

Putting "YOU" in Tu B'Shevat

1. Dishtowels...the quicker picker upper.

Use dishtowels instead of paper towels for drying dishes and kitchen spills. Think how many paper towels you need to match the absorbency of only one dishtowel! Set up a simple system: one for spills, one for dishes, one for drying lettuce and other veggies.

2. Think cloth napkins are only for formal dinners? Think again!

You can use cloth napkins for all your meals. Use them with a napkin ring to help identify users for repeated use.

3. Put Your Junk Mail to Work for You!

Instead of discarding junk mail, business mailings or any sheets of paper with only one side of use, use them again for writing drafts. Keep an in-box or recycling receptacle by your printer to hold sheets until you need them.

4. Yo, Yo Wrap!

Save previously used wrapping paper and use it again. Or, use swatches of fabric, newspaper, reusable gift bags or a cloth sack for gifts. If you need to purchase new wrapping paper, make sure it's recycled.

5. If it's Free, It's for Me!

Use toilet tissue and tissues with at least 50% "post consumer recycled content" free of dyes, perfumes and dioxin. (The process of bleaching paper to whiten it is responsible for creating the toxic substance, dioxin.)

6. It's in the bag. The cloth bag, that is.

Keep cloth bags in your car, with your bicycle or by your front door for all your shopping needs instead of taking a paper bag, or plastic bags (made of non-renewable sources).

Since the "Tu" in Tu B'Shvat stands for the 15th day of Shevat, we would like to offer 15 tree and water conservation tips.

7. The Three P's—Precycle, Practical, Preservation

Buy items with little or no packaging or in bulk that you can stock in your own containers. Most stores carrying bulk items give money back for using your own bags or jars. Buy food in cardboard packaging that can be recycled or that has already been recycled (it's gray inside). Tip: Create file folders and post cards from used cereal boxes.

8. Drink to Your Health

Keep a commuter mug in your car, in your backpack, at your office for a fill up of your favorite beverage instead of taking a new paper cup.

9. Wood That's Too Good (to waste)

Avoid items made from rain forest woods such as rosewood, mahogany, teak, or ebony.

10. Be Cool

Keep a bottle of cold water in the refrigerator instead of wasting water down the drain waiting for it to get cold.

11. Don't Kick the Bucket

Keep a bucket in your shower (or outside to collect rainwater). Transfer it over to watering cans or jugs to water your indoor and outdoor plants.

12. Go With the Flow

Take a shower instead of a bath and buy a low-flow shower head and a sink aerator for your kitchen or bathroom faucet to conserve water. To find these items, contact your local hardware store or visit www.greenpages.org or the Real



Goods catalog at www.realgoods.com to check out their products for a healthy home and planet.

13. Dear John

Use a jug filled with water or stones to take up space in the toilet tank or buy a special "toilet dam" so that less water is wasted. Or, conserve your flushes.

14. Clean and Green

Don't waste water down the drain while washing dishes. Fill the sink up instead. Turn off the water while brushing your teeth and washing your face.

15. A Healthy Lunch Box

A reusable lunch box or cloth bag; a thermos; reusable storage containers, food that needs no packaging (e.g., fresh fruit) and a cloth napkin. Replace paper plates with reusables for picnics or casual meals.

COEJL website www.coejl.org
Coalition on the Environment and Jewish Life.

See page 20 for a quick look at what our own Green Team is doing to make our community aware of conserving our resources.



Schedule of Services

Friday, February 6

Beshallah, Exodus 13.17-17.16
Kabbalat Shabbat, 6:00 p.m.
Shabbat Service, 7:30 p.m.
Ruth Bass Sanctuary Building

Saturday, February 7

Tu B'Shevat
Torah Class, 8:15 a.m.
Minyan Service, 9:00 a.m. Gross Chapel
B'nai Mitzvah of Melissa Trenk,
Julian Landsberg and
Troy Landsberg, 10:15 a.m.
Bat Mitzvah of Lydia Winkler,
10:30 a.m.

Friday, February 13

Yitro, Exodus 18-20
Shabbat Service, 7:30 p.m.
Ruth Bass Sanctuary Building

Saturday, February 14

Torah Class, 8:15 a.m.
Tot Shabbat, 9:00 a.m.
Minyan Service, 9:00 a.m. Gross Chapel
Bat Mitzvah of Samantha Rosenbaum,
10:15 a.m.
Bar Mitzvah of Andrew Caterfino,
10:30 a.m.

Friday, February 20

Mishpatim, Exodus 21-24
Kabbalat Shabbat, 6:00 p.m.
Shabbat Service, 7:30 p.m.
Ruth Bass Sanctuary Building

Saturday, February 21

Shabbat Storytime, 9:00 a.m.
Minyan Service, 9:00 a.m. Gross Chapel

Friday, February 27

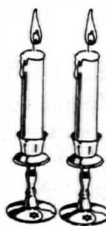
Terumah, Exodus 25-27.19
Shabbat Service, 7:30 p.m.
Ruth Bass Sanctuary Building

Saturday, February 28

Torah Class, 8:15 a.m.
Minyan Service, 9:00 a.m.
B'not Mitzvah of Andrea Thompson and
Sophie Soloway, 10:15 a.m.

CANDLE LIGHTING TIMES

FEBRUARY 6	5:01 P.M.
FEBRUARY 13	5:09 P.M.
FEBRUARY 20	5:18 P.M.
FEBRUARY 27	5:26 P.M.



Clergy

Rabbi Daniel M. Cohen, D.Min.
Rabbi Ellie Lynn Miller
Harvey S. Goldman, D.Min., D.D.,
Rabbi Emeritus
Herbert Weiner, D.D. Rabbi Emeritus
Cantor Theodore Aronson
Joan Finn, Cantorial Soloist

Lay Leadership

Arnold Budin, President
Barbara Stoller, VP
Steve Pomerantz, VP
Richard Flaum, VP
Sandra Dick, VP
Nancy Fogel, VP
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Judy Epstein, Corr. Secretary
Ann Merin, Recording Secretary

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Leslie Sporn

School Directors

Elizabeth Best, R.J.E., Religious School
Carol Paster, Preschool

Program Director

Tracy Horwitz

Bulletin

Sunny Seglin

The Bulletin Vol. 8 No. 11

The Bulletin is published
eleven times yearly.

**MEMBER CONGREGATION
UNION OF REFORM JUDAISM**

Contact us at info@tsti.org

Visit our website at www.tsti.org



MEGILLAH READING PURIMSHPIEL & EXTRAVAGANZA

- Friday evening, March 5, Purim begins with the reading of the Megillah as part of the Shabbat service.
- On Sunday, March 7 at 9:30 a.m., join us for a high-spirited Purimshpiel in the Sanctuary. Our annual Purim Extravaganza follows, with games, crafts, stories, baking and lots of fun for the whole family!

MAKING CONTACT

Clergy and staff at Temple may be contacted by calling 973-763-4116, or at info@tsti.org. Visit our website at www.tsti.org, and, if you haven't already done so, be sure to send us your email address so that we may complete our files.



From the Rabbi's Study

As the sun sets on Friday night, February 6, a full moon will hang in the sky. And as the sun sets, we will not only welcome Shabbat but we will begin the festival of Tu B'Shevat, as well. Since ancient times, the 15th day of the Hebrew month Shevat has been known as the New Year for trees. In biblical times the day marked the end of one tax year and the beginning of a new one. Thus, from the perspective of tithing, those trees planted before the 15th of Shevat belonged to the prior year, while those planted after the 15th of Shevat belonged to the new fiscal year. On some levels, then, the closest parallel to Tu B'Shevat in our modern world is January 1, as one year's fiscal books are closed and a new year's fiscal books are opened.

Once the Temple was destroyed in 70 CE, the ritual of sacrifices ended and our people were exiled from the land of Israel. One might have expected Tu B'Shevat to disappear from our annual calendar. After all, the holiday was not only based on our people's rootedness in the land of Israel, but it was dependent upon the tradition of tithing to the temple as part of the ritual of sacrifice, as well. Once those disappeared, the rationale for observing the day vanished. But that did not happen. Tu B'Shevat continued and our ancestors found new meaning in this ancient observance.

Perhaps our tenacity in celebrating this day can be found in its ability to remind us of our ties to the land of Israel, the land upon which a modern Jewish state has been built. Or perhaps Tu B'Shevat has continued because it is an annual reminder of the wonder of nature's cycles. After all, in the land of Israel, Tu B'Shevat occurs just as the winter rains begin to fall and those living in the land can begin to anticipate a new period of growth and renewal. For those of us living in the American northeast, Tu B'Shevat holds out hope that at some point in the near future the cold weather will finally depart and the land will come back to life.

Or perhaps Tu B'Shevat has continued because, in our modern world, we need it as a reminder that we are not separate from nature. In our world of technology, it is too easy to forget that we are part of the same rhythm, the same ebb and flow, the same vulnerability that all living things encounter.

In a sense, the day that was once the equivalent to our American January 1 is now our Jewish Earth Day. And with all the damage we humans have done to our planet in recent generations, it is a day that is more important than ever.

As the sun sets this February 6, I encourage you to take a few moments to look outside and appreciate the

natural world. Even in the midst of a brutally cold winter it is awesome, and there is much for which to give thanks. Then spend a few minutes looking at the COEJL (Coalition on the Environment and Jewish Living) website (www.COEJL.org) to see how you might work to leave a healthier planet for your children and grandchildren to inherit. Watch the Bulletin in the months to come for tips from our Green Team on how to do your part in making the world a bit more "green."

Rabbi Daniel M. Cohen

Magevet to Appear Friday, February 6

Magevet is Yale University's premier a capella group dedicated to singing Jewish, Hebrew and Israeli music. Founded in 1993, they are known in Jewish communities around the world for their unusual, sometimes daring arrangements of traditional and modern melodies, for their particularly sweet blend of voices, and for their lighthearted sense of humor. Magevet performances and recordings provide an exciting and fresh taste of Jewish music spanning from Renaissance choral masterpieces to Yemenite and Yiddish folksongs to modern Israeli pop hits.

This special evening is underwritten by the Melville J. Berlow Music Fund.

A Word with the Rabbi



As I look out my window I can see the effects of the cold of winter. There is a light coating of snow on the ground, the trees are bare and almost every-

thing looks grey. Pondering this gloomy sight I wonder, "What were the creators of the Jewish calendar thinking when they put Tu B'Shevat, the celebration of the trees, in the middle of the winter?" Plant a tree this time of year? It's unimaginable! The ground is frozen solid! Eat sun-warmed peaches and juicy cherries? Certainly not from trees in our part of the world! I try to rationalize that in Israel it is warm enough to plant trees, but winter's icy grip is upon us here in the northern hemisphere.

So what can we as Americans living in the northeast blanketed by record low temperatures do to celebrate Tu B'Shevat? We can support the Jewish National Fund in Israel by planting trees in memory and in honor of the ones we love. We can eat the fruits of the season that grow on trees

and we can plant parsley that should be ready to eat just in time for our Passover seders. We can make an effort to recycle paper and other items to help protect our trees and the environment.

Perhaps the creators of the calendar were actually quite brilliant in their placement of Tu B'Shevat, because, for us, it can serve as a reminder that even the coldest days of winter hold great promise. Every tiny bud; every unfurled leaf still hidden within the life-source of a tree will burst forth with unbounded energy, just as our spirits, nurtured in quiet, fallow times, are renewed yet again.

Tu B'shevat reminds us -- "Pay attention!! -- and treasure the world that surrounds us."

Rabbi Ellie Miller

March for
Women's Lives
Protect Reproductive
Freedom
Sunday, April 25
Washington, DC

**Join the Reform Movement
for this Historic March!**

TSTI March co-chairs, Barbara Laub and Jen Larson, encourage everyone to board the buses in our parking lot and ride together to Washington, DC. The March will begin on the National Mall at noon. Prior to the March, the Reform Movement will sponsor a special breakfast and program. We will have speakers, music and prayer, then go to the March as a group and make our presence felt!

Details about cost of the trip and exact time of departure will be in next month's Bulletin.

Sunday, March 14

Rabbi Harvey S. Goldman Reveals the Fact and Fiction Behind "The DaVinci Code"

Did you read the best-selling novel by Dan Brown? Did you find yourself turning page after page, captivated by the fascinating fact and fiction? Did you find yourself recommending the book to others? Did you find yourself asking: what aspects of this story were based on historical fact and what was an invention of the author's imagination?

Come spend the morning with our rabbi emeritus, Rabbi Harvey S. Goldman as he discusses some of the historical facts upon which Dan Brown wove his tale of intrigue. We will gather at 9:00 a.m. in the mansion for coffee and bagels, and study together from 9:30 to noon with a snack break in the late morning.

To attend, please RSVP to Tracy Horwitz, thorwitz@tsti.org by Monday, March 9 or call the temple office and ask for Susan.

The Iris Family



It was my mother's 80th birthday in December. As a resident in Daughters of Israel's Alzheimer unit she and her family members were invited to attend a party in honor of all those who were celebrating a December life cycle event. As with many of the events on the Alzheimer unit, music played an integral part of the day as research has shown that music is one area that is least affected by the disease.

Mom and I sang along to tunes of my mother's generation such as 'If You Knew Susie, Like I Know Susie' and 'I've Been Workin' on the Railroad' and Mom remembered all of the words. We both sang with great gusto as this was still something we could enjoy together, and God love us, we're both tone deaf. As I sat and listened to Mom sing, I began to wonder what songs I would be singing along to when I turn 80.

My mother is of the radio generation. Her family gathered around the radio to be entertained and used their imagination to create an picture in their mind's eye of what the Andrews Sisters looked like. The music was the main focus so it was fitting that the entertainment was one gentleman with a guitar and a very

soft, soothing voice. He didn't need much more as the residents in attendance were enjoying the music; they weren't 'watching' him.

I also learned about music from radio but I am from the television generation. Most likely when I am a bit more elderly I will be singing along to advertising jingles such as 'Choo-Choo Charlie Was an Engineer' and 'I Wish I Were an Oscar Mayer Wiener'. Perhaps I'll be remembering the tunes of my youth, (The Temptations, The Four Tops and The Beatles) or perhaps those of my college years, (Jethro Tull and Cat Stevens). If in the future my memory goes back to the present day, you will find me longing to hear Megadeath and Hoobastank. I wonder if I'll be content listening to the music of a one-man band or will I be looking to see what close-up is displayed on the 'jumbotron' screen? Will I sway to the music and whip out my lighter as I sing 'Come on Baby Light My Fire'?

And what of the next generation? Will my children expect to hear Raffi, or Sharon, Lois and Bram? Will it be New Kids on the Block or M.C. Hammer? Will there be a bunch of old people rapping and 'headbanging' in their nursing home? Will someone remember to provide a large piece of cardboard for the break-dancers? Most likely they won't be content without a music-video-quality entertainer and would expect back-up dancers and pyrotechnics. Will they wonder, "Where is the mosh pit?"

Whatever the generation, whatever the style; rock, classical or alternative, music is an important part of a child's life. If these are the last memories that one holds onto, perhaps we should think more seriously about those musical memories. We should make sure that we not only filter the exposure to objectionable lyrics but also constantly expose our children to the music and lyrics of traditional Jewish holiday songs like "Chad Gad

Ya" and "I'd Like to be a Macabbee" as well as the blessings for making Shabbat.

I hope you will join us at our Preschool Family Concert scheduled for Sunday March 21, 2004 as we welcome back Laurie Berkner and her wonderful music and songs. Watch for details in next month's Bulletin.

Carol Paster

Preschool Director

TOT SHABBAT



Tot Shabbat, a special Saturday morning service just for preschoolers, their families, and their friends in the Jewish community, is held on the second Saturday of each month. Join us at 9:00 A.M. on February 14 for a wonderful Shabbat experience!

SHABBAT STORYTIME

A story and crafts project will be presented on Saturday, February 21 at 9:00 a.m. in the Bet Tefillah. *The Boy Who Stuck His Tongue Out* by Edith Tarbescu

Double Chai

a chance to win a year's free Temple membership! Watch for more news!





Linda and Rudy Slucker Religious School

frequently to constant or chronic stress. When stressors are relatively acute but infrequent our bodies have an opportunity to clear the stress hormones and return to more baseline or normal conditions. However, when stressors are as frequent and as pervasive as they seem to be in our modern world, our bodies do not have enough time to reverse the harmful physiological effects. We are constantly bathed in stress hormones and we pay a huge physical and mental price. "Therefore, ... Stress reduction not only improves the quality of our lives, it can literally save our lives."

So I was confronted with this amazing explanation of what happens to our bodies physiologically when under constant stress. I began to obsess over finding a remedy for this problem in my own life and then had one of those light bulb moments. I do have something that could help me heal; something that could reduce my stress and something that we as a community have had for centuries. SHABBAT. You may be thinking at this point, well what other solution would a Jewish educator come up with. But realize that as I was obsessing over my stress, I was doing this as Betsy, the person, trying to figure out a way to improve my life situation. When the idea of the Shabbat as a remedy for stress hit me, I felt a sense of elation, you know that feeling when there is an actual answer to a problem of life. And then the logic of it started falling into place.

Gee, a time when my family can be together with the TV, radio and all other electronic devices off; a time when we are not running out of the house for some reason, a time when we CHOOSE to be together. It begins



with Shabbat dinner and it ends with sunset the next day. Meals together, talking together, time for "Hi, Honey, how was your week?" How about Friday evening Shabbat worship together.

Many of you know David Sky. He has been the proprietor of Sky Books for decades. He is also a great friend of our congregation. David and his wife Faige work 6 days a week. The workweek ends by midday Friday in order to prepare for the Sabbath. David once told me that without the Sabbath he would not survive. The stress and aggravation of the week would destroy him. But the Sabbath offers him a moment in time that separates him from that stress and aggravation.

Week after week, day after day, I see our children coming into the building looking tired and stressed. They look like they need Shabbat - a Shabbat where they and you can take the time to slow down. Reduce those stress hormones! It would be pure peace for all of you.

When the ancient Israelites began observing the Sabbath they were ridiculed for being lazy and non-productive. But they kept the Sabbath and the idea spread throughout the world. The answer has been in front of us this whole time. Just as the community of Israel has kept the Sabbath, so will the Sabbath keep the community of Israel. All we have to do is CHOOSE.

Elizabeth Best, RJE
Religious School Director

Dr. Brian Weiss, a psychoanalyst, a graduate of Columbia University and Yale Medical School, is also an author of books one might call New Age. He has written a book called "Eliminating Stress and Finding Inner Peace." Now for the most part I avoid self-help books. Not that I don't believe in the value of the advice given, I just find that I buy these books and never read them. But I had read a few of Dr. Weiss's books before and this one is small and unassuming, so I bought it. Lo and behold I began reading it and I am very glad I did when I realized he was speaking about all of us.

We are all aware that we live in a constant state of stress. It is not just about the crazy schedules we keep, it encompasses much more. Stress affects not only our emotional lives. Our scientists and medical experts have known for a very long time that stress impacts on us physically. To quote Dr. Weiss, "Stress seems to be inevitable and omnipresent. The complexity of modern life has increased our overall levels of stress and tension." With all the advancements made through technology and the stressors these advancements have created, there has been "a shift in the nature and pattern of stress-inducing events. We are now exposed much more



We Care

Being a "Caring Congregation" has always been a cornerstone concept of Temple Sharey Tefilo-Israel. To carry out that important charge, the We Care committee, made up of concerned peers in the congregation, was formed to lend a helping hand to Temple members in need of assistance. Our clergy warmly endorses the idea that there are members of our temple family who would benefit from a continuing presence long after spiritual crises have passed. We Care provides that presence.

Volunteers provide rides, keep in touch by phone, do errands or pay brief home visits. In the past, our volunteers have driven congregants to doctors and physical therapists; provided a comforting presence through regular phone calls to an elderly, sight impaired senior, assisted an overwhelmed mother of a newborn through home visits; offered companionship to elderly congregants who would otherwise have sat alone during Shabbat Services, and picked up prescriptions for the homebound.

In addition, We Care administers the Temple Access Fund that provides free round-trip taxi service to ambulatory congregants unable to drive to services.

Please remember We Care when you need help of any kind. Simply call Temple and ask for We Care. Bringing a smile to your face brings a smile to ours!

Ruthann Fish and Alice Forman
We Care Chairs

NEW RESTRICTED FUND ESTABLISHED Brotherhood Youth Activities Fund

In order to meet the objective of providing financial support for the development, education and wellbeing of our Temple children, Brotherhood has established a Restricted Fund to be named The Brotherhood Youth Activities Fund. It is planned that donations to the Fund, interest earned and net proceeds from the annual Brotherhood raffle will be deposited into the Fund to provide adequate funding to meet this crucial area of the Temple. An initial contribution of \$18,000 was made to establish the Fund. The Fund will support programming activities for ATEED, BEYNEYNU, and STISY; incentive and need based scholarships to New Jersey Region NFTY Conclaves as approved by the youth group advisor in consultation with one of the Rabbis; and any other Temple youth activity approved by the Brotherhood.

We are extremely appreciative of the Brotherhood's continued dedication and support of our Temple Youth. Contributions can be made in the usual manner through the Temple's Tribute program.

Ed Schay

Chair, Restricted Fund Committee



ANTI-SEMITISM: OLD DEMONS, NEW FORMS

with

David Harris
Executive Director,
American Jewish Committee

Sunday, March 14, 7:30 PM

Mr. Harris has spent much of the past year meeting with heads of state and European Union commissioners dealing with this explosive and worldwide surge in anti-Semitism. His candid insights reveal how world leaders are responding – or not. And what we must do.

Open to the Community - Free Admission
RSVP – 973-379-7844 or newjersey@ajc.org

Sponsored by:
American Jewish Committee &
Temple Sharey Tefilo-Israel's
Conversations...

Mazel Tov To Our B'nai Mitzvah

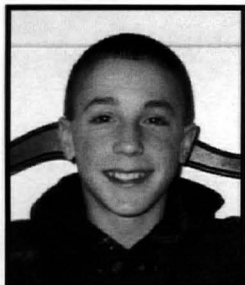


Lydia Rose Winkler will be called to Torah on Saturday, February 7. Her parents, **Lisa** and **Matthew Winkler**, her brothers, Jacob and Nathan, and her grandparents, Martin and Barbara Klein and Robin Winkler, look forward to the joyful celebration. Lydia is a seventh grader at Maplewood Middle School, and enjoys social studies and English. Extracurricular activities include playing tennis and swimming. She will volunteer at a soup kitchen for her "Mitzvah Project."

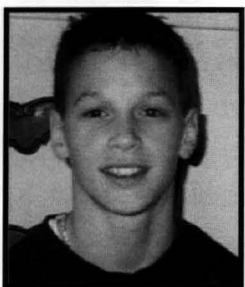
"Becoming a Bat Mitzvah means having a deeper understanding of the Jewish culture and Hebrew language," says Lydia.



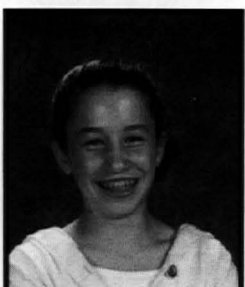
Melissa Ann Trenk will become a Bat Mitzvah on Saturday, February 7. She is the daughter of **Nancy** and **Richard Trenk**. Her brothers, Robert and Andrew, and grandparents Carol and Lawrence Sivilli and Penny and David Trenk will also be celebrating with her. As a seventh grader at Roosevelt Middle School, Melissa enjoys English and reading. In her spare time, she likes to swim, sing and act. For her "Mitzvah Project" she is collecting games, toys and books for the Essex County Supervised Visitation Program. Melissa notes, "Becoming a Bat Mitzvah is special to me because I am becoming an important member in the Jewish community."



Troy Harris Landsberg, son of **Debby** and **Mark Landsberg**, will become a Bar Mitzvah on Saturday, February 7. His twin brother, Julian, and grandparents Henry Landsberg and Carole and Mel Westrich, look forward to celebrating with him. Troy attends Roosevelt Middle School where his favorite subject is social studies. He loves skating with his friends and playing basketball. For his "Mitzvah Project" he participated in the Mitzvah Clown program and entertained at a home for senior citizens. "Becoming a Bar Mitzvah means that I have taken that first giant step out of childhood toward becoming an adult in the Jewish community. I will take on greater responsibilities and have more privileges," says Troy.



Julian Matthew Landsberg, son of **Debby** and **Mark Landsberg**, will become a Bar Mitzvah on Saturday, February 7. His twin brother, Troy, and grandparents Henry Landsberg and Carole and Mel Westrich, look forward to celebrating with him. Julian attends Roosevelt Middle School where his favorite subjects are social studies and science. He likes spending time with friends and family and playing basketball and soccer. Julian's "Mitzvah Project" is to raise money through a bake sale and send the proceeds to Israel to support a school Cantor Aronson has visited. Julian says, "I am proud to be called up to the Torah in front of my friends and family. Being a Bar Mitzvah means I have taken the first step toward manhood."



Samantha Rosenbaum looks forward to sharing her Bat Mitzvah on Saturday, February 14 with her parents, **Carolyn** and **Michael Rosenbaum**, sister Taylor, and grandparents Shirley and Morty Rosenbaum and Norman Pomerantz. She will also remember grandmother Gloria Pomerantz. Sami is a seventh grader at Millburn Middle School where her favorite subject is leadership. She loves soccer, walking her dog, and spending time with her friends. For her "Mitzvah Project," she incorporated her love for cooking into creating a Chanukah party for Children Together, a home for children in South Orange.

Sami says, "Being a teenager, having a great celebration and taking a big step in Judaism is what this day is all about."



Mazel Tov To Our B'nai Mitzvah



Andrew Shaw Caterfino will be called to the Torah on Saturday, February 14. He is the son of **Elissa Caterfino Mandel** and the late **Douglas Caterfino**. Joining him on this special day will be his mother, his step-father, Hal Mandel, his brother, Brian and step-brothers Aron and Abraham, and his grandparents, Gail and Norman Shaw and Mary and Sam Caterfino. Andrew plays tennis and basketball and enjoys science, language arts and social studies. For his "Mitzvah Project" Andrew volunteers at an animal shelter and at a soup kitchen.

"Becoming a Bar Mitzvah means that I am officially an adult in the Jewish community. I am looking forward to sharing the day with my family and friends and assuming the responsibilities that come with being a Bar Mitzvah," says Andrew.



Andrea Michelle Thompson, daughter of **Lisa Miller** and **Scott Thompson**, along with her brother, Ryan, and grandparents Philip Miller, Joan Miller and Betty Robins, will celebrate becoming a Bat Mitzvah on Saturday, February 28. Andrea attends Maplewood Middle School where her favorite subject is science. She also is a student at the New Jersey School of Ballet. Andrea babysat for neighborhood children free of charge during the summer, to give their moms a break during the day for her "Mitzvah Project."

"Becoming a Bat Mitzvah means that I am obligated to participate more in the Jewish community as one of the responsibilities of adulthood," says Andrea.



Sophie Giulia Soloway, daughter of **Sabina** and **Andrew Soloway**, will become a Bat Mitzvah on Saturday, February 28. Celebrating with her will be her brother, Matthew, grandparents Lorraine and Josef Soloway and Tracy and Alfredo Siani, and great grandmother, Sarah Hyman. Sophie attends Millburn Middle School where she plays the cello in the school orchestra and enjoys language arts. Her concerns about world hunger led her to work in a soup kitchen, bake casseroles for a food drive and donate money to Mazon and the Heifer Project for her "Mitzvah Project."

Sophie says, "To me, becoming a Bat Mitzvah means that I am getting old enough to change the world in some way, large or small. I am becoming less egocentric and am taking care to notice my surroundings. My Bat Mitzvah is a time to stop and think about truly becoming a part of this world."

ALL IN THE FAMILY

MAZEL TOV TO:

Susan Witkin on the engagement of her daughter, Keren, to Neal Freedman.

Jessica Stoller, daughter of **Barbara** and **David Stoller**, on being recognized for 400 hours of community service by the South Orange-Maplewood Board of Education.

Debbie and Sid Krasner on the birth of a granddaughter, Emma Hope. Proud parents are Debra Goldstein and Steven Krasner.

FAMILY CAMP JUNE 11-13!

Temple Sharey Tefilo-Israel's
7th Annual Family Camp Weekend at Camp Na-Jee-Wah

A weekend in the woods with your family and friends!
Swimming, boating, sports and games,
Havdalah under the stars, music, crafts!

For more information, please call Todd Lurie (973) 275-1420
or Gale Weisenfeld (973) 762-9550.



Mitzvah News

"The best portion of a good person's life is the little, nameless unremembered acts of kindness and of love."

—William Wordsworth

BAKIN' AND JAMMIN' FOR BUBBES AND ZAYDAS

We'll be making goodies for about 600 Seniors! **SIGN UP NOW** for this event on **Sunday, Feb. 29th, 2pm-6pm**. It will be a day of creative cooking, followed by the opportunity to hand deliver the goodies and receive warm thanks. Questions? Call or email: Baking: **Cathy Ehrlich**, 973-669-3727, pehrlich@usa.net Jam-Making: **Robin Greenberg**, 973-761-4326, robin.doug@verizon.net Donations of Crackers for Baskets: **Jill Kushner**, 973-763-8844, jillmkushner@yahoo.com

BRIDGES EVENT

On **Sunday, February 8**, starting at about 10:30 a.m., we will be preparing food and sorting clothing to take with us to Newark to distribute to people in need. If you're interested in this hands-on event, all ages are welcome. **Peggy Barnett** is the overall coordinator and will be working on food. **Jill Kassirer** will be managing the clothing distribution. **Sign up now!**

To sign up, please call or email: **Peggy Barnett**: PegBarnett@aol.com 973-763-0178 **Jill Kassirer**: jskplk@aol.com 973-912-8875

GREEN TEAM

It's a perfect way to welcome the month in which Tu B'Shevat takes place! Under the coordinating care of **Elliot Sommer**, the Green Team is working on plans to achieve better environmental awareness and conservation at TSTI.

Each committee member will be working on helping to make different areas of TSTI "greener," through education and awareness:

Preschool:

Jennifer Larson, jrltsti@comcast.net

Religious School:

Stacey Cohen, poshpanes@hotmail.com
 Fran Kurtis, frankurtis@aol.com
 Laura Levy-Utterback, Laura2lou@aol.com

STISY:

Matthew Utterback, MattUt22@aol.com

Adult Awareness/Political Action:

Michael Gordon, gordonlaw7@aol.com
 Ed Reichman, reichman@verizon.net
Energy Review of TSTI (overall):
 Henry Gluckstern, glucklaw@aol.com
 Elliot Sommer, elliott@pacesetterfabrics.com

Please contact any of these people to become more involved with the Green Team and its work. If you want to brainstorm about energy-saving ideas, please contact Elliot Sommer.

EARTH DAY

Along with the work of our Green Team, TSTI member **Andy Jacobs** has long been interested in the environment. Andy is contributing to

our attempts to raise our environmental awareness by collecting and distributing information. Here's his first installment. Andy is especially aware of ways in which companies can be environmentally observant—you can make a difference where you work.

The History of Earth Day—thanks to the Wilderness Society's Website

The first Earth Day was conceived of and organized by former Senator Gaylord Nelson. It was a 6-year process that culminated in the first Earth Day in April of 1970.

Today there are countless celebrations around the world focusing on what we can do to live in harmony with our planet as opposed to destroying it. Below are some websites for places where you can participate in helping our planet to be a better place for us all.

Shorewalkers

www.shorewalkers.org/ Telephone: (212) 330-7686 Shorewalkers' mission is to enhance, enjoy and protect the parks, promenades, and paths along the waters in and around New York City, Down State New York, and North New Jersey.

Appalachian Mountain Club (AMC) www.outdoors.org/

New York, New Jersey Trail Conference Walk: 156 Ramapo Valley Road Mahwah NJ 07430 201-512-9348

National Conservancy

200 Pottersville Road Chester NJ 07930 908-879-7262



Mitzvah News

Schermann-Hoffman Wildlife Sanctuary

PO Box 693 11 Hardscrabble Road
Bernardsville NJ 07924
908-766-5787

Weis Ecology Center

150 Snake Den Road Ringwood NJ
973-835-2160

For more places to contact log
onto: <http://www.geocities.com/shikers/hikingnj.html>

This site is for the Environmental Protection Agency's Performance Track Program. This is a group of the companies who operate with helping the environment as a priority in their operations (while still being profitable): <http://www.epa.gov/performance-track>

Andy's company, Ideal Jacobs Corp., is a part of this group. Log onto www.idealjacobs.com to see how even a small, local company can make a difference.

POLITICAL ACTION GROUP

A newly formed political action group at TSTI is interested in hosting conversations between speakers from national organizations representing different points of view.

Pam Kruger and Rebecca

Blumenstein are working on a program for Spring 2004 about the Israel/Palestinian dilemma. Interested in learning more about the conflict? Want to develop a better understanding of American Jews' role in the peace process? More than ever, Israel is at a critical crossroads, with its survival at

BAKIN' AND JAMMIN' FOR BUBBES AND ZAYDAS

Sunday, Feb. 29th, 2pm-6pm

Name _____

(Adults and children welcome. Parents, please do not send young children without supervision.)

Phone _____

Email _____

I want to (check one):

Bake _____

Make Jam _____

Please send to:

Jill Kushner, 23 Village Green Court, South Orange, NJ 07079

stake. This forum gives us a chance to become better informed about this vital issue. If you'd like to help put together this program, please contact Pam Kruger at pkruiger@comcast.net or call 973-313-9709.

Also planned for Spring 2004:

Michael Gordon and **Ed Reichman** will work on getting one or more guest speakers to address environmental issues. Interested in helping put this together? Contact Michael at gordonlaw7@aol.com or call 973-376-0883.

Planned for Fall 2004: **Jennifer Larson** will work on getting a few speakers to address the issue of how civil liberties can be defeated by silence or inaction. If you're interested in helping plan this program, contact Jennifer at jlrsti@comcast.net or call 973-762-6636.

SOUP KITCHEN

From **Karen Seidmon** and **Jill Kassirer**: Please check with Karen or Jill to see whether these dates are still open: April 11, May 16, May 30, June 13. They fill up fast! However, even if these dates are full, please note: You are more than welcome to pick a date other than those scheduled to serve at the Lighthouse. Generally, if TSTI is not there on a Sunday, then no meal is served. Please check with Karen and she will make sure the Lighthouse can accommodate your group! One group has already taken advantage of this option, and you can, too.

Jill Kushner



Temple Sharey Tefilo-Israel
Sisterhood's

Intergenerational Women's Seder

Come together with mothers, daughters,
sisters and friends
to dance, study, sing
and tell stories of our own liberation
as we prepare ourselves spiritually for the
upcoming celebration of freedom.

Thursday, March 18, 2004

6:30 p.m. at Temple

RSVP by March 4

Cost: \$18.00 per person

Please send a check payable to TST
Sisterhood and
the completed form below to:

Marcia Weinstein, 29H Nob Hill
Roseland, NJ 07068

If you have any questions, please call Marcia:
973-364-0301

Name: _____

Address: _____

Phone Number: _____

Choice of Meal: Chicken _____
 Vegetarian _____

Check enclosed for \$ _____



Sisterhood

A few weeks ago I received an e-mail urging me to buy Israeli products found in my grocery store. The e-mail went on to say to buy items even if I did not use them because Israel's economy is so weak. There are so many items on the shelves (in the kosher section) in my Shop Rite that I felt very good after I put them in my cart. And needless to say, they are very tasty. Please buy Israeli items and tell your friends to do likewise.

We had a successful Chanukamania and many of the Israeli vendors were pleased with their sales. I was delighted to see the many families who came out. We didn't sell all our items from OUR Israeli vendors so please visit us. We have kiddush cups, Miriam cups, Seder plates, tzedakah boxes, kippot, and tallisim from Israel. Our prices are the lowest you can find. And while we are talking about prices come check out our 14 karat gold jewelry.

Our February 2nd program, "Snowboarding for Teens and Women," promises to be a fun evening. Our own Chickie Rosenberg is some terrific lady! She wrote a book about snowboarding and will delight us as she talks about this winter sport that is catching on like crazy!

Marcia Weinstein
Sisterhood President

PARTY SHOWCASE at TSTI

Sunday, March 28 9:30 a.m. - 1:30 p.m.

Do you have a party related business? Would you like to display your wares and talk to interested Temple members about your services? Whether you are a stationer, florist, party-planner, caterer, photographer, videographer, entertainer, DJ or craftsperson, take this opportunity to showcase your talents.

Planning a party? Check out this showcase! Whether you are planning a Bar or Bat Mitzvah, wedding, birthday, retirement or dinner party, this is one event you don't want to miss!

For additional information, call the Temple office and ask for Karen Patton, 973-763-4116.

ADULT LUNCH AND LEARN

Do you have free time on Monday afternoons? Please come join our warm and friendly once a month Lunch and Learn.

We provide the salads, dessert, coffee and fascinating programs, and you provide a bag lunch and your inquiring mind!

When: Mondays, February 9, March 15, and May 17, 2004. Programs are provided by the JEA Hirshhorn Lecture Series.

Temple Sharey Tefilo-Israel is thrilled to welcome all interested adults to participate in this warm and wonderful group. Please join us.

For more information please call Lisa Monday, Group Worker, at 973-929-2917 or Tracy Horwitz, Program Director at 973-763-4116.

We Care and Project Shin Nurse: Perfect Together

We Care is privileged to work hand in hand with Nurse Claire Akselrad in her efforts to carry out the mission of SHIN (Spiritual Healing Integrating Nursing.) In addition to the numerous services our We Care volunteers provide to all ages, Claire brings professional nursing expertise to our congregants.

Claire blends the physical, emotional, and spiritual aspects of health and healing in an effort to help our Temple family feel connected in difficult times. She is available for confidential consultations with congregants and family members to assess medical, emotional, and housing related issues.

Contact Claire by calling We Care at 973-763-4116 during Temple office hours, or Claire's work phone at 973-736-3200 ext. 372. We're here for you, so don't hesitate to call on us!!

Renaissance Group

The year seems to be "galloping" along at a rapid pace. Though we did not plan a February activity, our January "Super Bowl" event will occur in February, as we accommodate the football schedule. **Linda Scharf** and **Marcia Weinstein** will really "score" by providing us a wonderful afternoon together.

We look forward to our March trip to the Philadelphia Museum of Art and the Flower Show. We will lunch at Maggio's Restaurant between our visit to the museum and the flower show. The bus that will take us to Philadelphia will leave Temple parking lot at 8:30 a.m. That's early, but we will be served muffins and coffee upon boarding the bus. The Museum is featuring an exhibit of paintings of the sea by Manet. If we have time, we may visit the Reading Terminal where there are many shopping outlets, including some that feature Amish products. **Judy Miller** has arranged this great day for us. Watch your mail for details, including the date, which will be early in March. Don't delay returning your reservation form and check since we can only accommodate enough people for one busload.

Be sure to mark your calendar for our second annual pot-luck supper. Fred Miller, the pianist and vocalist, will entertain us with songs of our era. **Mimi Braun** has made the arrangements for this event that is scheduled for April 25 - a good post-Passover celebration.

We hope the "new year" is off to a good start for you and your family with a minimum of sniffles and coughs.

Florence Saglin

ADULT SOCIAL GROUP

(First Mondays
of the Month)

Do you have free time during the day? Please join your Temple Sharey Tefilo-Israel friends for a delicious 3 course sit-down luncheon followed by musical entertainment, with a warm and engaging group of adults.

Where:

Temple Sharey Tefilo -Israel

When:

Mondays, February 2, March 1, April 19, May 3 and June 7
11:30am-1:45pm

Cost: \$2.00 per person

We have lots of laughter, dancing, reminiscing, friendship and love! Please become part of our adult group family.

For more information or to RSVP, please call Lisa Monday, Group Worker at 973-929-2917 or Tracy Horwitz, Program Director at 973-763-4116.

After Hour Emergencies

Please note that during any given weekend, one of your clergy is "on call" for **after-hours emergencies**. The individual "on call" and his/her home number is noted on the Temple answering machine at 973-763-4116.

A Special Thank You To:

Renaissance, Sisterhood and Brotherhood for planning, preparing and providing the wonderful brunch for our TSTI Scholar-in-Residence Weekend. Thank you to the incredible volunteers whose help made the brunch such a great success.



Saturday Night, MAY 15 - Save It!!

The Cirque de Shulé Fundraiser Encore!!

LIVE MUSIC, DANCING, FOOD AND SPIRITS SILENT AUCTION, CASINO GAMES, GREAT PRIZES, Invite your Friends !!

Due to the overwhelmingly positive response to last spring's Temple fund-raiser, Cirque de Shulé is back for an encore. Bring your friends and join your TSTI family on May 15 for a night of Music, Dancing, Gourmet Food, Casino Games and the not-to-be missed Silent and Chinese Auctions. For those who missed last year's gala, here's your chance to have fun and raise funds for TSTI.

In addition to your presence on the big night, we need your support to make this year's event the best yet. We need volunteers to help solicit goods and services for the Silent and Chinese Auctions and to help with organization and publicity. Subcommittees are forming now.

We also need items for the Silent and Chinese Auctions. Do you have or know anyone who will donate:

- A week at a Timeshare or Vacation Home
- A Tee Time at a local golf course
- Tickets to local sporting events (Yankees, Mets, Giants, Jets, Devils, Nets)
- Tickets to local performing arts (NJ PAC, Broadway, Lincoln Center)
- Gift Certificates to local Restaurants and Merchants

To get involved call **Rich Flaum** at (973) 912-0391 or send an e-mail to Rflaum@newjerseylaw.net

**STEP UP TO THE PLATE. GET IN THE GAME.
ENHANCE YOUR TEMPLE EXPERIENCE.**

TSTI BROTHERHOOD!

Coming Up:

**NCAA March Madness dinner and scotch/beer tasting
Family Day with the Newark Bears Baseball Club
Jewish Family Day at the New Jersey Devils/Nets**

In addition, Brotherhood will continue to field its always competitive A-Division Temple League softball team and sponsor cultural endeavors like the Temple Scholar in Residence programs and the Yom Hashoah Candle distribution.

There are many opportunities to create additional programming and expand on existing events. This is where all of you come in. The events and programs won't happen without you. TSTI's membership is one of the largest in our area. Let's make it one of the most active as well.

If you haven't joined Brotherhood yet, it's not too late. If you are a member and want to step up and help organize, but don't know how you can contribute, here's your chance.

Please accept this letter as an invitation to join your fellow TSTI men on February 4th at 6:15 at TSTI for a Brotherhood summit and informal dinner. We will discuss the future growth and direction of our Brotherhood and how each of you can contribute. So that we can make sure we have enough food, please RSVP to **Todd Lurie**, VP for Programming at tlurie@comcast.net or at (973) 275-1420.



Tributes

Contributions in memory of loved ones are acts of loving kindness. We are grateful for your generous support of Temple through various Tribute Funds. We will no longer have a separate Yahrzeit page, but will list all Yahrzeit contributions under the heading of the specific fund to which those donations were made.

TEMPLE FUND

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Bernard Kislin, father of Nancy Flaum & Marci Heskell

Rabbi Arnold & Gert Zoref
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Marc Tannenbaum

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Brother of Lillian Lerner

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John Schupper family loss

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Patti & Bill Katz

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Bar Mitzvah of Jeremy Solomon
Louise Herz

Bar Mitzvah of Cory Epstein

Judy & Robert Epstein

60th Birthday of Etta Shapiro

Rita & Len Goldschmidt

Birth of Cheryl & Ed Archambault's
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Norman Tobin, husband of Zelda, father
of Dennis & Nancy
Hope & Steve Pomerantz

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Hope & Steve Pomerantz
Bar Mitzvah of Daniel Green
Hope & Steve Pomerantz

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Ruthann & Herb Fish

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Deanna Schey
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Debra Saul
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IN MEMORY OF
Iris Goldberg
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Sally & Steve Weissman family



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TEMPLE TRANSIT FUND

Yahrzeit of
Tillie Abrams
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STISY

Attention all STISY-ites! (Teens in 9th – 12th grade) As secretary of the STISY Board, I am pleased to tell you of the upcoming events, which are just around the corner. On February 8, we will be going rock-climbing. It will be lots of fun, and a great way to meet people from your Temple. Look for details arriving in the mail. The Purim Carnival will take place this year on March 7. Volunteers are welcome and greatly appreciated. Lastly, mark your calendar on March 20 for the Shul-in hosted by our Temple. It will be an overnight stay open to STISY and TSTI members and their friends as well as the entire NFTY-GER membership. As for the annual retreat at Bryn Mawr Camp in December, the event was a success. New friends were made, as well as old friends reuniting. A special thank you to the Kagan family, for their generosity in allowing us the use of their camp. If this all sounds interesting to you, just know it's never too late to join STISY!

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GREEN TEAM UPDATE

Elliot Sommer, Green Team Coordinator, tells us that the Team is busy making an energy audit of Temple. The goal is to make small but meaningful improvements so that we use our resources more efficiently. There are plans to educate children in our school and adults as well about actions each of us can take to ensure a greener world, and to this end, the Green Team is planning a seminar in the spring about energy efficient cars. Not to be missed!

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