

Chai~Lights



September 2009

12 Elul - 12 Tishrei 5769 - 5770

Jewish Meditation - page 16

High Holy Days Section w/Schedule - page 20

Halachic Will - page 32

Keys Jewish Community Center

P.O. Box 1332 • Tavernier, FL 33070 • 305-852-5235 • keysjewishcenter.com

September 2009

12 Elul- 12 Tishrei

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4 Ken Atlas <i>Gene & Mort Silverman</i>	5
6	7 Labor Day	8	9	10	11 Jim Boruszak <i>Barbara & Steve Smith</i>	12 S'lichot Movie 5:30 Service 8:30 at KJCC
13 Grandparent's Day	14	15	16	17	18 Erev Rosh Hashanah Steve Steinbock <i>Sofy & Mark Wasser</i>	19 Rosh Hashanah
20 2nd Day of Rosh Hashanah Shofar Sounded	21	22 First Day of Autumn	23	24	25 Sam Vinicur & Gloria Avner 6:30 Service	26
27 Erev Yom Kippur Kol Nidre Fast Begins	28 Yom Kippur Yizkor Service	29	30			

Names denote leaders of Friday services.
Italicized names are Oneg sponsors.

2009-2010 Officers and Board

President
Alan Beth

Executive Vice President
Stuart Sax

Vice Presidents
Susan Gordon - Stan Margulies - Neal Rakov

Treasurer
Linda Pollack

Recording Secretary
Beth Hayden

Financial Secretary
Rene Rose

Corresponding Secretary
Roberta McNew

Directors
Barry Alter – Gloria Avner -- Marc Bloom
Joan Boruszak – Steve Friedman
Bernie Ginsberg – David Goldfinger
Kurt Kluger – Ron Levy
Steve Smith – Joan Stark
Sam Vinicur – Mark Wasser

Sisterhood
Joyce Peckman

Adult Education
Yardena Kameley

Historian
Mary Lee Singer

Past Presidents
Joel S. Cohen
Robert Faeges
Ronald Horn
Lester Nieman
Irving Stein
Myron Rubin
Bea Graham
George Swartz
Susan Horn
Jim Boruszak
Joel Pollack
Jeff Schocket
Steve Steinbock

Newsletter
Lisa Richardson Rutherford
Editor
Marty Graham
Editor 1987-2007

CHAI-LIGHTS is the
monthly newsletter of the
Keys Jewish Community Center
P.O. Box 1332
Tavernier, Florida 33070
chailights@keysjewishcenter.com

President's Message Alan Beth



We are now approaching the High Holidays. I am always impressed at seeing how many people join us then. When I was living in London, our rabbi during his sermon would look out on a packed Yom Kippur synagogue and every year say the same thing: "so good to see so many of you here today, and I look forward to seeing you all again, one year from now!" I thought it was funny. But hidden in the humor was a deeper message: High Holidays represent a fresh start, a new beginning, and an opportunity for change.

So our new season begins. Gloria Avner, our Religious committee chair, is working hard preparing a beautiful, meaningful experience. Cantor Mark Halpern will again join us for High Holidays. Preparations are underway for children's Sunday school classes, which, I am sure, will as always be fun-filled and educational.

In the next few weeks we can also look forward to a few other events: An evening S'lichot service once again led by Joel Pollack. This Saturday evening service immediately follows the showing of a special movie chosen by Joel and Linda, and we will provide the pizza (and this year possibly beer). Then on a Sunday morning before Yom Kippur we will start construction of

the *sukkah*. (Get ready, volunteers.)

I would like to thank those who returned their information forms to us. This has helped us update our database and to develop the most accurate Membership Directory possible. (If you've renewed your membership you'll receive our beautiful new 2009 -2010 Directory.)

I am not here to sell you on the idea of belonging to a synagogue or specifically to the KJCC. Well, on second thought, maybe I am! We rely, of course, on your dues and donations to maintain our synagogue and support its many—and growing—functions. With no paid staff, we always need volunteers to help run the shul and shepherd its activities.

Be warned! I have been giving speeches for the last several years during the High Holidays. It has become a habit, so it may happen again. I have been thinking a lot lately on what it means to be a Jew.

On behalf of our executives, our Board and my family I wish you a healthy and prosperous new year.

Shana Tovah,

Alan

Nosh

S'lichot is September 12th

As they do every year, Joel and Linda Pollack will be presenting a movie and leading S'lichot services on Saturday evening, September 12th. The movie will be *Defiance*, about the World War II anti-Nazi activities of the Jewish Bielski brothers in rural Poland. See the ad on page 30 for details.

Welcome Back, Susan

We are extremely pleased to be able to welcome back past-president Susan Horn as a KJCC member. (She served between George and Big Jim.) And congratulations, Susan, on the marriage of your son, Aaron Quarberg.

BOOK PLATE

In memory of
Aileen Mandel

By Skip and Rene Rose

New Members

KJCC is pleased to welcome two new members to our eclectic (and growing) collection, Foster Davidson and Carol Laskin of Tavernier. We look forward to your participation in our many programs and activities. And at services, of course.

Oneg Sponsors for September 2009

September 4th—Gene & Mort Silverman for Mort's birthday.

September 11th—Barbara & Steve Smith in honor of their anniversary.

September 25th—Sofy & Mark Wasser for Cory's birthday.

New Book of Israeli Poetry

Our gift shop has been fortunate to come upon a particularly heartwarming and sensitive book of poetry, the work of an Israeli named Leah Epstein. Leah grew up in Chicago and, like so many other young people, visited Israel after college. Also, like so many other young people, she fell in love with the spirit of this growing home for Jews, made *aliyah* in the 80s, married and settled in a kibbutz. She and her husband Shraga decided to make their final home on a *moshav* in the Golan and raised their seven children there. Leah lost her oldest child to an automobile accident and has given the Israeli army two of her sons.

The name of her book is *Planted Stars*. Her poetry and her songs follow the life and times of Israel as well as the heart of Israel. The "songs" as she calls them are filled with the spirit of Israel. She writes about Jewish women, the land, the people, and her own personal reflections. The book has an accompanying CD where her poetry has been set to music.

We invite you to visit the gift shop and look through *Planted Stars*. It is a perfect gift for young people, older people and anyone who has that special yen to spend time in Israel. The book costs \$25; the book and CD are \$36; the CD alone is \$15.

-Joan Boruszak

September Anniversaries

	Years
4 th	Jim & Lynn Nobil23
8 th	Ronald & Deborah Kaplan.....13
9 th	Neal & Cathy Rakov.....25
9 th	Steven & Barbara Smith.....31
10 th	Bill & Freda Ferns.....20
23 rd	Sheldon & Gertrude Mann.....58
27 th	Gary & Lyn Sherman
30 th	Tom & Marsha Garrettson.....19

Another Einstein Formula

In 1921, Albert Einstein presented a paper on his not-yet-fully-accepted Theory of Relativity at the Sorbonne, the prestigious French university in Paris. "If I am proved correct," he said, "the Germans will call me a German, the Swiss will call me a Swiss citizen, and the French will call me a great scientist.

"If relativity is proved wrong, the French will call me a Swiss, the Swiss will call me a German, And the Germans will call me a Jew."

(Our thanks to Steve Smith for sending this in.)

BOOK PLATE

In loving memory of
Lilyan "Babe" Sax

By Stuart and Lauren Sax

YAHARZEIT PLAQUE

In Memory of
Cele Rosen
d. May 12, 2007

Our hearts will be
Connected forever

Joan and Harvey Kay

Thank You, Freda and Bill

Our thanks to Freda and Bill Ferns for sponsoring an Oneg in August without benefit of recognition in Chai-Lights. It was very much appreciated, and so are you.

Ongoing Projects and Programs of KJCC

General Donations - can be earmarked to our various ongoing funds; e.g. Holocaust Education Fund, Scholarship Fund, Sara Cohen Memorial Tzedukah Fund, or General Fund. Honorarium and memorial cards can also be requested. Call Linda Pollack 852-8575.

Gift Shop - We have many lovely gift and holiday items on hand and can special order for you as well. Contact Joan Boruszak 852-0833.

Jewish Youth Enrichment Program - will assist in involving our children in Jewish activities. Call Neal Rakov 852-9400.

Sunshine Committee - If you know of any member who should receive a get-well, congratulations or condolence card from the Center, call Rene Rose, 852-3959.

Cemetery Information - If you wish to plan for the very distant future, you can reserve space at the Kendall Mt. Nebo Cemetery in the KJCC section. Call Bea Graham, 852-0214.

Picture Postcards - We have beautiful picture postcards bearing the Millard Wells representation of the KJCC, which was commissioned by Sisterhood. Quantities can be packaged to fit your needs and mailed to you or your gift recipient. The price is \$36 per hundred but we will sell lesser quantities. Contact Joan Boruszak, 852-0833.

Oneg Shabbat Sponsor - To schedule your special date with Sisterhood, call Joyce Peckman, 451-0665.

KJCC Tree of Life Leaves and Rocks, Sanctuary Seat Plates, Yartzeit Memorial Plaques, Bookplates for Siddurim. Call Linda Pollack to arrange your donation, 852-8575.

JNF Trees in Israel - A gift of a tree, or two or more, makes a long-remembered way to honor a loved one, a relative, a friend or an occasion. Both Israel and the KJCC benefit. Call Bea Graham, 852-0214.

Chai-Lights Mitzvah - Place a greeting or notice in Chai-Lights. Call Linda Pollack, 852-8575, to make your donation.

Advertisement in Chai-Lights - Your business ad will appear in every issue of Chai-Lights. Call Linda Pollack, 852-8575, for the low annual rates.

Call the names listed above for assistance or send your request and check to the KJCC, P.O. Box 1332, Tavernier, FL 33070. Recipients of your gifts will be notified by card and listings will appear in Chai-Lights as well.

Red Cross Outreach

J. B. Hunt, the Keys representative for the Red Cross, contacted KJCC to offer any of our members disaster preparedness materials or information, plus of course to ensure good communications after a possible storm. The phone is 305-296-4033, cell 305-797-5448, or e-mail chauvetm@usa.redcross.org.

September Birthdays

Freda Ferns.....	1st
Wendy Shatz.....	1st
Lloyd Wruble.....	2nd
Chase Barrett.....	4th
Debby C. Black.....	4th
Steven Greenbaum.....	6th
Mort Silverman.....	7th
Stellar Levy.....	7th
Jeffrey Kominsky.....	8th
Kurt Kluger.....	8th
Mitchell Kominsky.....	8th
Jacob Klimpl.....	9th
Gerri Emkey.....	10th
Thomas Dillon.....	10th
Andy Tobin.....	13th
Lisha Lane.....	13th
Lili Werthamer.....	14th
Rene Rose.....	15th
Larry S. Schur.....	16th
Shirley Krissel.....	18th
Barbara Bernstein.....	19th
Brenna Nobil.....	19th
Steven Schur.....	19th
Vippi Pollack.....	19th
Fred Hudson.....	22nd
Lauren Schur.....	23rd
Maryon Gould.....	23rd
Cory Wasser.....	26th
Joan Kay.....	26th
Melvin Prober.....	26th
Jonathan Line.....	28th
Bernard Solas.....	29th

TREE OF LIFE

**IN HONOR OF THE 62ND ANNIVERSARY
OF GEORGE & JUDY COOPER**

*Love, Lois, David, Matthew, Carolyn
6/15/2009*

KJCC Events Calendar Now Online

Don't forget that you can get up-to-date information on the KJCC schedule online. Alan has created an online calendar which is updated often. It lists all of the activities at or of interest to KJCC and its members. Any late-breaking activities that might not make it into Chai-Lights will be listed there. Visit keysjewishcenter.com and click on calendar. Also, if you have events or information you'd like to let others know about, send it along to Alan at president@keysjewishcenter.com.

YAHREIT PLAQUE

In Memory of
Robert Scott Coltman
Beloved son, brother and uncle
4/24/68—11/28/91

BOOK PLATE

In loving memory of
our dear sister Jan Finer

By Stuart and Lauren Sax

In Memoriam September 2009

In Memory Of

Art Begam

By Delores Begam



In Memory Of

Molly Feldblum

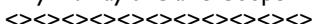
By Marc & Ellen Bloom



In Memory Of

Sarah Sandberg

By Murray & Claire Cooper



In Memory Of

Hannah Improta

By Alvan & Carol Field



In Memory Of

Nettie Gorson

By Janice Gorson



In Memory Of

Solomon Caspi

By Mollie Gross



In Memory Of

Sadie Klimpl

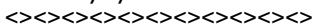
By Michael Klimpl



In Memory Of

Sam Roazen

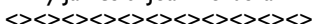
By Sylvia Berman



In Memory Of

Lillian Goldstein

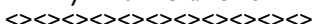
By James & Joan Boruszak



In Memory Of

Phyllis Silvera

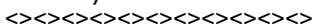
By Bill & Freda Ferns



In Memory Of

Morris Kornbloom

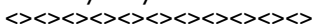
By Erica Garrett



In Memory Of

Paul Gould

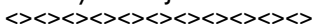
By Maryon Gould



In Memory Of

Isadore Hurowitz

By Melvin Jacobson



In Memory Of

Natalie Kominsky

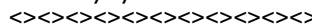
By Randy & Eileen Kominsky



In Memory Of

Goldie Berman

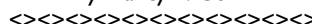
By Sylvia Berman



In Memory Of

Ronald Repka

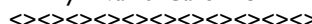
By Nancy L. Cohn



In Memory Of

Albert Improta

By Alvan & Carol Field



In Memory Of

H. Melvin Berkon

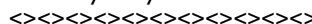
By Jamie & Laura Goodman



In Memory Of

H. Robert Walters

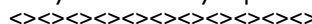
By Maryon Gould



In Memory Of

Abraham Kaplan

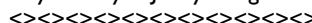
By Frank & Sandy Kaplan



In Memory Of

Anne Hendin Margulies

By Stanley & Jenny Margulies

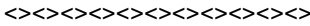


In Memoriam September 2009

In Memory Of

Toby Mitchell

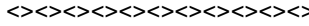
By Joel & Linda Pollack



In Memory Of

Samuel D. Savage

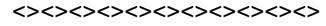
By Marjorie Present



In Memory Of

Lorraine Martell

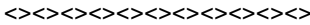
By Skip & Rene Rose



In Memory Of

Anna Applebaum

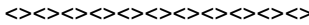
By Myron & Myrna Rubin



In Memory Of

Fred Roemer

By Harvey & Susan Schwaid



In Memory Of

Gertrude B. Schwaid

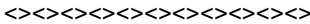
By Harvey & Susan Schwaid



In Memory Of

Arthur Beerman

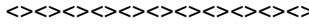
By William & Barbara Weprin



In Memory Of

Lillian Goldstein

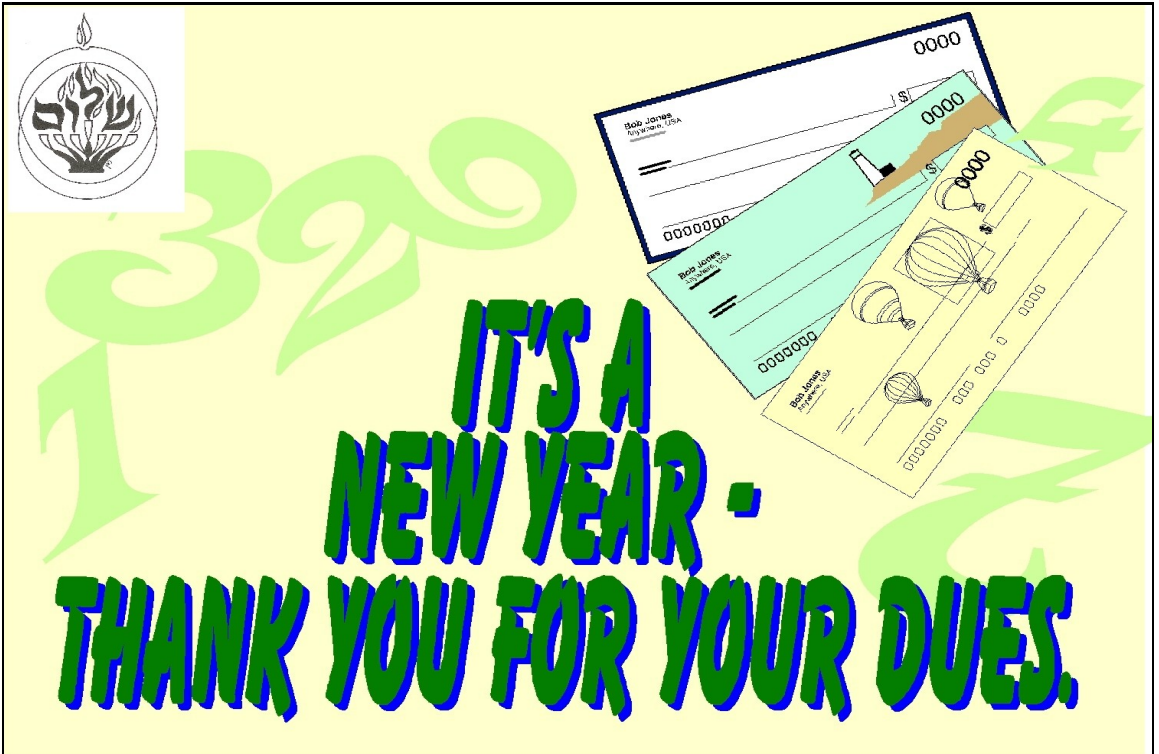
By James & Joan Boruszak



In Memory Of

Molly Feldblum

By Marc & Ellen Bloom



Sisterhood Joyce Peckman



The season when Sisterhood (& KJCC) members seem scattered around the country and the world is coming to an end. Friends who have left are beginning to prepare to return to Key Largo. Our year, like the Jewish calendar, begins in the fall. During the summer, planning has gone on to ensure an enjoyable season for the year 5770, our 30th year as an active Jewish community. A committee, headed by Gene Silverman and Sofy Wasser--and including Alan and Gloria--has been working hard to arrange for an elegant celebration to commemorate this milestone. Discussions of other events are flying over phone lines and through the internet. I can hardly wait to get started... fashion show, holiday celebrations, readers' circle, Miss Saigon and other cultural events, and much more that awaits us.

Sisterhood meets on the first Sunday of each month at 9:30 a.m., after a light breakfast. Since the first Sunday of September is during Labor Day weekend, there will instead be an abbreviated but important meeting the following Sunday, September 13th at 11 a.m., immediately after the KJCC Board meeting. The first task of Sisterhood each year is to prepare the Yom Kippur "break fast," sending our KJCC family members home relaxed and satisfied (and very well fed) after a grueling, prayer-filled day. Sofy will be coordinating volunteers to prepare food, help set up and clean up. If you cannot make the meeting, please contact her at 453-1324 or betweentwotrees@msn.com.

Our first official meeting will be Sunday, Oct. 4th (possibly held in the *sukkah*). All KJCC members are automatically members of Sisterhood; there is no separate membership. To mix metaphors, Sisterhood

is a key part of the engine that keeps us moving, and we need the fuel of everyone's participation. We want to have a full and active year, and are looking for ideas and input from all of you. In the past we have had bingo nights, excursions, knitting lessons and more. Let's see what skills and interests we want to explore and share. We'll be drawing up committees and a tentative calendar in October and November, by which time we hope to have all of our travelers (me included) returned to the Keys. We look forward to seeing you!

Providing the varieties of coffee, cakes, fruit and cookies each Friday night after services is an ongoing Sisterhood responsibility. Soon you will be receiving a letter offering the opportunity, for the entire upcoming year, to sponsor Oneg Shabbats in honor of family birthdays and anniversaries. We try to have all sponsors acknowledged in Chai-Lights, as well as from the *bimah* during Friday services. Providing our wine and challah, coffee and cake is a wonderful way to share the joy of any event, adding honor and mitzvah to the occasion by including all of KJCC in the glow.

Thank you to our past sponsors and to Marc and everyone who has helped set up and clean up on Friday nights throughout the summer months, and to Joan B. and whoever else took care of the gift shop on Fridays.

I have had a wonderful summer with my young grandchildren and extended family, but I miss my Key Largo family and am looking forward to seeing all of you after the Holidays. I offer my prayer that we may be blessed with a year of health, joy, wisdom and prosperity. ◇

Contributions to KJCC

We appreciate the thoughtfulness of those who support the Keys Jewish Community Center by remembering and honoring their friends and loved ones through their generous contributions. All donations made after the fifth of the month will appear in the following month's Chai-Lights. When you make a donation, please signify the fund it is to go to and the recognition of the name or names to be listed.

Book Plates By
Sax, Stuart
Sax, Stuart
Rose, Franklin

In Memory of
Lilyan "Babe" Sax
Jan Finer
Aileen Mandel

General Fund
Begam, Delores
Kamely, Uri
Pearlson, Michael
Rutkin, Linda

In Honor of

Jim and Joan Boruszak

General Fund
Kominsky, Randy
Pollack, Joel
Pollack, Joel
Pollack, Joel

In Memory of
Bernie Gorowitz
Natalie Lyons
Dr. Harold Webman
Dr. Ronald Teichner

KJCC Tree of Life Leaves By
Kaufman, David and Lois

In Honor of
Judith and George Cooper's
Anniversary

Yartzeit Contributions

Kamely, Michal
Kamely, Michal
Kamely, Michal
Kantor, Erwin
Kantor, Erwin
Kaplan, Ronald
Kaplan, Ronald
Kwalick, Teresa
Kwalick, Teresa
Kwalick, Teresa
Kwalick, Teresa
Rubin, Dr. Myron
Steinberg, Richard
Steinberg, Richard
Steinberg, Richard
Steinberg, Richard
Steinbock, Stephen
Taramona, Hermine
Weber, Lawrence

In Memory of

Chanoch Levy
Dinah Levy
Rachamim Levy
Rose Kantor
Charles Kantor
Sidney Kaplan
Catherine Kaplan
Bill Kwalick
Esther Kwalick
E. Enrique Astray-Caneda
Irwin "Babe" Kwalick
Mae Rubin Rear
Sam Wainer
Rose Wainer
Wally Steinberg
Mollie Cohen
Susan Cimkowski
Robert Robinson
Alfred Eichler

Sarah Cohen Memorial Tzedukah Fund
Sisterhood

Yartzeit Memorial Plaques
Coltman, Ellen and Barney

In Memory of
Robert Scott Coltman

Yartzeit Contributions
Boxer, Shirley
Conklin, Rita and Wes
Feinberg, Arthur
Gilderman, Larry
Gould, Maryon
Gould, Maryon
Gross, Mollie
Gross, Mollie
Grossman, Stuart

In Memory of
Louis Boxer
Sam Hitzig
Harriet Feinberg
Albert Gilderman
Max Gould
Richard Gould
Rose Caspi
Emanuel Gross
Margaux Grossman

Do you know all the amazing things Sisterhood does for KJCC?

Things like The Annual KJCC Fundraiser, Shabbat and holiday dinners, the after-service Onegs, the annual Second Seder...and so much more. They do a great job for the KJCC, but they could always use your help! Please consider volunteering. They are experts at matching your skills and talents with the many tasks and events.

Contact Joyce at 305-451-0665 or at
joyce@adoctorsbag.com

World Jewish Report Medina Roy



“Tweet Your Prayers”

The Western Wall in Jerusalem now has its own address on Twitter, the social networking service. Believers around the world can now “tweet” their prayers—of no more than 140 characters, of course—have them printed out and then taken to the wall, Judaism’s holiest prayer site, where they join the thousands of handwritten notes placed between the wall’s 2,500 year-old crevices; and all without ever leaving home! There is no charge for placing a prayer at the wall, but visitors to the web site are invited to make donations. “Tweet Your Prayers” is just the newest way to access the wall. The Western Wall Heritage Foundation has operated a fax hotline for several years where individuals could do the same thing. Each year before Pesach and Rosh Hashanah, the wall’s rabbi clears out the thousands of prayers, which are then buried in the same manner as worn or damaged Torah scrolls, siddurim and other religious articles. (*Jerusalem Post*, 7-23-09)

“Rabbi Heschel Highway”

According to a report in the Springfield (Missouri) News-Leader, Representative Sara Lampe (D-Springfield) found a rather clever way to put a neo-Nazi group on the defensive. Lampe got an amendment added to a transportation bill designating a half-mile section of Missouri Highway 160 as the “Rabbi Abraham Joshua Heschel Memorial Highway.” This particular portion of the road had been “adopted” by a neo-Nazi group last fall, when they pledged to regularly pick up litter there at least four times a year. When a group adopts a section of a roadway, signs are erected by the state Department of Transportation recognizing that

organization. When this unit of the National Socialist Movement offered to adopt this portion of the road, the Missouri DOT didn’t think it could turn down their request without infringing on the group’s First Amendment rights.

Rabbi Heschel marched with Dr. Martin Luther King, Jr. in the Selma, Alabama demonstration in 1965. (Rabbi Heschel is the subject, along with Dr. King, of the award-winning children’s book mentioned in Chai-Lights’ March 2009 WJR.) The Jewish Community Relations Bureau/American Jewish Committee suggested the name Rabbi Heschel and will pay for the new signage. Heschel’s daughter, however, a professor of Jewish history at Dartmouth College, criticized the move. “I don’t want Nazis stomping on a highway named for my father,” she said. “It may be an attempt to teach the neo-Nazis a lesson, but I think it’s an affront to my father’s dignity to attach his name to a neo-Nazi highway.” (*KC Jewish Chronicle*, www.kcjc.com, 5-18-09)

Mr. (Jewish) Speaker

For the first time in the 302-year history of Britain’s parliament, the elected speaker of the House of Commons is Jewish. John Bercow, a 46-year-old Conservative Member of Parliament, has succeeded Michael Martin, who was forced to resign due to a scandal over lawmakers’ excessive expense claims. A total of ten British lawmakers were seeking to become the new speaker of Commons. Bercow, the son of a Jewish taxi driver, finished first in all three rounds of voting by the 646 members of Parliament. In a speech congratulating his election, Conservative Party leader David Cameron paid tribute to Bercow, saying “I would also like to put on record an historical first that you

have achieved, which is to be the first person of the Jewish faith to occupy the office of speaker of the House of Commons and it is a milestone that we should mark." (*Jerusalem Post*, 6-22-09)

Ephraim Katzir, R.I.P.

The State of Israel's fourth president, Ephraim Katzir, died on May 31st at his home in Rechovot. He was 93. Katzir was a world-renowned biochemist and physicist and served as Israel's president from 1973-1978. Born Ephraim Katchalski in Kiev, Ukraine, in 1916, he immigrated to Palestine with his family when he was six. He studied biochemistry at Jerusalem's Hebrew University, receiving a PhD and also teaching there. He was a member of the Haganah, the underground Zionist army, helping to develop explosives and other weapons. During Israel's War of Independence in 1948, Katzir was appointed commander of the IDF (Israel Defense Forces) science corps. In 1949, Katzir became the founding head of the biophysics department at the Weizmann Institute of Science in Rechovot and, 10 years later, he received the Israel Prize for natural sciences. In 1966, he was the first Israeli elected to the United States National Academy of Sciences. (*www.haaretz.com*, 6-1-09)

It's healthy to be an Israeli

According to the 2009 World Health Organization Statistics, Israel ranks in the top tier of healthiest countries in the world to live in. Life expectancy in Israel was 81 in 2007, the most recent year for which statistics are available. Israel was highly ranked in almost all health categories. The report claimed that in Israel, 100 percent of the people have access to improved drinking water sources, making it higher than the European average of 97 percent. Israel has an average of 37 doctors per 10,000 people, the European average being 32. There are low incidences of infectious diseases across the board and the population has consistently high rates of immunization. In Israel, 121 people per 100,000 die from cardiovascular disease, whereas in Europe the average

is 332. On the (barely) negative side, Israel has 60 hospital beds per 10,000 people, but in Europe the average is 63. (*www.israelnationalnews.com*, 5-24-09)

Electricity from road traffic?

Researchers from Haifa's Technion Institute of Technology are testing a new system for generating electricity from road traffic on a 30-meter stretch of highway near Tel Aviv. The system is known as piezo electricity, first described by the Curie brothers in 1880. It uses pads of metallic crystals that are buried over hundreds of meters of road and which generate electricity when put under the pressure of quickly moving traffic. One truck can generate 2,000 volts, which could be used to power traffic lights or street lamps. A kilometer of this "electric road" could generate enough power for 40 houses. Future plans include placing the crystal generators in railroad beds, because trains apply pressure in the same place over and over again. Piezo electricity (the word is derived from the Greek *piezo*, which means to squeeze or press) is already used in cigarette lighters and push-start propane barbecues. This new alternative energy system was developed by *Innowat-tech*, a company based in Ra'anana. A major advantage to this technology is that it is applicable to any place with heavy vehicle travel and is not confined to specific climate or geographic areas, as are solar and wind energy. It is hoped that progress in the technology would generate enough electricity to feed Israel's national power grid. (*www.israelnationalnews.com*, 7-12-09)

The "kvetching kichel"

At the end of May, the 82nd Scripps National Spelling Bee was held in Washington, D.C. In the fifth round, 13-year-old Ramya Auroprem, an 8th grade student from San Jose, California, was given the Yiddish word *kichel* (a Jewish dessert) to spell. When she asked for the word to be used in a sentence, the reply was, "The thought of someone kvetching about her kichel gave Meryl the shpilkes." Ramya made it to the 11th round, where she misspelled the word *amarevole*.

The winner of the spelling bee, going a full sixteen rounds, was Kavya Shivashankar, a three-time top-10 finisher from Olathe, Kansas, with the word *Laodicean* (which, as we all know, means “lukewarm in religion”). (*ABC News*, 5-28-09)

The case of the sperm thief

In mid-May, a 21-year-old Israeli man filed a lawsuit in Haifa claiming that he was the victim of “sperm theft,” and that the 26-year-old woman who stole his sperm, and became pregnant as a result, should be required to have an abortion. He claimed that the woman was not using birth control and that she seduced him when he was drunk, in effect “stealing” his sperm. He insists that fathering a child would “harm his chances of marrying in the future and harm him emotionally and financially.” The judge rejected the man’s claims, saying the plaintiff “had no right to make decisions regarding the defendant’s body and that the woman’s right to continue her pregnancy is protected by law.” The judge did, however, say that the “sperm theft” could be used for a hearing in civil court. This would allow the aggrieved donor to bring a case demanding compensation or dispensation from giving any financial support to the child.

(*The Forward*, 5-15-09)

An Israeli in King Kobe’s court

Omri Casspi, a 21-year-old Israeli from the town of Yavne, a suburb of Tel Aviv, secured a guaranteed contract that most likely will make him the first Israeli to play professional basketball in the N.B.A. He was drafted in June by the Sacramento Kings. Casspi’s family and friends were truly overwhelmed because he has fulfilled a nation’s dream. Basketball is the number two sport in Israel, following soccer. Maccabi Tel Aviv, Casspi’s team, is considered a national treasure. In the days prior to satellite TV and 500 channels, the country would practically shut down on Thursday nights, when Maccabi was on TV. “The streets were empty,” said Dan Shamir, an Israeli coach who worked with Casspi when Casspi was a teen-

ager on the national team. “For many years, people were asking when Israel will have an N.B.A. player. When it actually happened, it made huge headlines.” Apparently, there is a lot of work to be done by Casspi and his teammates – the Kings had the N.B.A.’s worst record last season, 17-65, and they have not made the playoffs since 2006. What’s Casspi’s biggest complaint? He misses Israeli-made hummus.

(*The New York Times*, 7-19-09)

Did you know.....

--At the end of April, Florida’s Governor Charlie Crist signed into law legislation removing the word “shylock” from Florida statutes. Shylock was the Jewish moneylender in Shakespeare’s “The Merchant of Venice,” and his name has been synonymous ever since with a supposedly unique Jewish character trait. State lawmakers inserted the term into Florida’s usury laws in 1969. The Anti-Defamation League urged its repeal, arguing that “it reinforced negative stereotypes about Jews as ‘money hungry.’” State Senator Eleanor Sobel (D-Hollywood) sponsored the bill. (www.sun-sentinel.com, 4-28-09)

--The first female U.S. Air Force Academy graduate to die in the line of duty in Afghanistan was Jewish. Air Force First Lieutenant Roslyn Schulte, 25, was traveling from Kabul to Bagram Airfield in mid-May when her convoy triggered a roadside bomb. She served in military intelligence. Her funeral was held in a synagogue in the St. Louis suburb of Creve Coeur, Missouri.

(www.israelnationalnews.com, 5-26-09)

--Daniel Carasso, chairman and namesake of the Dannon yogurt company, died at his Paris home at the age of 103. His father Isaac created the yogurt in Barcelona in 1919 and named the yogurt after his son, whose nickname in Catalan was Danon. Daniel Carasso was born in Thessalonika, Greece, the son of Sephardic Jews whose ancestors had been expelled from Spain (along with all other Jews) in 1492. (www.jta.org, 5-25-09) ◊

Photo Gallery



Photo Gallery this month offers KJCC members in a great variety of activities, both here at home and in remote summer locations. There's a lot to catch up on. Above left, Prez Alan leads the applause for Yardena at the June 7th Board Meeting, as Susan Gordon describes the two teaching awards Yardena had just received. In the photo just below, Alan swears in Gloria Avner as KJCC's newest Board member. Above right is your Board in action, fresh coffee, as always, courtesy of Marc.



At left, the annual end-of-classes lunch at Medina's house in Key Largo for the students in Yardena's Ulpan classes.

Below left and right are photos from the July 3rd annual Shabba-b-que at KJCC. Mark did the cooking because, well, Sofy is vice-president of Sisterhood and told him he had to.



The newest KJCC activity club, named KJCC Kayakers by its leader Dave Mont, had its last outing before summer break on June 7th. Contact Dave, by the way, if you'd like to join. They have extra equipment.



In the photo just below, Yardená poses in New York with the certificate she won for excellence in teaching from the Center for the Advancement of Jewish Education.

At bottom, at a KJCC Oneg, she describes the recent seminar where she had the opportunity to learn, along with other teachers of Jewish studies, the latest thoughts and techniques on Holocaust education.



The photo above is at Sushi Nami at the going-away party for Joyce as she left to spend the summer with her family in New York and New Jersey. At left, Stuart Sax,

on the left, with fellow members of JWV Post 243, pays the annual Memorial Day tribute to Jewish War Veterans at Mt. Nebo Cemetery. Stuart personally placed flags in Section 16, the KJCC section.





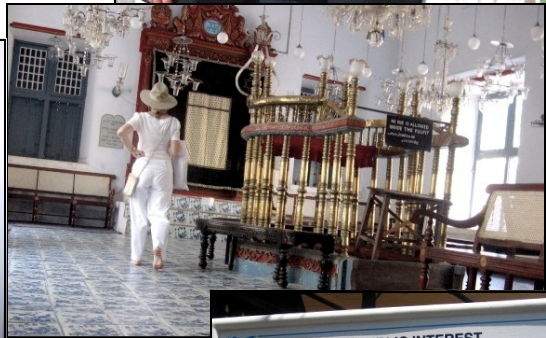
At left, Joyce poses with other member of a bachelorette party where there was a distinct Iraqi flavor, including the age-old ritual application of henna. Later, at the actual wedding, Joyce posed with her sons and daughters-in-law. The three center photos are of the wedding of Steve and Barbara Smith's son Brian.



At left, our KJCC matriarch Pauline dances with Brian, who with wife Carrie toasts all in the center shot. At right is the entire Smith family.



At the June 26th early service led by Stuart Sax, he surprised Lauren by asking Big Jim to officiate at a renewal of their vows. It was their 35th anniversary. Skip and Rene Rose, amazingly, were celebrating their 54th, and joined in the festivities. At right are photos from India, where Susan and Harvey Schwaid came across this old synagogue outside Cochin while on vacation. Note the pulpit design, and the sign outside the building.



FOR PUBLIC INTEREST
ATTENTION
 Welcome to the ancient and Historical township of Jew Town. Beware of agents who insist shopping only at shops outside Jew Town Market. These shops pay hefty commission to agents. Be at liberty to visit shops of your choice. Your shopping will not be complete without visiting the antique shops in the traditional Jew Town Market.
 Kerala Handicrafts Dealers & Manufacturers Welfare Association
 Thank you, Jew Town, Cochin-682 002.



Scenes from summer: Ruth Schrader-Grace with sons Max and Zach follow Ponce de Leon to St. Augustine. Top right is from Bar Harbor, where Leslie Dillon shows off her new 'do. In the center, Erica Garrett flashes "peace" from a family gathering in Toronto. Joyce should have been in the



photo below right with her children and grandchildren, but she forgot to set the timer.

There was a great *simcha* recently in the Kamely family. Yardena's oldest son Andy and his wife Sharon have just welcomed their second child, a boy named Alek David. The *brit* was August 14th. The photo below includes Michal, Yardena, Uri, Lily and Sarah Kamely, along with Natalie Loi. Below right is a beaming *Savtah* Yardena with Alek.



Jewish Meditation—An introduction.

by Georgia Landau

With this article, Georgia joins our list of contributing writers for Chai-Lights. We look forward to future articles on her many other interests and talents.

To many people, the word meditation conjures up an image of a yogi sitting in a cave or on a mountaintop in the Himalayas. Because of this, many Jews are unaware of a very long tradition of Jewish meditation. Some Jews think that meditation belongs to an obscure or occult corner of Judaism because the practice was usually reserved for an elite group rather than being a tool for ordinary people. Mainstream books about meditation give very little, if any, mention of the meditative traditions of Judaism.

Sometimes, we forget that Judaism is actually an eastern religion that migrated to the west and that its practices are very relevant to westerners. Jewish meditation goes back a long way. In Genesis 24:63, it's noted that Isaac seemed to be engaging in a meditative activity: "And Isaac went out to walk in the field in the evening." Careful reading of the Bible seems to indicate that a prophet would almost always experience his first prophetic experience while in a meditative state. Psalms has many passages that seem to reflect the experiences associated with prayer and/or meditation.

We mention meditation in our weekly services. For example, in our *Siddur Hadash*, on page 627, the English translation of *Ahavat Olam* says, "We shall speak of Your Commandments, and rejoice forever in Your Torah and *Mitzvot*. For they are our life and the length of our days; On them we will meditate day and night." A very familiar phrase that

we use is from Psalms: "May the words of my mouth and the meditations of my heart be acceptable before You, O Lord, my Rock and my Redeemer."

Some of the writings of Jewish mystics also seem to strongly suggest that their ideas were formed during meditation. For example, in the 16th century, Eleazar Azikri, in the Galilean city of Safed (the center of Jewish mysticism then and today, founded by Isaac Luria) said that *hitbodedut* (isolation) was "helpful to the soul seven times more than study, and one should concentrate and meditate one entire day a week." Rebbe Nachman liked to meditate outdoors because he felt that the grass would pray along with him. He liked to say the sacred phrase *Ribbono shel Olam* to focus his attention. The Baal Shem Tov (1698-1760) founded the Chasidic movement in part as a protest against the relentlessly intellectual reason and logic of the Talmud and the gray dreariness of medieval European life. Chasidism had a strong mystical component, and meditative exercises were central to the movement. Its daily service was considered to be a meditative exercise.

When the Jews were dispersed after the

There's even a new, hip, urban term for Jews who become involved with Buddhist meditation, unaware of their own rich Jewish traditions: a Jew-Bu.

destruction of the Second Temple in 70 C.E., rabbis discouraged meditation practices because they felt that Jews might be tempted to try out foreign spiritual practices. (I think this has actually happened in our own time, because many Jews who have become involved with Buddhist meditation were not aware of their own rich, Jewish meditation traditions. There's even a new, hip, urban term for such a person: Jew-Bu.)

So, how did Jewish meditation come back to life in this country? In 1978 Aryeh Kaplan published *Meditation and the Bible*. This was an important work because most of the sources had never been translated from Hebrew and were not available to the average American or European Jew. Also, the material was difficult to understand if a person didn't have experience in meditative practices. Kaplan's book created new interest in the subject. The *Lubavitcher Rebbe*, the Brooklyn-based leader of a major Chasidic sect, stated that Jewish forms of meditation should be explored. Since the publication of Kaplan's book, meditation groups have formed in this country and Israel. Because many people still needed a practical guide to begin meditating, Kaplan then published the aptly titled *Jewish Meditation -- a Practical Guide* in 1985. This was the first book about the subject that I ever read. I now have five other books about this subject.

First, what make a meditation "Jewish?" Jewish meditation uses images, words and symbols that come from Jewish tradition. The meditations and the teachings that go along with them reflect a particularly Jewish understanding. Because of this, people who are introduced to Jewish meditation will not mistake it for any other type of meditation practice. The practice has changed throughout history, but the main philosophical base has always been Jewish mysticism. Jewish meditation attempts to find the answers to basic questions such as the nature of God, the meaning of creation, and the existence of good and evil. That list should surely be a basis for a lifetime of meditation!

What is meditation all about? Is it just sitting still and trying to calm your mind? Is

it going into a trance and waking up as an enlightened being? No. It is simply a different state of mind than that which occurs in hypnosis. (As a certified hypnotherapist, I have actually experienced the difference myself.) It can be defined as a specific kind of activity that involves directing the mind. It follows a prescribed order and uses different techniques than ordinary thinking or day-dreaming. It usually involves a specific time period. It is quite possible to meditate by yourself, but I have found that there is a special extra benefit when meditating with a group. Somehow, the energy that is generated by the group seems to enhance the experience.

So, how do you begin to meditate? There is a story that a student came to a teacher and asked how she could approach God. He told her to be quiet, and after a moment said, "What do you hear?" "Nothing," she replied. "Start from there," he said.

In the next article, I'll describe some basic meditation techniques that will be easy and enjoyable to do. ◇

Some additional books on the subject of Jewish meditation, for those who wish to explore on their own:

The Way of Flame (not THE flame) A guide to the forgotten mystical tradition of Jewish meditation. By Avram Davis.

Be Still and Get Going. A Jewish meditation practice for real life. By Alan Lew.

Meditation from the Heart of Judaism. Edited by Avram Davis.

Discovering Jewish Meditation. Instruction and guidance for learning an ancient spiritual practice. By Nan Fink Gefen.

Minding the Temple of the Soul. Balancing body, mind, and spirit through traditional Jewish prayer, movement, and meditation. By Tamar Frankel and Judy Greenfield.

You Are Cordially Invited...

There was a third-generation KJCC wedding at the end of May, in an idyllic setting. We thought you'd all like to see the album.

The wedding of Liati Mayk, daughter of Israel and Nissan Mayk and granddaughter of Bea & Marty (z"l) Graham, to Doron Hai, son of Sylvie and Shaul Hai, took place on May 31, 2009.

The ceremony, cocktail hour and the reception were all held in the tiered backyard gardens at the Mayk home on the Jersey shore. The weather was spectacular, the elegant (kosher) catered dinner was delicious, and the spirits were high (Hai)! Guests arrived from as far as Finland, England, Israel, California, Texas, Minnesota, Indiana and Florida and as close as Pennsylvania, New York, Connecticut, Massachusetts and, of course, New Jersey. Liati took charge of her wedding and all the concomitant plans about a year ago, shortly after Doron proposed. While he sweated profusely the hour *before* popping the big question—after all, they were hiking up Masada—he



Liati and Doron pose in their formal portrait. Happily the horse was far away from the bouquet. Above, Bea is the picture of joy while dancing.



certainly did not expect the whirlwind that ensued after he placed the ring on Liati's finger! Liati was not only the bride, but also the wedding coordinator, painting crew, fashion consultant, weekend event planner, landscape visionary, decorating maven, transportation chief, invitation and website designer,



The full, and newly expanded, family portrait at left. At center, the sylvan setting. At bottom, a joyous portrait of the Mayks, Israel and Nissan and Liati and Shyella.



force majeure, C.O.O., and motivational manager, of the whole shindig.

The Maid of Honor was Shyella Mayk, sister of the bride. The Chuppah was covered in white lace and decorated with tall bamboo stalks from the gardens and silk flowers that each woman made at Liati's bridal shower.

The couple's beautiful "first dance" was set to a song that Liati *wrote and professionally recorded* as a wedding surprise for Doron. In a touching ceremony, the bride and the groom remembered those they loved who had passed on, and they lit a candle for Saba Marty before cutting the challah.



All the text here was written by Nissan in honor of her daughter Liati and now son-in-law Doron. Liati, of course, is not only nearing completion of her PhD at The Jewish Theological Seminary/Columbia University, but she also has two articles scheduled to appear in Chai-Lights in the near future.

High Holidays 2009

It's that time of year again: a new season at KJCC, the imminence of a new year and the Great Author's entries in the Book of Life. Alan Beth begins this section with his thoughts. We have traditional stories, and a fresh view of the holidays through the eyes of a special rabbinical student.

Please let me extend to each of you on behalf of myself, my family, the Executive Committee, and the Board of Directors a Shana Tova, a Happy and Healthy New Year.

In preparing my remarks for Yom Kippur and the High Holidays, I looked, you might say struggled, for a framework to use. At the same time, while I was procrastinating and since I am still new to this job, I continue to have people ask me why I want to be president and what I hope to accomplish. Each time I try to answer these types of questions I am reminded of the NPR essay series, "This I Believe." And so I would like to share with you my version...for I believe in the KJCC.

Thirty years ago the founders of our synagogue came together and we are the benefactors of their brave vision. Since then this synagogue has evolved with the times. We are stronger now than we have ever been.

For thirty years the men and women of this congregation have given their time, effort and money to create a Jewish home away from home, a place where everyone is welcome, regardless; a house of worship, an environment of learning, at all levels; a family to share our *simchas* and sorrows; a true community center. It is a *beit kadosh*, a holy place.

If you think about it for a minute, I am sure you will agree that there is a special sense of community that is felt when we come together to celebrate, to pray together and to comfort each other in difficult times.

For each of us, something continues to bring us back to our synagogue (some slightly more than others). Regardless of

zation that has stood the test of time. And thirty years is something for us to be proud of and celebrate.

I believe that now it is our turn to take the necessary steps to strengthen this synagogue for us and for the generations who will come after us. This will not be easy and there will always be different views about how to get there. But what is for certain is that if we all have the same heart, if we can work together, it will happen.

It was Theodor Herzl who said, "If you will it, it is not a dream," and his task in establishing the State of Israel was more daunting than ours.

I believe in this building! I feel life in the warmth of these walls, even when the strong forces of nature are pushing against these

whether you attend weekly services or you attend only during the holidays, each day, every day, the synagogue we together have built is here for you when you need it, whatever the need.

There is something to be said for an organi-

	High	Holiday	Service
Saturday	Sept. 12	5:30 p.m.	
Friday	Sept. 18	8:00p.m.	
Saturday	Sept. 19	9:30 a.m.	
Sunday	Sept. 20	9:30 a.m.	
Saturday	Sept. 26	9:30 a.m.	
Saturday	Sept. 26	Evening	
Sunday	Sept. 27	10:00 a.m.	
Sunday	Sept. 27	7:00 p.m.	
Monday	Sept. 28	9:30 a.m.	
Monday	Sept. 28	10:45 a.m.	
Monday	Sept. 28	10:45 a.m.	
Monday	Sept. 28	5:30 p.m.	
Monday	Sept. 28	7:15 p.m.	
Monday	Sept. 28	Sundown	

walls. With a building slowly growing old comes love and the need for repairs (just as it is for most of us). Yes, some of the repairs are expensive, but need to be addressed.

The longer I am in this position, the more I believe in our ability to commit ourselves to keep this synagogue alive and thriving.

I believe in our openness and welcoming. During these High Holidays the president or the rabbi usually will make a speech asking for large donations to the synagogue or to

Israel. You will not hear that at the KJCC. No one is turned away from our house if they do not have a High Holiday ticket. No one will come up to you and place an envelope in your hands. We have an open-door policy, and I am proud of this.

I believe in us as a community. We

need to care like those who came before us cared. We need to give our time, we need to have volunteers and we need leaders to step up. Speaking bluntly, we need you to give of your time and talents and yes, we need those of you who can contribute your money.

I believe that our future is bright. I ask you to join me in working to make this KJCC ever stronger, for we who enjoy its spiritual and social community today and for those,

many of whom have yet to walk through our doors and become part of our family, who will guide and secure its future.

Alan Beth, President

Once again this year, Gloria Avner, now the KJCC Religious Committee chair, has chosen stories for us--some old, some new--to help illuminate the profound ideas that underlie the Days of Awe.

Eric Kimmel has beautifully retold three traditional stories about Prayer and Charity, concepts at the heart of Rosh HaShanah and Yom Kippur, at the heart of Jewish values. We highly recommend his book "Days of Awe" and present these evocative tales to add another layer of richness to our observances. - Gloria

A Story About Charity

Jewish Tradition is uncompromising on the subject of charity. If a hundred beggars come to your door and only one is truly needy, you must give to all of them for the sake of that one. The following story is adapted from a much longer version of one in Eric Kimmel's book "The Samovar."

A story is told about Rabbi Zusya of Hanipol. Though well loved, he was extremely poor. He wandered from town to town, trusting in the charity of his followers. One man made it a point to help him generously. The man's affairs prospered. Soon he became very rich. Then he thought, "If giving to a pauper like

Schedule 2009
Movie/Pizza S'lichot Service
Erev Rosh Hashanah (Oneg)
Rosh Hashanah
Second Day of Rosh Hashanah
Shabbat Shuvah
Havdalah at Ocean Point
Construction of Sukkah (a Mitzvah)
Erev Yom Kippur/Kol Nidre
Yom Kippur
Children's service
Yizkor
Minhah Torah/Story of Jonah
Nei'ilah/Ma'ariv, Havdalah
Break- the- Fast Dinner

Zusya brings me such luck, imagine how much better off I would be if I gave money to a really important rabbi!" So he stopped giving to Zusya and instead sent off large donations to all the great rabbis of the land. Immediately his luck took a turn for the worse. His business failed. Within a month, he had lost everything. Rabbi Zusya did not forget him. He made a special trip to comfort him.

"I don't understand it," the man told Zusya. "I did so well when I gave to you. But when I gave to the great rabbis, everything crumbled."

The explanation is simple," said Zusya. "When you give charity with a free hand, without really thinking about whom you were giving to, God did the same. But when you began looking around for a truly worthy recipient, so did He."

We give charity not so much for others as for ourselves. It is part of a circle (*not unlike the round challah—G*). Charity teaches compassion. Compassion leads to charity.

The Samovar

It was the eve of Rosh HaShanah and Rivka, the glovemaker's wife, was preparing. With her scrapings of the flour barrel for a tiny challah and a handful of potatoes for a stew she was glad no guests were coming. Times were bad. There was no work to be found. Rivka prayed that the next year would be better than the last.

She had just poured herself a glass of tea when she heard a knock at the door. Groaning in shame, thinking another beggar was coming to the door, she worried that she might not have a coin to give.

When she opened the door, an officer in spotless uniform and polished black boots stood there carrying a large bundle wrapped in oilcloth. He asked to come in and explained that he had just been posted to a distant province and could not take his most precious family heirloom, a very old samovar, with him. She and her husband Haskel had

been highly recommended. He said he would not return for seven years, deposited the samovar, and left.

Rivka was distraught. She could not find him to give it back, so she unwrapped this precious heirloom and found it to be in terrible condition, black with tarnish. She tried every remedy and polish she knew, but nothing worked. She set the samovar on a shelf, went to the oven to check on her challahs and heard another knock.

It was a beggar. She found a small coin, apologized that she could not give more, and went back into the house. Something about the samovar caught her eye. It was still black but she could see a thin streak of polished brass on the base. She was puzzled. Perhaps the polishing she had done had delayed effect. She saw an old woman go by as she took the two challahs from the oven and put them in the window to cool.

"Mrs. Gutman," Rivka called. "Wait. I have a challah for you." The old woman, a widow barely able to pay her rent, murmured a blessing through pinched lips. Now Rivka and her husband would have to make do with one tiny challah tonight. She glanced over her shoulder and saw a thumbnail sized bit of gleaming brass on the handle of the samovar.

When her husband came home, he was sweating, having run all the way from his shop. "You won't believe this," he blurted. "A nobleman stopped his carriage in the street as I was closing, rapped on my window and insisted on buying the only pair of gloves in the window. I told him they cost 5 crowns, but he insisted on paying 100 crowns!! He

***For the ten days
between Rosh
HaShanah and
Yom Kippur, no
beggar went
away from the
glovesmaker's
without money
and a food
package.***

ordered nine more pairs and paid in advance!! Can you believe it?

Rivka and Haskel did not know what to think. They went to their rabbi for advice, wondering if they were being visited by good spirits or ill. The Rabbi could not tell them what to do, but thought that possibly they had been visited by Elijah. They might have seven years of good luck but all could revert when the officer came back.

Rivka thought of what happened when she gave the beggar a coin. She knew what to do. She asked Haskel for the glove money and went to all the food stalls, buying a beautiful big fish, vegetables, and other supplies. Then she went around to the poorest townspeople delivering packages. For the ten days between Rosh HaShanah and Yom Kippur, no beggar went away from the glovemakers without money and a food package.

By the time Yom Kippur was over, the money was gone, and Haskel returned to his shop disheartened. To his surprise, when he arrived, the street was filled with noblemen clamoring to order more of his gloves. Haskel sold them as fast as he could make them. He bought more material, hired more workers, and rented a whole building. Prosperity had no end. But he and Rivka, out of all the wealth that came their way, used only what their simple needs required. All the rest went to help others.

Seven years passed.

On Rosh HaShanah eve, Rivka heard a knock on the door. There stood the officer. "I was expecting you," she said, as she pointed to the oilcloth wrapped bundle on the table. "Here is your samovar." She told him that it had brought them luck and that he might wish to unwrap it and inspect it.

"Very well," the officer said. "I'll look at it if you like." He untied the string and folded back the oilcloth. The gleaming brass lit up the room. There was no trace of tarnish anywhere.

The officer turned to Rivka. For the first time she noticed how soft his eyes were, how filled with kindness and wisdom. "Do you know how old this samovar is?" he asked.

"I have no idea."

"It is older than the world, and in all the years of its existence no one has taken better care of it than you. You have earned the right to keep it."

Rivka tried to refuse, but the officer was gone.

Rivka and her husband lived to an extremely old age. Their prosperity increased every year. But from all their wealth, they took only enough for their own simple needs. The rest they used to help others.

The samovar remained on the shelf in the kitchen. Those who saw it say it gleamed brighter than a thousand suns.

The Shepherd

A Story about Prayer

When we pray we open our hearts and express our joy and thankfulness for God's gift of life. Though the Machzor, the High Holy Day prayer book, has many beautiful prayers in it, any words that come from the heart are as valid and even more precious than words that come from learned scholars or lips alone.

A shepherd once pastured his sheep in a field outside of Cordoba, Spain. He did not know how to read or write, nor could he say any prayers; no one had ever taught him. But that did not stop him from praying. The shepherd so loved God that he simply made up his own prayers out of whatever thoughts came to mind. This is how he prayed:

"God, if You had sheep, I would take care of them as if they were my own. And I would charge You only half what I charge everybody else for looking after them. And if You didn't have any money, I would take care of them for free. That's how much I love You."

And at other times he would pray:

"God, if You were hungry and I had radishes, I would give You half my radishes, And if you were still hungry, I would give You all

of them. That's how much I love You."

He would go on like that, day or night, shouting out prayers as his heart moved him.

One day a famous scholar passed by the field on his way to attend the High Holiday services at the Cordoba synagogue and chanced to overhear the shepherd saying his prayers.

"God, if it was raining and You didn't have a hat, I'd lend you mine. And if my hat wasn't big enough to keep you dry, I'd lend you my cloak. And if that wasn't enough, I'd stand over You and let the rain fall on me. That's how much I love You."

"What nonsense is this!" the scholar scolded the shepherd. "Do you think that He Who made the heavens and the earth needs you to keep the rain off Him?"

The embarrassed shepherd did not know how to reply. "Forgive me, Rabbi, I meant no harm. I was only saying my prayers."

"You call that idiotic twaddle prayer? What an ignoramus. Has no one ever taught you to pray properly?"

The shepherd shook his head.

"Come over to the fence. I will teach you."

The shepherd left his sheep and came over to where the scholar stood. The learned man then delivered a long lecture about the different prayers, their origin and meaning, and the prescribed order of the service. "From now on, either pray properly or don't pray at all," he warned the shepherd. Then he continued on his way to the city.

The shepherd now faced a terrible dilemma. He had not understood a word of the scholar's lecture. Nor could he remember any of the prayers the scholar tried to teach him. Yet he was ashamed to go back to his own way of praying because he'd just been told it was wrong. The shepherd did not know what to do, so, bewildered, he stopped praying entirely.

God's throne stands on the highest pinnacle of heaven. Yet if a single down feather

falls from the breast of the smallest bird, He is aware of it. He hears spiders spinning their webs in dark corners. He listens to bees buzzing among summer flowers and hears the gnat's whine at evening. The sounds of the world form a vast symphony whose every note God hears. Thus He knew one day that something was missing. The shepherd who pastured his sheep outside the city of Cordoba had ceased to pray.

God summoned an angel. "My beloved servant, the shepherd of Cordoba, no longer says his beautiful prayers. He has lost his way. Go down and help him."

The angel went down and found the shepherd in the field, sitting sadly among his sheep. "Shepherd," the angel said to him, "The Holy One no longer hears your voice. Why do you no longer pray?"

The shepherd lowered his eyes. "My prayers are no good."

"Who told you that?"

"A learned rabbi. He called them "idiotic twaddle."

"He is wrong. He does not know. He has never heard the Hosts of Heaven."

"How do they pray?" the shepherd asked

"Like you," the angel said.

"Oh, I should like to hear that."

"Then you shall."

Enfolded in the angel's wings, the shepherd rose into the air. High above the clouds he flew, past the moon and stars, until he came before the Eternal Throne where choirs of angels—cherubim, seraphim, ophanim—poured out choruses of prayer like waves of silver light.

"If You had sheep . . ." sang the cherubim.

"If You were hungry. . ." the ophanim replied.

And the Seraphim answered, ". . . I'd stand over you and let the rain fall on me."

The shepherd listened, astonished. "The Hosts of Heaven pray just like me!" he exclaimed.

"That is because, like you, they pray with a pure heart. That is the way you should pray.

The sounds of the world form a vast symphony whose every note God hears.

Always."

The angel carried the shepherd back to his pasture. Once more the shepherd lifted his voice in joyous prayer:

"God, if You were hungry and I had radishes, I would give You all of them."

And the Hosts of Heaven answered, all together: "That's how much I love You."

"So Much Tsouris"

A Story of Judgment

You will not find this story in a book. I am telling it to you as it was told to me by a student who heard it in a Kaballah class given by Rabbi Appel from Cleveland, Ohio. I trust that though I have shaped the story, the intent of it has not been altered.

Not so very long ago or far away, a very troubled man sought out his rabbi, known far and wide for his mystical insights, powers, and good sense.

"Rabbi, please, can you help me. I have so much *tsouris*, so many troubles and difficulties in my life, I cannot sleep or eat or think straight." The man went on, weeping about his misfortunes, getting more and more distressed, until the rabbi raised his hand and quietly, gently passed it in front of the man's face.

Suddenly the room disappeared and the man saw himself standing beside a highway. Nothing looked familiar. There were no buildings, no people, no signposts. He was lost and he had no idea what to do. From a distance, he heard the noise of approaching traffic. Three large trucks were coming towards him. He ran out into the highway and waved his arms until the trucks came to a halt. Each was a 40-foot storage container with a big rig to haul it. The first driver rolled down his window and the man asked where he was heading.

"I am going to your judgment," the driver said.

The man was shocked. "My judgment?"

"Yes, and so are the two trucks behind me."

"What is in your trucks?" the man asked.

"Your transgressions, misdeeds, neglect, greed. . . ."

The man was horrified and begged the driver to stop. He asked, "As long as it is my judgment that you are going to, may I ride along with you?"

"Sorry," the driver said. "There is no room." The trucks roared away.

The man hung his head and started to walk in the direction the trucks had taken. Soon, he heard another vehicle. Again he ran into the middle of the road and waved. The white VW station wagon came to a stop. The man asked the driver, "Are you going to my judgment too?"

"Yes, I am," said the VW driver.

"What is in your car?"

"All your good deeds," the driver replied.

"May I ride with you?" asked the man.

"Sure," the driver replied. "There's lots of room."

When they arrived at the place of judgment, the man saw a huge balance scale. The three large trucks with the transgressions drove onto one end of the scale. The VW drove on to the other. The little white car, high aloft, could not lift the trucks even an inch. The man trembled, thinking he would surely die now. He began to weep.

At that moment three more eighteen-wheel trucks came over the horizon and pulled up to the scales. The frightened man asked the driver, "What is in these trucks?"

"All your *tsouris*," the driver said, and the three heavily laden trucks drove on to the side with the white VW. The scales balanced perfectly.

The man's good deeds, however, even with the mitigating factor of all his hardships, did not outweigh the transgressions, and he cried out in fear for his life, "Oh Lord, Master of the Universe, I beseech you, PLEASE, grant me more *tsouris*!" ♦

Opportunities for Reflection and Repentance

A Rabbinical Student Helps Us Make the Most of the Days of Awe.

by Ilanit Goldberg

Every year at this time, I reflect on the past year of my life. The Hebrew months of Av and Elul, leading up to Rosh Hashanah, invite deep introspection. I have emerged from the ashes of Tisha B'Av, the ninth day of the month of Av, a fast day that commemorates many tragedies over 2,500 years of Jewish history. I fasted, prayed, and sang *piyutim* (liturgical poems) with hundreds of other Jews at a synagogue on New York's upper west side. There is a rabbinic tradition that the messiah will be born on the afternoon of Tisha B'Av, this most somber of days. This is a redemptive vision of a perfected world rising out of the ashes of tragedy and brokenness. It is in this moment, between ashes and redemption, that my spiritual preparations for the High Holidays begin.

I am a rabbinical student at the Reconstructionist Rabbinical College in Philadelphia. In general, this is a time that is particularly important for rabbis and rabbinical students who are preparing to lead High Holiday services and speak in front of hundreds of congregants. In practice, I am a lot like you—I am not leading services this year, a choice which allows me to experience this season without specific rabbinic duties. Instead, I am focusing on the opportunities for reflection and repentance that this part of

the Jewish year offers. Beginning in July with the fast day of Tisha B'Av, and ending with Yom Kippur, this is a season that invites us to search deeply inside ourselves, individually and communally, in order to bring our best selves to the world in the coming year.

The seven weeks between Tisha B'Av and Rosh Hashanah are always challenging for me. This is a time to engage in *teshuvah*. Many people translate *teshuvah* as “repentance,” and focus on atoning for wrongful actions committed during the preceding year and repairing broken relationships in their personal lives.

This strikes me as an enormous task. On a personal level, how do I begin to count my misdeeds, the people I have hurt, the mistakes I have made? On a societal level, I am overwhelmed by the injustices in which I am implicated. I contributed to global warm-

ing by driving my car to school and work, even when I carpooled; I contributed to the economic exploitation of others by purchasing clothing and other products, almost all of which are made in third-world sweatshops. I contributed to these injustices largely because of political and economic policies and structures that leave me little choice; but I am still responsible for my part in them.

On Yom Kippur, I stand in synagogue with



The soon-to-be Rabbi Goldberg, sans rabbi regalia.

my neighbors and we confess our sins together. Whether we are declaring our responsibility to God or to one another, we are being held accountable for our actions during the previous year. However, I do not believe that I can atone for the hurtful actions that I know I will continue to commit after the sweetness of apples and honey and the inten-

sity of the Yom Kippur fast have passed.

If I think of teshuva as repentance or atonement, then I am paralyzed by my powerlessness to correct harmful actions outside of my control. This is relevant not only to societal injustices in which I (often inadvertently) participate, but also to hurtful interpersonal relationships. When possible, I sincerely

The *Teshuvah* Process

Classic *teshuvah* in traditional Judaism involves several steps. These include: Recognizing what you did wrong; heartfelt remorse for your misdeed; refraining from continuing to commit the hurtful act; restitution, if possible; and confession to the wronged party (traditionally recognized as either another person or God). While this list seems pretty straightforward, in practice it can be very challenging to follow these steps on a path to *teshuvah*, the return to our best selves. The following are some suggestions for how to make your own *teshuvah* practice concrete and meaningful:

Start or strengthen a daily spiritual practice.

This may include prayer, meditation, tai chi, a blessing of gratitude upon awakening in the morning, etc. Spiritual practice can help us to connect more deeply with our selves and with others, an important part of the *teshuvah* process.

Participate in community rituals.

The process of *teshuvah* can be challenging and isolating. By participating in community rituals, such as *selichot* (prayers for forgiveness) and *tashlich* (symbolic casting of sins into the water), we are reminded that we are part of a community of people going through similar soul-searching in preparation for the Days of Awe.

Repair personal relationships: Heartfelt apology

Make a list of people in your life with whom you have an unresolved conflict. Reflect on your own responsibility for each conflict. What could you have done differently? How could you respond more constructively next time? You may want to write your thoughts out in a journal. When you feel ready to sincerely apologize, call the individual and do so.

Repair personal relationships: Heartfelt forgiveness

Reflect on the grudges you bear against others. How does the grudge make you feel? Why are you holding onto the grudge? What would it feel like to let go of it? Journaling or talking to a trusted friend may help you work through the feelings of hurt. If possible, call the individual and offer your forgiveness. Forgiving others is part of the *teshuvah* process.

Repair brokenness in the larger world: Tzedakah, service, and activism

Reflect on the brokenness in the world around you. How do you contribute to environmental, economic, and other injustices, even if inadvertently? Commit yourself to engaging in some form of social or political action to address local or global injustice in the year to come. This may involve giving *tzedakah* and participating in service or activist opportunities.

apologize to people I have hurt and I commit myself to not repeating the hurtful act in the future. There are, however, relationships that I can not fix in any concrete way, either because the person with whom I had a conflict is not interested in mending the relationship or has died during the past year. Or perhaps I am not honestly ready to forgive someone who has deeply hurt me.

This season of teshuva obligates me to contemplate the suffering in the world around me and the ways in which I contribute to it. Simultaneously, Jewish tradition recognizes this as a time of consolation, beginning with the Shabbat after Tisha B'Av. The *haftara* read in synagogue is a section from the book of Isaiah that begins with the words "Nachamu, Nachamu Ami." "Be comforted, be comforted my people." The Rabbis were wise in designating seven weeks of prophetic readings that focus on comforting us as we engage in the difficult personal work of teshuva. And although I do not believe literally that our fates are sealed on Yom Kippur, the image of God inscribing my name in either the book of life or the book of death is powerful and humbling. This vision forces me to recognize my own mortality, to look back at the past year as a blessing, and to recognize every new day, every new breath, as a gift.

Rabbi Nachman Of Bratslav, the famed 18th century rabbi from the Ukraine, teaches: "When you refuse to let yourself fall but instead revive yourself by seeking after, searching out and finding in yourself points of goodness, which you gather together and separate from the points of evil and the garbage with which they are mixed up, that is how you make music. And then you can pray and sing and give thanks to God. For it is well known that when you become depressed over the coarseness and misdeeds in your life, and you see yourself as very distant from true holiness, it usually makes it impossible to pray. You cannot even open your mouth because of the sadness and darkness and heaviness that come upon you when you see the enormous dis-

tance that separates you from God... AND KNOW, that whoever is capable of creating these melodies - that is, the stringing together of good points found in each and every person, even the sinners and crooks - that person is worthy of leading the community in prayer" (*Likkutei Moharan* 1:282).

I take this teaching very personally as a rabbinical student. When I consider all that I have done wrong this year, it is easy to get stuck in the self-criticism that accompanies such reflection. This lesson by Rabbi Nachman reminds me that to be worthy of communal leadership, I must strive to see the "points of goodness" inside each and every person, including myself.

The Hebrew word teshuva is related to the verb *lashuv*, which means to return. If I understand repentance as a form of return, rather than repentance for sins I committed, then this spiritual season has new meaning. Rather than expecting myself to fix all of the wrongs I have committed this past year, I turn inward. I spend time each day, in prayer and meditation, examining myself and trying to remember the core of who I am. I study texts like the one referenced above by Rabbi Nachman. My goal is to encounter my best self and to bring that with me into the coming year. I examine the inner workings of my heart. I pay attention to the parts of me that are bruised and broken. I try to locate the divine spark inside of me, which we all possess, so that I may share it with the world in the year to come.

I hope to emerge from this introspective time with a renewed commitment to seeing the best in myself and in others, to string the points of goodness together so that I am worthy of spiritual leadership. I want to embark upon a new year with a vision of a world redeemed, and a renewed commitment to repairing this broken and beautiful world. I invite you to join me. ◇

We are deeply grateful to Ilanit Goldberg for this original article, and hope it's the first of many contributions to Chai-Lights. She's the daughter of KJCC member Deb Weiss, who's attempting to keep her kvelling to a minimum.

Chai-Lights Presents: The Borscht Belt

An Occasional Feature Highlighting the World of Jewish Humor

Meyer, a lonely widower, was walking home along Delancy Street one day wishing something wonderful would happen in his life, when he passed a pet store and heard a squawking parrot voice shouting out in Yiddish, "Quawwwwk...vus machts du?" Meyer could not believe his ears. Perfect Yiddish! He went into the store to check out this bird. An African Grey cocked his little head and said "Vus? Kenst sprechen Yiddish?"

In a matter of moments, Meyer had placed two thousand dollars on the counter and carried the parrot home. All night he talked with the parrot in Yiddish. He told the parrot all about his father coming to America, how beautiful his late wife, Sarah, was, and his years of working in the garment district. The parrot listened and commented. They shared some walnuts. The parrot told him of living in the pet store and how lonely he would get on the weekends. Finally, they both went to sleep.

Next morning, Meyer began to put on his *tefillin* while saying his prayers. The parrot demanded to know what he was doing and when Meyer explained, the parrot wanted to do the same. Meyer went out and had a miniature set of *tefillin* handmade for the parrot.

The parrot learned to *daven*. He learned every prayer. He even wanted to learn to read Hebrew. So Meyer spent weeks and months, sitting and teaching the parrot Torah. In time, Meyer came to love and count on the parrot as a friend and fellow Jew.

On Rosh Hashanah, Meyer rose and got dressed and was about to leave when the parrot demanded to go with him. Meyer ex-

plained that shul was not a place for a bird, but the parrot made a terrific argument, so Meyer relented and carried the bird to shul on his shoulder.

Needless to say, they made quite a spectacle, and Meyer was questioned by everyone, including the Rabbi and the Cantor. Meyer persuaded them to let the parrot in by swearing that he could *daven*. People started to make wagers with Meyer.

Thousands of dollars were bet against Meyer, that his parrot could NOT *daven* or speak Yiddish or Hebrew.



All eyes were on the African Grey during services. The parrot perched on Meyer's shoulder as one prayer after another passed with not a peep from the bird. Meyer began to become annoyed, mumbling under his breath, '*Daven!*'

Nothing.

"*Daven*, sing, you can do it!"

Nothing.

When services were over, Meyer found that he owed his shul buddies and the Rabbi over four thousand dollars..

He marched home, so upset he said nothing to the parrot.

Finally several blocks from the shul the parrot began to sing an old Yiddish song, as happy as a lark.

Meyer stopped and looked at him.

"Why? After I had *tefillin* made for you and taught you the prayers, and taught you to read Hebrew and the Torah, after you begged me to bring you to shul on Rosh Hashana, why? WHY?!? Why did you do this to me?"

"Meyer, don't be a schmuck," the parrot replied. "Think of the odds we'll get on Yom Kippur!" ◇

Original artwork by Gloria Avner.

S'lichote

Saturday, September 12, 2009
5:30 Pizza and Movie in Social Hall
8:30 S'lichot Service



***SLICHOT SERVICES WILL BE HELD IN THE
SANGUARY FOLLOWING THE MOVIE. SERVICES WILL BE LED
BY ALAN BETH AND JOEL POLLACK***

Movie: DEFIANCE

Jewish brothers in Nazi-occupied Eastern Europe escape into the Belarussian forests where they join Russian resistance fighters and endeavor to build a village in order to protect themselves and about 1,000 Jewish non-combatants.

Released in 2008

Running time 136 minutes

Featuring Daniel Craig, Liev Schreiber

Directed by Edward Zwick

This movie is rated for violence and is intended for mature audiences.

The evening is sponsored by
Sisterhood and there is no
charge. Come and enjoy!



Contact linda
lindap4000@earthlink.net
for information

The Death of Aziz Mehmed Effendi

In September, 1676, a fifty-year-old Muslim named Aziz Mehmed Effendi died penniless in Dulcigno, an obscure outpost in the Ottoman Empire in the Balkan region today known as Montenegro. Other than for his family and creditors, this death would have been just another passing of another faceless pauper. Except this particular Muslim had followed the faith of Mohammed for only the last ten years, and the prime witness at his conversion was Sultan Mehmed IV himself. Prior to his conversion, Aziz Mehmed Effendi had been Jewish, more famed than any other Jew living, heralded and virtually worshipped in every corner of the Jewish world. By the time of his conversion he had claimed to be and become accepted as The Messiah by more Jews worldwide than anyone before or since. The messianic movement he founded took his name, and survives even today in obscure sects and a Jewish/Islamic hybrid called the *Donmeh*. The astounding movement's name has become known to history as Sabbateanism; the proclaimed messiah's name was Sabbatai Zevi.

Born in Smyrna, Turkey (now Izmir) in 1626, Sabbatai's father sent him to study Talmud. But Sabbatai was drawn to Kabbalah. Talmudic life, and study, had become consumed with detail, and pattern, and instructions. But it lacked passion. Jewish life in the medieval Ottoman world was impoverished and cheerless, day after unrelenting day. (It was the same for Christians, of course, but that was their supposed lot.) Kabbalah spoke of joy and the imminent coming of the messiah, who would give Jews a life of hope and end their misery.



Sabbatai Zevi was but one of a series of charismatics who sought to wear the mantle of the messiah around this time, yet he was by far the most successful and historically important. He had begun to acquire adherents by age 22. He lived in various cities throughout the Ottoman Empire, pursuing his messianic activities and gaining followers. He also left behind a trail of censure by rabbinic authorities.

In 1662 Zevi arrived in Jerusalem and was well received by the rabbinic leadership. In 1665 Nathan of Gaza, a famous Kabbalist, publicly declared Sabbatai Zevi to be the Messiah, announcing that he would win the longed-for messianic victory "riding on a lion with a seven-headed dragon in his jaws."

Afraid of their Turkish overlords, the Jerusalem rabbis sought to tamp down the frenzy. But they couldn't. It had spread

to all of the Jewish world, in Europe and throughout the Middle East. In 1665 Sabbatai Zevi returned triumphantly to Smyrna. His star was at its apex; Jews by the thousands were selling their possessions in anticipation of a miraculous return to a restored holy land.

Summoned to appear before the sultan, the troublesome Zevi was offered a choice: death or conversion to Islam. He chose conversion, donned a turban and announced that God had commanded him to do this. At first he enjoyed favor with the sultan, and privileged employment. But he secretly resumed his messianic activity, and was then banished to Dulcigno, where he lived as Aziz Mehmed Effendi and, lacking a talented organizer such as Saul of Tarsus, died in obscurity. ◇

Preparing for Jewish Transition: The *Halachic* Living Will

by Gloria Avner

There is no way around it. More and more of us are losing parents, friends, and cultural icons. We are getting older and wiser, but also frailer. Some of us are being called upon to make tough decisions for our loved ones and ourselves. How do we approach death and dying? To whom do we talk?

A rabbi would be a good person to consult, as would a lawyer or social worker. Thanks to our own Carol Steinbock (a lawyer) and Theresa Kwalick (a social worker), most of us know more about living wills than before we listened to their talk at KJCC last spring, but it was recent news to me that there is such a thing as a *Halachic* Living Will.

Our understanding as Jews is that life is a sacred trust over which we have stewardship; we are obligated to do all in our power to preserve it. Accordingly, we cannot withdraw food or water since that would result in death, essentially condoning active euthanasia. (Jews being Jews of course, there is more than one opinion. Even among one branch—the Conservatives—one rabbi believes that if suffering is increased by providing food and water, than it is permissible to stop.)

Before researching the *Halachic* living will, I thought that Judaism would be against organ donation. I was wrong. The saving of a life takes precedence over all. Maimonides says emphatically "Anyone who is able to save a life, but fails to do so, violates the commandment "Thou shall not stand idly by the blood of your neighbor."

All the basic issues, the questions to be considered, and the actual forms are included in the following links. There is much food

for thought here—and possible excellent departure points for family or group discussion. As is so often the case, from our long and thoughtful traditions come helpful guidelines for difficult decisions. Below are three web sites you can use as resources:

- rabbis.org/pdfs/hcpi.pdf
- beadonor.org/storage/wrtc/documents/jewish-conservative.pdf
- jlaw.com/Forms/lwdocs/FloridaHalachicLivingWill.pdf



**KJCC
GIFT SHOP**

NEED CARDS? NEED GIFTS?
COME TO THE KJCC GIFT SHOP FOR ALL YOUR NEEDS!

WE HAVE THE FOLLOWING:

HOUSE GIFTS

BAR AND BAT MITZVAH GIFTS AND CARDS

WEDDING GIFTS AND CARDS

YARZEIT CANDLES-ELECTRIC AND NATURAL

plus JEWELRY, MEZUZAHs, SEDER PLATES, MATZOH SWEEPERS,
CHALLAH PLATES, CHALLAH KNIVES AND MORE

If you do not see what you want, we can order it for you.

Call Joan Boruszak 852-0833.

The Palace Gardens Difference

For nearly 25 years, The Palace Gardens Assisted Living Community in Homestead has been known as a leader in providing outstanding care to seniors. While our grounds and the campus are beautiful, there are more than a few reasons why The Palace Gardens is different from all others.



1. Continuum of Care –

The Palace Gardens is part of The Palace Family of Senior Living Communities which offers accommodations that meet everyone's needs, from Independent Living and Assisted Living, to Skilled Nursing and Rehabilitation, and even Home Health. You can rest assured that at The Palace, your needs will be met, no matter what may happen in the future.

2. Palace Training & Education Center

Because our residents come first, every employee must reflect the higher standards of our communities. Based on Ritz-Carlton procedures, a comprehensive orientation program reinforces this focus. Regular training and educational programs continue so that residents will always receive the very best care and services.

3. Local Ownership –

Founded in 1980 by Helen and Jacob Shaham, The Palace is privately owned and locally operated by these self-made individuals who foresaw the need for quality senior living environments. Their constant involvement today ensures the tradition they established for the communities and services bearing The Palace name: only the best.

To see for yourself why The Palace Gardens sets the standard Florida senior living, call or visit our web site.



1351 N. Krome Ave., Homestead, FL 33030 • (305)247-0446 • www.thepalace.org

The Palace Suites / *Independent Living*

The Palace Royale / *Catered Living*

The Palace Renaissance / *Assisted Living*

The Palace Gardens / *Assisted Living*

The Palace Nursing & Rehabilitation Center

The Palace at Home / *Home Health*



Carol A. Steinbock Realtor



- Director on the Florida Keys Board of Realtors
- Resident in the Upper Keys for 13 years
- 6 years of Real Estate experience

Call me for your Real Estate needs!

305-393-1205

www.KeysRealEstateAgent.com

Carol@KeysRealEstateAgent.com

Barbara Knowles *Photography and Video* Destination Wedding Planner

Officiant, All Events, Portraits
Real Estate, Corporate
Custom Packages

www.FLKeysWeddings.com

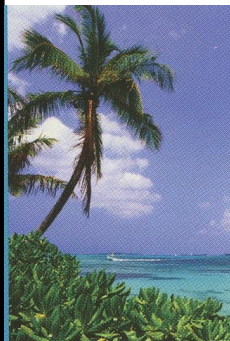
305-772-0503

305-853-5653

iweddu@bellsouth.net

Richard Knowles
PhotoVideo
305-942-4488

flkeys@bellsouth.net



florida keys
periodontics
and
implantology

paul e. berger, d.d.s.

the pink plaza
103400 overseas highway
Suite 229
key largo, fl 33037

tel: 305.453.1811
fax: 305.453.1889

Freewheeler Construction & Islamorada Brick Company

Joining Forces to Better Serve our Community!



John El-Koury
CGC 1511016

Roger Young
CRC 034492

Renovations • Remodels • New Construction

Brick Pavers • Summer Kitchens • Outdoor Living

Licensed & Insured
Locally Owned & Operated

Call Roger Young or John El-Koury at 305.664.5213

SOFY WASSER, L.M.T. LICENSED MASSAGE THERAPIST

870 NARRAGANSETT LANE
KEY LARGO, FL 33037
MILE MARKER 103 - BAYSIDE

305-332-1500 - CELL
305-453-1324 - HOME

SWEDISH / AROMATHERAPY /
NEUROMUSCULAR / HOT STONES



Relax, Rejuvenate Your Body & Mind

LASER HAIR REMOVAL • SKIN TIGHTENING

WRINKLE REDUCTION

STEM CELLS/OXYGEN FACIALS

DERMALIFE SPA JET • POWER PLATE

SUN:SOUL THERAPEUTIC SUNWEAR

Family Physician
Jamie A. Goodman, D.O.
Diplomate ABAARM
Medical Director

305.664.2490

SERVING THE FLORIDA KEYS SINCE 2005



ESSENCE OF THE PHOENIX

**Longevity Medicine
& Regenerative
Biomedical
Technologies**

81990 OVERSEAS HIGHWAY
SUITE 101

ISLAMORADA PROFESSIONAL
CENTER • BAYSIDE

JGOODMANDO@POL.NET

283926

Brighton Clics Echo Earth Creations Flax Frank Lyman
 Franch Dressing Gattex Joseph Ribkoff Key West Aloe Lynn Ritchie Maya
 Vera Bradley
 Timmy Woods
 Sunsets
 Sue Wong
 Spanx
 Reyna
 Spooner
 Pandora
 One Soles
 Degrees
 180 Degrees
 Bridges
 Niki
 Art
 Nature

From BEACH to BRIDAL
now more choices than ever!

SPORTWEAR SWIMWEAR
RESORTWEAR ACCESSORIES

Lauren & Stuart Sax, Owners



305.664.9008

MM 81.9 Bayside Islamorada
 www.angelikaclothing.com



PRIVATE CHEF SERVICES
MADE 2 ORDER CAFE & BAKERY
FRANK HUGHES
EVENT COORDINATOR

Made 2 Order Cafe & Bakery
 Waterfront Dining In The Florida Keys
 90691 Old Highway
 Tavernier Florida 33070
 Phone:(305) 852-3251-Fax:(305) 852-5786

Made 2 Order Corporate Address
 P.O. Box 9328 - Tavernier, Florida 33070
 Phone: (305) 664-2510
 FrankHughes@made2orderonline.com
 www.made2orderonline.com



SUNSTAR Title Company, L.L.C.
 Your Premier Closing Agency

David S. Kaufman, Esq.
 9990 S.W. 77 Avenue #PH-15
 Miami, FL 33156
 Phone: 305-670-0199
 Fax: 305-667-0355
 E-mail: dsk435@yahoo.com

I handle all types of real estate matters, closings to mortgage foreclosures to mortgage modifications. I am happy to come to the Keys for whatever is needed.



www.painfulfoot.com
 Offices also in
 Miami - Homestead
 Ocean Reef - Tavernier

Dmitry Sandler, DPM, FACFAS
 Board Certified by American Board of Podiatric Surgery

999 N. Krome Avenue
 Homestead, FL 33030
Phone: 305.246.4774
Fax: 305.248.4086

91461 Overseas Hwy.
 Tavernier, FL 33070
Phone: 305.852.1878
Fax: 305.852.2932



SANDY J. LIEBOWITZ

9465 Miller Drive
Miami, FL 33165
(305) 273-7607
(305) 273-7608
FAX: 273-0912
E-mail: lmengrav@aol.com



Re-Inventing the Awarding Experience!

Petals With Pizzazz
*Floral Boutique and
Event Design*



- World Wide Delivery
- Home Decor and Wedding Specialists!!
- Fresh Flowers, Tropicals
- Chuppah Rentals
- Unique Holiday Floral Creations!!

MM 90 Bayside

305-852-8771

Look for the bike!!

American Rose Flag & Pole Co.
Flags of all Types

Parts • Service • Pennants
Flagpoles of all Sizes
We Deliver



305-852-6104

Frank & Rene Rose
Key Largo, FL

WOLFE & WOLFE

CERTIFIED PUBLIC ACCOUNTANTS

**Individualized Attention For
Your Business and Personal
Accounting Needs**

- Tax Planning & Preparation
- Auditing, Review & Compilation Services
- Business Plans, Forecasts & Projections
- Estate & Trust Services
- Small Business Computer Services

**88785 Overseas Hwy.
Plantation Key
305-852-5002**

wolfecpa@snappydsl.net



TIB BANK

- Truly **FREE** Checking
- **FREE** Internet Banking
- **FREE** Bill Pay via TIBLink
- Residential Loans
- Consumer Loans
- Commercial Accounts

Serving the community since 1974!



Member FDIC www.tibbank.com Nasdaq: TIBB

The Silver Law Group, P.A.

Patricia M. Silver

Attorney at Law

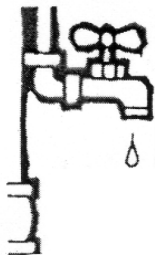
81001 Overseas Hwy. #101
Islamorada FL 33036
305-664-3363
silverp@bellsouth.net

STEVEN J. SMITH, M.D., P.A.

DIPLOMATE AMERICAN BOARD OF SURGERY
FELLOW OF THE AMERICAN COLLEGE OF SURGEONS

5701 Overseas Highway, Suite #8
First Professional Centre
Marathon, FL 33050

Office 743-3511
Home 743-3140



Windy Day Plumbing

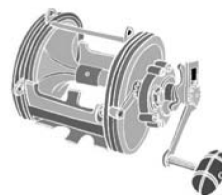
"We do it all"

Phone 305- 664-9701
Key Largo 305-453-1169
Fax 305- 664-2455

82891 Overseas Hwy.
P.O. Box 569
Islamorada, FL 33036

Lic. #CFC 057609

D. J.'s Reel Repair



Penn, Daiwa, Shimano & others
Parts and Service

P. O. Box 27
Tavernier, Florida 33070

305-852-5007
305-393-6934

Linda Perloff

(305) 394-2616

LPerloff@hotmail.com



- 19 Years In Real Estate Sales -

Founding Family Member Of The KJCC



www.LPerloff.com

*Thank You For Your
Continued Trust & Referrals!*

Schwartz Property Sales GMAC Real Estate

Wheaton Service Center

MARK WHEATON, Manager



Phone 305-451-3500

101500 Overseas Hwy.
Key Largo, FL 33037

Upper Keys Gastroenterology

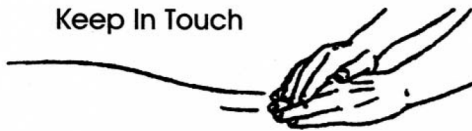


Neal E. Rakov, M.D., FACP, AGAF
Diplomate American Board
Internal Medicine & Gastroenterology

Tassell Medical Arts Building
91550 Overseas Highway, Suite 215
Tavernier, Florida 33070
Phone: (305) 852-9400
Fax: (305) 852-2095

13365 Overseas Highway
Suite 103
Marathon, Florida 33050
Phone: (305) 743-8200
Fax: (305) 743-3218

Keep In Touch



DONNA BOLTON

massage therapy
MA 7805

305-393-1351

**KITCHEN
& BATH
SPECIALISTS**

DOE WINSLOW
Owner

88511 Overseas Highway
Showroom · Suite 10
Tavernier, FL 33070
305-852-4302 · Fax 305-852-4303
kitchenandbath@terranova.net

PLUMBING • ELECTRICAL • MARINE

*"If it's not at
Keys Supply,
It's not in
the Keys"*



Keys Supply of Key Largo Inc.

MM 102.1 Oceanside, Key Largo

305-451-9515

MM 88.9 Bayside, Plantation Key

305-852-3711

Infinite Possibilities



SUNSHINE PRINTING

*Fast Print and
Full Color*

Rack Cards • Flyers
Brochures • Stationery
Business Cards • Envelopes
Carbonless Forms
and Much More

Vicky Fay
(305) 451-3752
Key Largo

barefootprint@terranova.com

Your Full-Service Printer
Serving the Keys Since 1984

Shingles Pain? Nerve Pain?

**Amazing
Neuragen PN offers
Fast Relief From**
-Chronic Pain-
-Fibromyalgia-
-Sciatica-
-Numb Toes-
-Diabetic Nerve Pain-

**CALL
STEVE STEINBOCK
305-394-0143**

70% Users Report Relief
Apply Topically 2-4X a Day
No Side Effects

Rosenbloom, Davis & Tolley, P.L.L.C.

CERTIFIED PUBLIC ACCOUNTS

Shawn Tolley, CPA 305-451-4000
Senior Partner Fax 305-4519896

97665 Overseas Hwy. - Key Largo FL 33037

Word Works Productions

Editorial, Writing and Publishing Services
for Print and Electronic:

- Graphic and Print Production
- Brochures • Menus
- Flyers • Newsletters

*Serving Individuals, Non-Profits, Associations, Groups, Clubs,
Companies of Any Size*

Lisa Richardson Rutherford
305-240-0836

wordworksproductions@yahoo.com



GARRETT CHIROPRACTIC & WELLNESS CENTER, P.A.

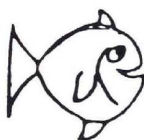
a holistic healing center

DR. ERICA LIEBERMAN-GARRETT, B.S.C.D.C.

Over 26 Years experience
Chiropractic (Gentle/Manual)
Yoga/Meditation
Massage Therapy
Physical Therapy
Acupuncture/ Homeopathy

305-853-1003 MM 90.3 Bayside, Tavernier
wellnesshealing@bellsouth.net

ISLAND PAINTING & Pressure Cleaning 451-1610



Key Largo

DOTTIE HILL
Owner

FISHERIES

Seafood & Bait INC.

Wholesale - Retail

P.O. Box 273
Ocean Bay Dr.
Key Largo, FL 33037

Miami (305) 248-5221
Key Largo (305) 451-3782
Fla. 1-800-432-4358
FAX (305) 451-3215

www.keylargofisheries.com • E-mail: kfish333@aol

OFFICE HOURS BY APPOINTMENT

PAUL E. BERNSTEIN, D.D.S., P.A.

TUREK BUILDING
P.O. BOX 587
TAVERNIER, FLORIDA 33070

TELEPHONE: (305) 852-5088

Phone: (305) 852-9300

Fax: (305) 853-1260



BERNARD P. GINSBERG M.D.

Fellow American Academy of Family Practice

91555 Overseas Hwy.
Suite 3 (Lowe St. Professional Center)
Tavernier, FL 33070

General Medicine
Weight Loss
Esthetics

MARILYN J. BEYER
Funeral Director

*H. W. Beyer
Funeral Home Inc*

Telephone
(305) 451-1444

P.O. Box 3000
Key Largo, FL 33037

Women's Clothing

Anthony's

Key Largo
M. M. 98.5
305-852-4515

Marathon
Gulfside Village
305-743-5855

Charter
Pest Control Inc.

(305) 451-3389 (800) 471-0166
300 Atlantic Dr. Key Largo

- Household Pests • Ants • Roaches
- Fleas • Ticks • Rodents
- Yard Treatments

JOHN'S PLUMBING SERVICE, INC.

"WHEN YOU WANT IT DONE RIGHT
THE FIRST TIME"

(305) 852-4152

Residential • Commercial Plumbing

Lic #CFC1425673



P.O. Box 1703

Tavernier, FL 33070

Grossman Roth, P.A. was founded in Miami in 1988 and maintains offices in Coral Gables, Ft. Lauderdale, Boca Raton, Sarasota and Key West. The firm concentrates its practice in the areas of medical malpractice, products liability, aviation, admiralty, commercial litigation, class action and professional malpractice and other cases of significant damages.



TRIAL LAWYERS

GROSSMAN ROTH, P.A.

A PROFESSIONAL ASSOCIATION

KEY WEST

509 Whitehead Street
First Floor
Key West, Florida 33040
Phone: 305.509.7734
FAX: 305.509.7738

CORAL GABLES

2525 Ponce de Leon Blvd.
Suite 1150
Coral Gables, Florida 33134
Phone: 305.442.8666
Phone: 800.206.4004
FAX: 305.285.1668

FT. LAUDERDALE

Las Olas Centre II
Suite 1120
350 East Las Olas Blvd.
Fort Lauderdale, FL 33301
Phone: 954.767.8200
FAX: 954.764.1866

SARASOTA

1800 Second Street
Suite 777
Sarasota, Florida 34236
Phone: 941.365.8666
FAX: 941.316.0963

BOCA RATON

Wachovia Plaza
Suite 775
925 South Federal Hwy.
Boca Raton, Florida 33432
Phone: 561.367.8666
FAX: 561.367.0297

NON PROFIT
ORGANIZATION
PERMIT NO. 39
TAVERNIER, FL