious obligations."

Citing the biblical commandment "You shall not stand idly by the blood of your neighbor" (Lev. 19:16), J.B. Mazer, recently appointed chair of the United Synagogue Commission on Social Action, points out that "the life-saving impact of organ donation cannot be disputed... "The preservation of human life is obligatory, not optional."

Editors note: To learn more about organ donation in New Jersey, call (973) 379-4535 ext. 3307 or visit <http://www.sharenj.org/index.htm>

High Holiday Tickets-5764

Lakeland Hills Jewish Center is pleased to offer free tickets to all members **in good standing**. What does this mean to you and how does it work?

Members in good standing are those members who do not have an open balance with LHJC. Dues, building fund and any other outstanding fees must be paid before receiving your High Holiday tickets.

If a Temple member has a relative who does not permanently reside in their household and wishes for them to attend, guest tickets may be purchased for \$50.00 each, provided the Temple member is a member in good standing.

Guests who are not relatives of a Temple member may purchase tickets for \$100 each.

You will be receiving a High Holiday request packet shortly. Please return your request for tickets as soon as possible for processing.

Tickets are good through Rosh Hashanah and Yom Kippur. An usher will check tickets at the door. Please bring them with you each day.

Mazel Tov

Happy Birthday

6/1 Seth Miller
6/4 Jordana Okin
6/5 Penny Safane
6/5 Aharon Steinberg
6/6 Keith Holden
6/6 Kenneth Holden
6/6 Debbi Donow
6/6 Jenna Kulek
6/12 Rick Spaulding
6/13 Corey Holtzberg
6/16 Eric Whitney
6/16 Dotan Zimmerman
6/18 Jana Sperber
6/21 Brandon Steele
6/24 Jill Sperber
6/24 Shanie Zimmerman
6/25 Fred Skalka
6/27 Glenn Manjorin
6/28 Elliot Strauss
7/1 Fran Bialla
7/4 Amanda Axelrod
7/4 Rabbi Harold Markman
7/5 Matthew Donow
7/5 Susan Holden
7/5 Anita Holtzberg
7/8 Michael Kurnov
7/9 Larry Holtzberg
7/10 Rachel Wekerle
7/15 Debbie Greenspan
7/15 Sherry Schiowitz
7/16 Larry Bialla
7/17 Emma Kulek
7/22 Jobi Okin
7/22 Marilyn Oppenheimer
7/22 Jeff Sperber
7/24 Eric Holden
7/25 Connie Kohn
7/25 Liat Rosen
7/25 Debby Schweighardt
7/31 Jerry Goldstein
8/2 Roberta Janel
8/7 Leah Oppenheimer
8/8 Pam Bialla

8/13 Jules Mendelson
8/16 Steve Frey
8/16 Marilyn Judovin
8/20 Alla Kulek
8/20 Jordanna Spaulding
8/22 Jack Holden
8/22 Jake Safane
8/23 Lindsay Janel
8/27 Natalie Strauss
8/28 Jeff Bialla
8/29 Ely Kulek



Anniversaries

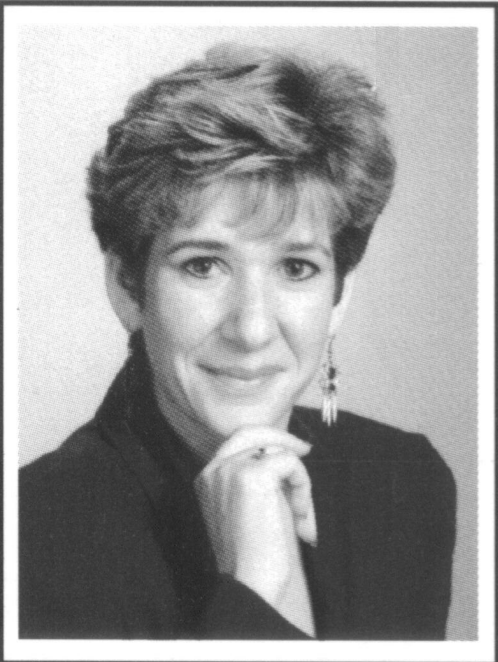
6/4 Fran and Larry Bialla
6/16 Sharon and Eric Whitney
6/27 Debbie and Tod Donow
6/27 Jerilyn and Jason Okin
7/5 Susan and Howard Holden
7/10 Roberta and Mike Janel
7/11 Connie and Saul Kohn
8/6 Ruth and Shimon Zimmerman
8/7 Anita and Larry Holtzberg
8/8 Shari and Glenn Manjorin
8/10 Orly and Aharon Steinberg
8/12 Debbie and Mike Greenspan

Congratulations!

Rebecca Feldman scored 800 on her SAT exam
Way to go!

Did we miss something special?
A birthday?
A college acceptance?
A graduation?
Your anniversary?
A Nobel Prize?

Please let us know... call Gary Oppenheimer
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Getting the Story Out

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Key to the survival and growth of LHJC is attracting new members and the LHJC web site (www.lhjc.org) continues to be the front window for the congregation to the rest of the world.

As in any PR effort, our messages need to get out through a number of different channels to reach Jewish families new to the area who are seeking a Jewish community.

A number of local, community and chamber of commerce web sites, including that West Milford (www.westmilford.org), Wanaque (www.afamilytown.org/), and Ringwood (www.ringwoodchamber.com) now link to the www.lhjc.org web site.

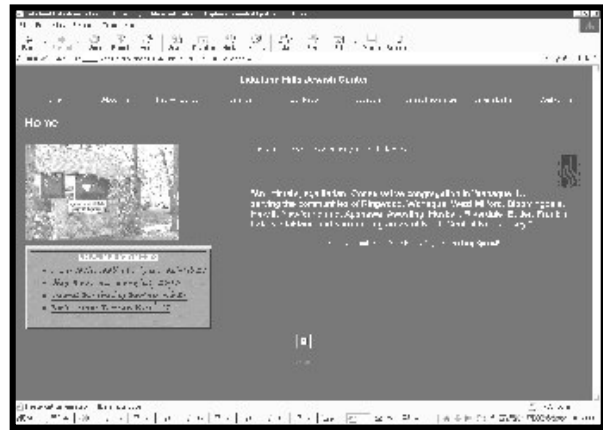
Additionally, the cable TV channels in both West Milford and Ringwood now carry repeating public service notices about LHJC, along with weekly listing for the services in a number of local newspapers.

If you have any friends in the real estate business in the area, please make sure that they know LHJC exists, and point them to this web site. Or even better, hand them an LHJC brochure or a copy of the Gazette (available in the back of the temple).

Lastly, LHJC has already received its first monies from Amazon.com for purchases made though the lhjc.org web site. If you plan to purchase any item online, check out the Amazon.com web site **by first** going to www.lhjc.org and then clicking on the Amazon.com link. Any purchase you (or anyone else entering Amazon.com from the www.lhjc.org web site) make will contribute to the revenues LHJC can earn.

Effective with this issue, the Gazette will be switching to a publication schedule that is tied to the High Holidays, Hanukah, Passover and Shavuot. Article submission deadlines will be 30 days before the issue holiday.

www.lhjc.org



Writers Block

Gary Oppenheimer

While many people define writers block as having difficulty figuring out what to write about, I find it more to be a problem of figuring out which of several possible ways I should start writing about an idea.

Living here in the Highlands of NJ surrounded by all the woods, waters and wonders, we are more aware than most, of the need to nurture and protect the environment.

Those of us who are originally from New York do not, as a rule, spend too much time thinking (or worse, talking) about cars (except to wonder why people here sometimes waste gas and increase pollution when they leave their cars running while in a store). To do so would be as out of character as a Midwestern farmer talking about the lat-

While no one can ever accuse me of being religious, one concept within Judaism, *tikun olam* or "repairing the world" rings true to me.

We are certainly not born into a perfect world, and it is likely that we'll probably leave a nearly equally imperfect world when we pass on. However, like the shop keeper who sweeps the floor every morning, knowing that by the end of the day, the floor will again be dirty from all the customers traffic, we have to assume that repairing the world helps to make our brief stay here, bet-

est restaurant fad on Broadway, or a young child talking about pensions – it just does not happen. In the case of the car talk, no one in his or her right mind should be driving in Manhattan anyway, but that is another story for another day.

So... why am I about to write about a car?

Last autumn, when I first saw an ad on the TV for a hybrid (part gas, part electric) car, I remember telling my wife that this was clearly in our future. Watching our Subaru (an otherwise fine car) slog along at 18 mpg left me panting for a more environmentally friendly car. When our 13-year-old Honda finally bit the dust, it was time to make the move, and so we did... with a new Honda hybrid car. At 50 mpg, you not only enjoy a smooth ride, you get the opportunity to wave as you pass gas stations you had to frequently visit.

The genius (or maybe magic is a better word) behind the car is an electric motor to help you accelerate, cylinders shut down as the demand for energy decreases, the gas motor shutting completely off when you stop at a red light, and the recovery of your braking energy to recharge the batteries.

Fiscal reasons to buy the car are the estimated \$500 per year that you'll save in gas, the \$2,000 tax deduction from the federal government for buying an highly efficient car, and the reduced costs of tune-ups (a car that is not idling at a red light is going to have less wear and tear). The moral reasons to buy the car is that it can, depending upon your perspective, either help repair the world, or at the very least, help you cause less damage than you otherwise would cause. The car certainly generates less exhaust emissions than other cars, but more importantly, it also uses less gas.

ter both for ourselves and those around us. At the very least, we feel better about ourselves, and it probably helps to keep us out of trouble.

How we each choose to improve the world leads us towards many avenues – some great, and some modest.

Whether you believe the claims that some of the monies we purchase gas with end up in the hands of terrorists or not, you can be sure that you will be better off with the cash in your pocket than in Exxon's. Of course you can both repair the world with the car AND repair the community by taking some of the savings and donating them to LHJC or some other local charity.

Grin

A reporter recently went to Israel to cover something emotional, positive and of human-interest -something like the man in Sarajevo who risked his life to play the cello everyday in the town square.

In Jerusalem, she heard about an old Jew who had been going to the Western Wall to pray, twice a day, everyday, for a long time. So she checked it out.

She went to the Western Wall and there he was! She watched him pray for about 45 minutes, and when he turned to leave, she approached him for an interview.

"Rebecca Smith, CNN News. Sir, could I ask how long have you been coming to the Western Wall and praying?"

"For about 50 years."

"What do you pray for?"

"For peace between the Jews and the Arabs. For all the hatred to stop. For our children to grow-up in safety and friendship."

"How do you feel after doing this for 50 years?"

"Like I'm talking to a brick wall!"

LHJC Sisterhood

Orly Steinberg
President - LHJC Sisterhood

The LHJC sisterhood has remained focused on fund raising efforts for the temple. If you are not participating in sisterhood activities, please give it a try the next time a sisterhood function is announced.

You'll have fun and LHJC will be the better for it.

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Membership

Penny Safane
memberinfo@lhjc.org

LHJC welcomes one new member, Melanie Shancey, and one renewed member, Carol Sheldon and family, to our community.

At the same time, we bid farewell to a founding family, the Holtzbergs, who are moving to Florida. The Goodbye Shabbat dinner held on May 23rd and organized by Cliff Safane was a touching tribute to the Holtzbergs. The food, catered by Petak's, was delicious, too. Thank you to all who participated in the send-off. We will miss Larry and Anita, but at least we know they won't be leaving town hungry.

Thank you to the membership committee for calling prospective members regarding joining LHJC

Philosophy 101

Contributed by Fred Skalka

A professor stood before his Philosophy 101 class and had some items in front of him. When the class began, wordlessly, he picked up a very large and empty mayonnaise jar and proceeded to fill it with golf balls. He then asked the students if the jar was full? They agreed that it was.

So the professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly. The pebbles, of course, rolled into the open spaces between the golf balls. He then asked the students again if the jar was full. They agreed it was.

The professor picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else. He then asked once more if the jar was full. The students agreed with a unanimous -- yes!

The professor then produced two cans of beer from under the table and proceeded to pour the entire contents in to the jar effectively filling the empty space between the sand. The students laughed.

"Now," the professor said, as the laughter subsided, "I want you to visualize that this jar represents your life. The golf balls are the important things -- your family, your partner, your health, your children, your friends, your favorite passions -- things that if everything else was lost and only they remained, your life would still be full."

"The pebbles are the other things that matter like your job, your house, and your car. The sand is everything else -- the small stuff! "

"If you put the sand into the jar first," he continued, "there is no room for the pebbles or the golf balls. The same goes for your life. If you spend all your time and energy on the small stuff, you will never have room for the things that are important to you. Pay attention to the things that are critical to your happiness. Play with your children. Take time to get medical checkups. Take your partner out dancing. Play another 18 holes. There will always be time to go to work, clean the house, give a dinner party and fix the disposal."

"Take care of the golf balls first -- the things that

really matter. Set your priorities. The rest is just sand."

One of the students raised her hand and inquired what the beer represented.

The professor smiled. "I'm glad you asked. It just goes to show you that no matter how full your life may seem, there's always room for a couple of beers!!!"

Hebrew School Report

Lori Steel
973-616-8778
school@lhjc.org

Hebrew school promotions were held on May 16.

We wrapped it up by spending our last class at the Wayne YMHA during their Israeli independence celebration. There, the children and their folks enjoyed Israeli food, programs, face painting and the amazing Balloon Rebbe (I loved him!!!) -- it was fun!

The children made Passover plates that were painted and glazed though Mud Pie Creations (Wayne)- this was by far the most impressive and memorable craft project yet! The mock Seder was another successful event staged by Jann and our parents... thank you Shari.

I'd like to take this opportunity to thank all my parents who pitched in and helped put on the events, run fundraisers and just supported us in mind and body. Thank you all and have a safe and peaceful summer - I'll see you again in the fall.

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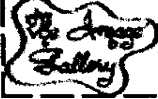
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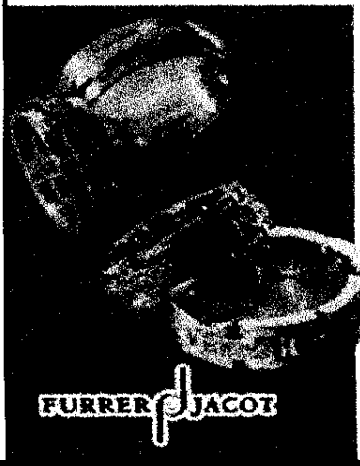
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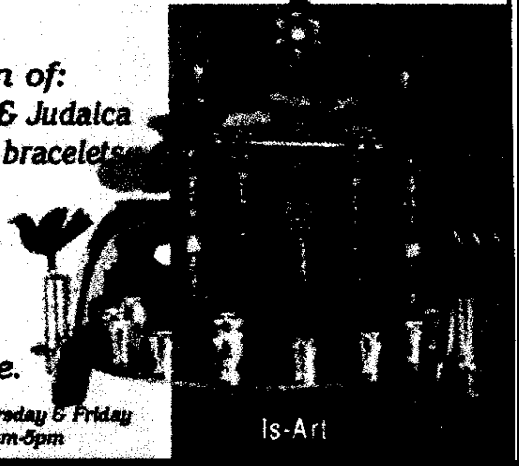


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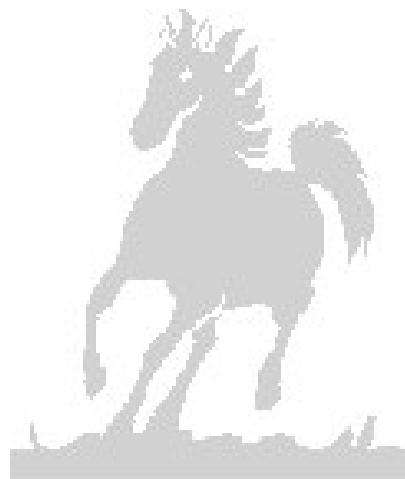
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Kosher Wine Tasting

Gary Oppenheimer



On April 12, LHJC had its second annual Kosher Wine Tasting. This years selection consisted of only Israeli wines... both white and red.

The wine tasting, or more accurately, a wine appreciation course, was taught by Kevin, a wine expert from Queen Anne Wines and Liquors in Teaneck... one of the largest kosher wine stores in NJ.

For those who have never been to a wine tasting, a group of 10 to 12 wines are sampled in pairs... allowing you to compare/contrast them. So as to keep the sobriety to a reasonable level, each table has it's own "dump bucket" ... a bowl used to dispose of the wine once it has been tasted and swished around the mouth (the idea is to sample wines... not get inebriated).

At the end of the evening, about a dozen remaining bottles were auctioned off to the highest bidders.

Along with the spirits, people attending had a variety of cheeses, crackers and grapes while enjoying live music from a professional musician on a keyboard.

We will schedule the next wine tasting in 2004 again in ample time to allow for deliveries in time for the Passover Seder.

Nu... What's so funny?

Food for Thought

As a general principle, Jewish holidays are divided between days on which you must starve and days on which you must overeat. Many Jews observe no fewer than 16 fasts throughout the Jewish year, based on the time-honored principle that even if you are sure that you are ritually purified, you definitely aren't. Though there are many feasts and fasts, there are no holidays requiring light snacking.

Note: Unlike Christians, who simply attend church on special days (e.g. Ash Wednesday), on Jewish holidays most Jews take the whole day off. This is because Jews, for historical and personal reasons, are more stressed out.

The Diet Guide to the Jewish Holidays

Rosh Hashanah -- Feast
Tzom Gedalia -- Fast
Yom Kippur -- More fasting
Sukkot -- Feast
Hashanah Rabbah -- More feasting
Simchat Torah -- Keep feasting
Month of Heshvan -- No feasts or fasts for a whole month. Get a grip on yourself.
Hanukkah -- Eat potato pancakes
Tenth of Tevet -- Do not eat potato pancakes
Tu B'Shevat -- Feast
Fast of Esther -- Fast
Purim -- Eat pastry
Passover -- Do not eat pastry
Shavuot -- Dairy feast (cheesecake, blintzes etc.)
17th of Tammuz -- Fast (definitely no cheesecake or blintzes)
Tish B'Av -- Very strict fast (don't even think about cheesecake or blintzes)
Month of Elul -- End of cycle.

Funerals...

A Presbyterian Minister, a Catholic Priest, and a Rabbi are discussing funerals and the question came up, "When you are in your casket, and

friends, family, and congregates are mourning you, what would you like to hear them say?"

The Presbyterian Minister says, "I would like to hear them say that I was a wonderful husband, a fine spiritual leader, and a great family man."

The Catholic Priest says, "I would like to hear that I was a wonderful teacher and a loyal servant of God who brought forgiveness and love to people's lives."

The Rabbi replies, "I would like to hear them say, "Look, he's moving."

Little Yossi

Little Yossi and his family were having Shabbos dinner at his Bubbie's house. Everyone was seated around the table as the food was being served. When little Yossi received his plate he started eating right away.

"Yossi wait until we say our prayer."

"I don't have to." The boy replied.

"Of course, you do," his mother insisted. "We say a prayer before eating at our house."

"That's 'our' house," Yossi explained. "But this is Bubbie's house, and she knows how to cook."

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Golden Rules

Marilyn Gurtman-Oppenheimer

First VP

As far as I'm concerned, the worst part of being a vice-president is being required to write articles for the newsletter, or any newsletter for that matter. So, I figure that my saving grace is to know when to write on my own and when to share something I found and feel is worthwhile. Credit either Dear Abby or Ann Landers – my clipping does not say which one of them it came from.

"Do unto others as you would have them do unto you." The "Golden Rule" has its equivalent in many faiths:

BRAHMANISM:

This is the sum of duty: Do naught unto others which would cause you pain if done to you. (Mmahabharata 5:1517)

BUDDHISM:

Hurt not others in ways that you yourself would find hurtful. (Udana-Varga 5:18)

CONFUCIANISM:

Surely it is the maxim of loving-kindness: Do not do unto others what you would not have them do unto you. (Analects 15:23)

TAOISM:

Regard your neighbor's gain as your own gain and your neighbor's loss as your own loss. (Tai Shang Kan Ying P'ien)

ZOROASTRIANISM:

That nature alone is good which refrains from doing unto another whatsoever is not good for itself. (Dadistan-I-dinik 94:5)

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JUDAISM:

What is hateful to you, do not to your fellowman. That is the entire law; all the rest is commentary. (Talmud Shabbat 31a)

CHRISTIANITY:

All things whatsoever ye would that man should do to you, do ye even so to them; for this is the law and the prophets. (Matthew 7:12)

ISLAM:

No one of you is a believer until he desires for his brother that which he desires for himself. (Sunnah)

Ahava

Coalition for Jewish Concerns

The Israeli company, "Ahava" has lost its entire European market due to their boycott of Israel. It's a shame...they are excellent products. If you wish to help against the boycott, when you go the drug store, grocery or department stores, take a break from your usual store brands and purchase Israeli products or Ahava directly online at www.ahava.com. (AHAVA products cost the same as the products we already purchase.)

There are many Israeli companies that are suffering terribly due to other countries and unions boycotting. We can easily help in our local areas. When you go to the supermarket, go to the international foods aisle and purchase the Israeli products in lieu of the ones you normally purchase. When you go to purchase bedding, beauty products, clothing, leathers, gems, etc....look at the packaging, ask the salesperson, look at the tags, and patronize the country that is fighting the war on terrorism for us all...ISRAEL!

Jewish Surnames

Other than aristocrats and wealthy people Jews did not get surnames in Eastern Europe until the Napoleonic years of the early 19th century. Most of the Jews from countries captured by Napoleon, Russia, Poland, and Germany were ordered to get surnames for tax purposes.

After Napoleon's defeat, many Jews dropped these names and returned to "son of" names such as: MENDELSON, JACOBSON, LEVINSON, etc.

During the so-called Emancipation, Jews were once more ordered to take surnames. In Austria The Emperor Joseph made Jews take last names in the late 1700s, Poland in 1821 and Russia in 1844. It's probable that some of our families have had last names for 175 years or less.

In France and the Anglo Saxon countries surnames went back to the 16th century. Also Sephardic Jews had surnames stretching back centuries. Spain prior to Ferdinand and Isabella was a golden spot for Jews. Isabella expelled them in the same year that Columbus left for America. The earliest American Jews were Sephardic.

In general there were Five types of names (people had to pay for their choice of names; the poor had assigned names):

1-- Names that were descriptive of the head of household:

HOCH (tall) ,
KLEIN (small),
COHEN (rabbi),
BURGER (village dweller),
SHEIN (good looking),
LEVI (temple singer),
GROSS (large),
SCHWARTZ (dark or black),
WEISS (white),

KURTZ (short)

2 --Names describing occupations:

HOLTZ (wood)
HOLTZKOCKER (wood chopper),
GELTSCHMIDT (goldsmith),
SCHNEIDER (tailor),
KREIGSMAN (warrior),
EISEN (iron),
FISCHER (fish)

3-- Names from city of residence:

BERLIN,
FRANKFURTER,
DANZIGER,
OPPENHEIMER,
DEUTSCH (German)
POLLACK (Polish),
BRESLAU,
MANNHEIM,
CRACOW,
WARSHAW

4 --Bought names:

GLUCK (luck),
ROSEN (roses),
ROSENBLATT (rose paper or leaf),
ROSENBERG (rose mountain),
ROTHMAN (red man),
DIAMOND,
KOENIG (king),
KOENIGSBERG (king's mountain),
SPIELMAN (spiel is to play),
LIEBER (lover),
BERG (mountain),
WASSERMAN (water dweller),
KERSHENBLATT (church paper),
STEIN (glass).

5-- Assigned names (usually undesirable):

PLOTZ (to die),
KLUTZ (clumsy),
BILLIG (cheap)

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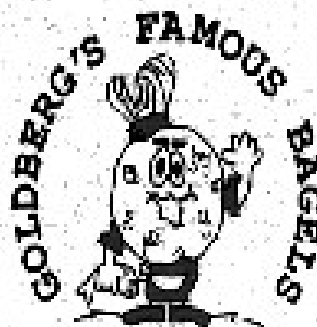


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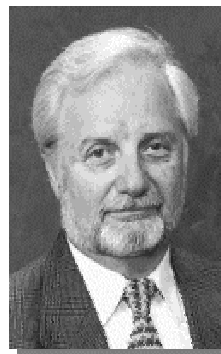
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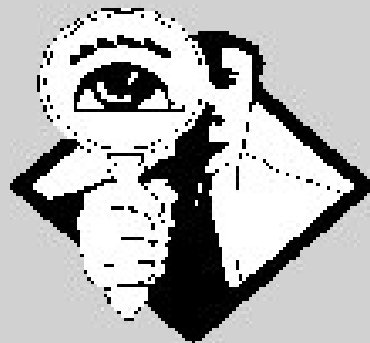
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What's Cookin' Good Lookin'?

Summer Salad

From the kitchen of Debbie Schwartz



Salad:	Dressing
1 large or 2 small Napa Cabbage 2 bunches chopped scallions canned mandarins Slice and combine in large bowl.	1/3 c. rice vinegar 1/2 c. sugar 3/4 c. peanut oil 2 tsp. soy sauce Combine together and mix well
1 to 2 tbsp. sesame seeds 1 pkg Ramen Noodles, cooked 1/2 to 1 cup sliced almonds, cooked on cookie sheet at 250 degrees for 10 minutes or slightly brown	

Enjoy a Great Salad

Editors Note: The Gazette welcomes any contributions - particularly those associated with an upcoming Jewish Holiday.

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- Attend a temple religious, social or fund raising event.
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- Contribute an article to the Gazette or find an advertiser for the Gazette.
- Sponsor an Oneg to celebrate something special in your life

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Final Notes

Looking for the date and time of the next LHJC function?

Missed the latest sermon from Rabbi Print (and these are *really* good... easy to read, better to hear)?

Want to learn about how to prepare for the next holiday?

An online Hebrew dictionary?

Learn about the history of Jews in America?

Where to buy Kosher Bison?

Want to read the Jerusalem Post online?

Visit the Simon Wiesenthal Center?

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No computer?

Check the back of the temple for a variety of helpful brochures on topics such as energy efficiency and recycling from the Rutgers Cooperative Extension for Passaic County.

Sympathies

We note with sadness, the passing of Pat Skalkas mother in June, 2003. Our sympathies are with you.

"May the Almighty comfort you among the rest of the mourners of Zion and Jerusalem."

Editors note: This is a newly introduced part of the Gazette. We hope it will not be needed too often. If you have an unfortunate passing in your family, please email webmaster@lhjc.org so it can be included in the next issue.



LAKELAND HILLS JEWISH CENTER

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If you would like to have the names of your departed loved ones remembered at the Yom Kippur Yizkor service and have their names included in our memorial booklet, please fill out the form below and return it to Richard Nadler not later than August 31, 2003.

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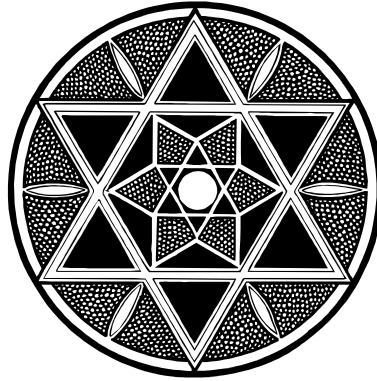
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