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10 Rules For Living Your Best Life  
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# From The Editors

Dear Readers,

July is here and temperatures are soaring. Many community members are off to their homes on the Jersey Shore, while others are staying in Brooklyn. No matter where you'll be spending the summer—whether you're looking forward to attending concerts on the beach, taking little ones to a splash park, watching fireworks on the 4th, strolling on the boardwalk, or just relaxing and soaking up the sun—there are an abundance of thrilling events in the works, in both New Jersey and New York. We've assembled them for you in "New Jersey Fun In the Sun," and "Summer In The City."

April 22 was an incredibly sad day. We lost one of the most giving and inspiring men in our community, Charlie Saka A"H. Everything he did was for his family and to better our community. Be sure to read about his life and legacy.

Our cover story is about Bridge Linx, a therapy center that works hand-in-hand with community yeshivahs to evaluate students who need their expertise. Therapists determine goals for each child and focus on improving delays and helping to empower students for continued growth and success.

Be sure to read about Chesed 24/7, an organization that provides hospitality rooms in hospitals and other needed services. The organization's philosophy is that no one should ever be without food, shelter, or emotional support when a family member is hospitalized.

Another school year has come to an end, thus there have been numerous graduations. To congratulate and celebrate the students who earned their diplomas, we put together a photo feature, which you don't want to miss.

Plus, learn how to barbecue like an Israeli, check out beautiful window treatments, and discover the 10 rules for living your best life. In addition, read about our community organizations, and a groundbreaking decision by the Supreme Court, which says: states that have programs offering vouchers to students in private schools must also offer vouchers to students who attend religious schools. Hopefully this will help families affected by the tuition crisis.

*Have A Safe & Enjoyable Summer,  
Ben-Gurion and Rachele Fallas Matsas*

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# PARASHAT HASHAVUAH

## PARASHAT KORACH

In this Parashah, Korach mistakenly concludes from the incident of the spies that the study of the Torah is not intrinsically superior to the performance of the commandments. Therefore, he reasons, a person who works for a living has no need to aspire to moments of “reconnection” to spirituality. As such, he further concludes that there is no need for an elite class of individuals to be devoted exclusively to spiritual life in order to inspire the rest of us.

Moses responds to Korach’s claims by telling him that a clergy devoted exclusively to the service of G-d is indeed necessary, in order to inspire those involved in the mundane world and instruct them as to what is permitted and what is prohibited. Without such inspiration and guidance, it is too easy to lose sight of our ideals and end up as slaves to materialism.

Moses persuades 250 people to rise up against Moses and Aaron. Of course this doesn’t work, because G-d opened up the earth to swallow Korach and his followers.

## PARASHAT CHUKAT

In Parashah Chukat, we read about how Moses struck a rock that he was supposed to speak to, to get water for everyone. As a result, G-d decrees that he and Aaron will not lead the people into the Promised Land.

A number of commentators offered their opinions about why Moses and Aaron received such a severe punishment. Maimonides said that Moses and Aaron were punished for displaying impatience, and speaking to the Israelites out of anger. Nahmanides believed there must be an esoteric reason that is beyond the simple understanding of the text, and Rabbi Hannanel explained that they were punished because they created the impression that they were performing the miracle, rather than G-d. This is the most popular opinion. Thus, we should speak G-d’s praises at every opportunity and give Him credit for all that He does.

## PARASHAT BALAK

Parashah Balak tells the story of Bil’am, the heathen prophet who wielded magical power. Whomever he blessed was blessed, and whomever he cursed was cursed.

Balak, King of Moab, asks Bil’am to curse the Israelites. Even though he knows G-d will not approve, Bil’am decides to do it. On the way, his donkey refuses to budge and

then speaks, warning Bil’am not to continue. Bil’am should have turned back. Yet, on he went! When the time came to curse the Jews, he couldn’t do it, instead he bestowed four tremendous blessings on them, some of which we recite in our prayers today.

The lesson in this—when a person is on his way to commit a sin, he will not see what is right in front of his face. May G-d open our eyes so that we may always see the truth that is right in front of us.

## PARASHAT PINCHAS

In Parashat Pinchas, the zealot Pinchas sees a Jewish prince in an act of idolatrous promiscuity with a Midianite woman, and thrusts his spear through both of them. For this he was commended by the Almighty, because he was zealous for his G-d. Even Moses was uncertain as to whether this act was permissible. The Talmud clearly states that if someone comes to inquire as to whether or not to commit such an act of extreme zealotry, he should be instructed not to do so.

This is a most timely lesson, because there are many members of the Jewish people who are stirred by feelings of righteous indignation. They may want to react violently, but they dare not. Our times call for a different approach. We must adhere to an almost opposite Torah value—tolerance, because it is preferable to zealotry. The ultimate Jewish value is peace. Tolerance encircles everything with a thread of kindness.

## PARASHAT MATOT-MASEI

Parashat Matot-Masei describes the arduous journey of the people of Israel, as they near the Promised Land. On the way, they stop often. We can assume that after they settled into one place they were reluctant to proceed into the unknown. We can also imagine the joyous emotions they experienced, as they approached their destination.

This is the way of all journeys. It is the very essence of life itself. We settle into one place, into one role, into one stage of life—it becomes familiar and comfortable, and moving on feels threatening. Yet, we often find the old place boring and we relish the opportunity to move on—despite the uncertainty that lies ahead. And so it goes. We must keep moving from stage to stage if we are to reach our potential as mature adults. □

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# ABOT

Elisha Ben Avuya said, "One who studies Torah as a child, to what is he compared? To ink written on fresh paper. And one who studies Torah as an old man, to what is he compared? To ink written on blotted paper."

(Chapter 4, Mishna 25)

RABBI DOVID ROSENFELD

**MAIMONIDES DESCRIBED THIS MISHNA AS SELF-EVIDENT AND PLAIN TO THE EYE. TORAH STUDIED IN ONE'S YOUTH MAKES A MUCH MORE LASTING IMPRESSION THAN TORAH STUDIED LATER IN LIFE. THIS IS TRUE, SIMPLY BECAUSE A YOUNG PERSON HAS A CLEARER, LESS CLUTTERED MIND AND A SHARPER MEMORY.**

As we age, not only do our faculties slowly dull, but our minds become filled with more and more distracting information. As a result, our memories become decreasingly accurate and reliable. The young have minds that are open to new ideas and concepts. They are not set in their ways—of thinking and of behaving—so, they are able to absorb new ideas and adapt to new realities. Young minds are remarkable in their ability to adapt to new situations. Many skills, if not acquired early in life, are much more difficult to learn later, if at all.

This is true when it comes to religion, as well. Those who study Torah when they are young, have it ingrained in them, and Judaism's values become second nature. The Talmud says, "when a child reaches six years of age, stuff him like an ox with the knowledge and understanding of the Torah." What is absorbed at that age will be better-remembered, it shapes lives.

A sad irony of life is that when our minds are at the peak of their vitality and creativity, we are often busy squandering our lives on other things—wasteful at best, destructive at worst. George Bernard Shaw said, "Youth is a wonderful thing—what a crime to waste it on children."

Sometimes it takes years of frustrating and painful experience until our mature hindsight directs us towards our Creator and a more spiritual life. By then, we are less able to reach the same spiritual heights which were once open before us. This is one reason Judaism places such emphasis on properly educating our children. We must be certain that the next generation benefits from the collective knowledge and experiences Judaism has to offer.

On a different note, the commentator Rabbeinu Yonah wrote that one should not despair if he/she is getting older and feels his memory weakening, yet still has much left to learn—or is even starting from scratch. As is always the case in Judaism, G-d rewards us for the effort, not the result.

Rabbi Yonah compared such a person to a worker who is given a bucket with a hole in it and is instructed to spend the day drawing water from a well. Who cares that little of the water will remain in the bucket? He will be paid for his labor all the same. So too when it comes to Torah study—the reward given is in accordance with the effort expended, and, as the sages often put it, "Whether one does much or little—so long as he directs his heart towards Heaven."

Another point worth mentioning is that what we learn as we grow older gains new and added significance. We may not retain quite as much, but we sometimes make up for it in our depth of understanding and appreciation. The truths of the Torah become more alive and relevant to us. The lessons are confirmed to us through the many experiences our lives and G-d have dealt us. The older we get, the closer the Torah hits home. We see its knowledge as not mere facts and details, but as eternal lessons of faith and wisdom which make sense of a world which would otherwise appear dark and oppressive.

This is perhaps the single-most important truth we must impart to our children and students: Judaism makes sense. It is not a religion of ritual or abstractions. It is not a whole bunch of facts to memorize. It reflects G-d's will and knowledge, and its wisdom has the relevance and timelessness of a body of knowledge honed through countless generations of study, experience, and application. With this understanding, all Jews, young and old, can approach the study of Torah with energy and understanding. □

*This commentary was written by **Rabbi Dovid Rosenfeld** and was published on [Torah.org](http://Torah.org). It has been edited to fit the page.*



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*To this day, at every wedding we break a glass in remembrance of the destruction of the two temples*

# THE THREE WEEKS IN OUR TIME

REMEMBER THE PAST, BUT DON'T BE HELD CAPTIVE BY IT

RABBI JONATHAN SACKS ZT'L

**JUDAISM IS A RELIGION OF MEMORY. THE VERB ZACHOR APPEARS NO FEWER THAN 169 TIMES IN THE HEBREW BIBLE. "REMEMBER THAT YOU WERE STRANGERS IN EGYPT"; "REMEMBER THE DAYS OF OLD"; "REMEMBER THE SEVENTH DAY TO KEEP IT HOLY." MEMORY, FOR JEWS, IS A RELIGIOUS OBLIGATION.**

**T**his is particularly so at this time of the year. We call it the "Three Weeks" leading up to the saddest day in the Jewish calendar, Tisha B'Av, the anniversary of the destruction of the two Temples, the first by Nebuchadnezzar, King of Babylon in 586 BCE, the second by Titus in 70 CE.

Jews never forgot those tragedies. To this day, at every wedding we break a glass in their memory. During the Three Weeks, we have no celebrations. On Tisha B'Av itself, we spend the day fasting and sitting on the floor or low stools like mourners, reading the Book of Lamentations. It is a day of profound collective grief.

Two and a half thousand years is a long time to remember. Often I am asked—usually in connection with the Holocaust—is it really right to remember? Should there not be a limit on grief? Are not most of the ethnic conflicts in the world fuelled by memories of perceived injustices long ago? Would not the world be more peaceable if once in a while we forgot? My answer is both yes and no, for it depends on how we remember.

Though the two are often confused, memory is different from history. History is someone else's story. It's about events that occurred long ago to someone else. Memory is my story. It's about where I come from and of what nar-



*Holocaust survivors spend their time sharing their memories with young people, not for the sake of revenge, but its opposite: to teach tolerance and the value of life.*



*One of the greatest gifts we can give to our children is the knowledge of where we have come from*

rative I am a part. History answers the question, “What happened?” Memory answers the question, “Who, then, am I?” It is about identity and the connection between the generations.

In the case of collective memory, it all depends on how we tell the story. We don’t remember for the sake of revenge. “Do not hate the Egyptians,” said Moses, “for you were strangers in their land.” To be free, you have to let go of hate. “Remember the past,” says Moses, “but do not be held captive by it. Turn it into a blessing, not a curse; a source of hope, not humiliation.”

To this day, the Holocaust survivors I know spend their time sharing their memories with young people, not for the sake of revenge, but its opposite: to teach tolerance and the value of life. Mindful of the lessons of Genesis, we too try to remember for the future and for life.

In today’s fast-moving culture, we undervalue acts of remembering. Computer memories have grown, while ours have become foreshortened. Our children no longer memorize chunks of poetry. Their knowledge of history is often all too vague. Our sense of space has expanded. Our sense of time has shrunk.

That cannot be right. One of the greatest gifts we can give to our children is the knowledge of where we have come from, the things for which we fought, and why. None of the things we value—freedom, human dignity, justice—were achieved without a struggle. None can be sustained without conscious vigilance. A society without memory is like a journey without a map. It’s all too easy to get lost.

I, for one, cherish the richness of knowing that my life is a chapter in a book begun by my ancestors long ago, to which I will add my contribution before handing it on to my children. Life has meaning when it is part of a story, and the larger the story, the more our imaginative horizons grow. Besides, things remembered do not die. That’s as close as we get to immortality on earth. □

*Rabbi Lord Jonathan Sacks zt’l was an international religious leader, and philosopher. The author of over 30 books, Rabbi Sacks received multiple awards in recognition of his work. Sadly, he passed away in November 2020.*

# EMPOWERING OUR CHILDREN HELPING THEM FLOURISH AND THRIVE



As the Jersey Shore community continues to grow, the need for support for all the children grows with it. The local schools are expanding, opening more classes and stretching to meet the needs of their students. Bridge Linx is there as a partner to help the schools make sure every child's needs are being met by offering therapy services. Our team evaluates the student, determines goals for each child,

and sets up an individual therapy plan to implement for success. We focus on improving delays and deficits in specific areas, helping to empower the students for continued growth and success.

Bridge Linx offers OT, PT, Speech and Language as well as Social Behavior therapy to school aged children. Therapies are offered in our facility as well as in the community schools. Bridge Linx works closely with parents and



the school to ensure all goals are met. Many mainstream and bright students are challenged with specific deficits that need to be addressed in order to succeed and thrive. Following are examples of areas that therapy may cover.

### **SPEECH AND LANGUAGE**

Much of the learning environment is dependent on good language skills. These would include being able



to follow directions and to follow and comprehend an oral lesson. In addition, proper note taking, including understanding the main idea and supporting details as well as sequencing events, are important skills. Proper social interactions involve processing the environment and expectations as well as communicating appropriately and effectively. Speech and language therapy can help children struggling in these areas.

### **OCCUPATIONAL THERAPY (OT)**

The way a child functions and completes his daily chores involves many OT skills, including dressing, manipulating toys and objects, copying from a board, handwriting, tracking with the eyes and coordination. Some other areas would be core strength and sensory processing. OT services can help a child function better in the classroom by improving these skills.

### **PHYSICAL THERAPY (PT)**

Physical therapy targets gross motor movements. These would include balance and strength, coordination, safety awareness, and specific muscle strengthening and movement.

### **SOCIAL BEHAVIOR**

Sometimes children have trouble functioning in school settings for various reasons. Some of the goals and areas worked on to help them in this area include emotional



regulation, organizational skills, following directions and routines, social expectations, and problem solving. Social Behavior therapy is provided in the school setting. It is coordinated with the classroom teacher and parents to ensure that the goals are followed up and met. This Social Behavior program has enabled many students to succeed in the mainstream yeshiva environment and not have to attend self-contained or public school programs in order to meet their needs.

Bridge Linx continues to grow and meet the needs of the children in the community. It is a nonprofit therapy center and works with most insurances. Private scholarships are offered as needed so that all children receive the help they need, regardless of financial ability. □

*If Bridge Linx can be of assistance to you in any way, please reach out to us at 732-493-3670 so we can help you.*

# EMPOWERING OUR CHILDREN HELPING THEM FLOURISH AND THRIVE



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# PROPEL'S GRADUATION CELEBRATION

LAST MONTH, PROPEL HOSTED ITS THIRD GRADUATION AT THE CENTER. THE GRADUATION CELEBRATION SHOWCASED PROPEL'S ACCOMPLISHMENTS THROUGH THE ACHIEVEMENTS OF CLIENTS WHO HAVE COMPLETED THEIR CERTIFICATED OR EDUCATIONAL PROGRAMS AND ARE NOW WORKFORCE-READY.

The event began with the traditional graduation march down the aisle to the strains of *Pomp and Circumstance*. The graduates, adorned in their graduation sashes, along with their coaches, Ellen Ades and Gitta Neufeld, entered the room filled with family and friends. Among the guests were PROPEL's proud Board Members, President Dr. Gayle Krost, Michael Haddad, Jacqueline Harary, Elaine Parker, and Gitta Kaplan. In addition, many of the mentors from PROPEL's "Weaving a Network: Women Helping Women," our signature UJA-supported program, were in the audience applauding the accomplishments of the PROPEL graduates.





PROPEL's Co-Executive Directors Randi Eisenstein and Alissa Shams, and Director of Operations Viviane Darwish, welcomed the guests, and praised the graduates for all of their successes. They also thanked all those community members who support PROPEL and its mission to inspire, train and educate women to enter the workforce. It was most appropriate that the graduation took place at the onset of Lag La Omer, a time when we resume public celebrations.

Dr. Gayle Krost expressed her heartfelt congratulations to the graduates and shared some exciting updates about the organization. Over the last six years, PROPEL has coached over 800 women, graduated over 200, and currently assists over 50 women in graduate school.

Ellen Ades, PROPEL's Career Coach, proudly introduced Michelle Saad, who inspired the audience with her personal story and accomplishments in the workforce. Michelle, a wife and mother of four, reached out to PROPEL several years ago to hone her professional skills. With Ellen's guidance, Michelle began taking computer courses, and worked diligently gaining skills essential in today's workplace. Michelle succeeded in building a career and is proud to be a role model to her children. The beautiful testimonial that Michelle included from her husband presented her as a heroine who tapped into her inner strengths as she re-entered the workforce, and PROPEL as the organization that helped her entire family move forward.



Gitta Neufeld, PROPEL's Educational Consultant, shared her wonderful insight about Lag La Omer and proudly introduced Sally Baraka, a PROPEL Ed Touro graduate who is receiving a dual master's degree in Jewish Education and Special Education. Sally is currently applying the skills she has acquired as a teacher at Yeshiva Prep. During the pandemic, Sally reached out to PROPEL, looking for guidance and crystallization of her strengths and experiences. Gitta helped Sally throughout her educational journey at Touro, and she continues to mentor Sally as she advances in her career.

The keynote speaker and awardee of the evening was none other than Shifra Hanon, a well-known educator at Yeshivah of Flatbush, and namesake of The Shifra Hanon Pathfinders program. In addition to her many heartfelt hesed endeavors, Shifra is very involved in PROPEL's mentorship program in conjunction with UJA—Weaving a Network.

Evet Ballas, a PROPEL ambassador and entrepreneur extraordinaire (Light Lab Design), spoke effusively about the many fine character traits that Shifra possesses. The audience was touched when Evet relayed the kindness that she experienced firsthand in high school from Ms. Hanon, as a 14-year-old immigrant newly arrived in this country with limited English speaking skills.

Shifra, a woman of great humility, emotionally accepted the beautiful personalized Eshet Hayil plaque, whose words so befit her characteristics. Shifra was Evet's men-



tor throughout her career, and they continue to maintain a beautiful and supportive relationship. In describing her beliefs about teaching and mentorship, Shifra quoted the poet Maya Angelou: “I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.”

Shifra has used her energies and talents to support those around her, and make them feel like they can accomplish anything. She exemplifies mentorship and there is no better PROPEL role model to honor for this accomplishment. Shifra spoke volumes about her love of PROPEL and her continued role as both mentor and advisor to community members.


Most fitting was the establishment of the Shifra Hanon Scholarship Fund, and who better to announce that fund than Caroll Dweck Sutton, Shifra’s protégée and beloved colleague at Yeshivah of Flatbush. The funds collected will benefit PROPEL clients looking to pursue their professional dreams, and the fact that Shifra’s name is attached can only add an extra dimension of support.

The graduation concluded with the presentation of certificates by PROPEL’s Board members, and proved to be an incredibly proud moment for both PROPEL graduates and supporters alike. The song *We Are The Champions* rang loudly as the audience cheered during the closing montage, showcasing the accomplishments of the multi-faceted organization that is PROPEL.

Please reach out to PROPEL:

If you are interested in a career or career advice; PROPEL can help you take the steps to fulfill your professional goals and dreams.

If you are interested in joining PROPEL’s cohort of mentors in PROPEL’s “Weaving a Network: Women Helping Women” program or being paired with a mentor.

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# PROPEL

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I haven't worked in 20 years. Can I start now?

I am scared to take that first step toward working, can I speak to a career adviser?

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Drazie Ashkenazy  
School of Business

Jodi Ben-Haim  
School of Design

Robin Braka  
School of Art

Ellen Ades and Alice Chera  
School of Social Work

Barbara Dabah  
School of Technology

Marcy Feldman  
School of Fashion

Grace Gindi and  
Stephanie Gabbay  
School of Licensing

Michal and Sherry Gindi  
School of Philanthropy

Amy Haber A"H  
School of Education

Cynthia Haddad  
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Sharon and Nellie Haddad  
School of Wellness

Sharon and Brenda Hazan  
School of Cosmetology

Ester Jerome  
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Dr. Gayle Krost  
School of Dental Sciences

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# WHAT SHOULD I DO WITH MY OLD 401K OR EMPLOYER PLAN?

A CLEAR GUIDE TO YOUR OPTIONS, INCLUDING HOW TO AVOID A SURPRISE TAX BILL OR IRS PENALTIES

ARI BAUM, CFP®

WHEN YOU LEAVE AN EMPLOYER (WHETHER YOU'RE CHANGING JOBS OR RETIRING), YOUR RETIREMENT PLAN DOESN'T AUTOMATICALLY MOVE WITH YOU. YOU HAVE TO MAKE A CRITICAL DECISION (OR RISK HAVING THAT DECISION MADE FOR YOU IN A WAY THAT'S BETTER FOR THE COMPANY OR COSTS YOU MONEY).

Your employer plan is one of your most valuable retirement assets and deciding where it should go next is a decision with plenty of nuances, pitfalls, and opportunities. Handle it the right way, and you've protected your money's tax-deferred growth and are in an optimal position for your current and future goals. Handle it the wrong way, and you've given yourself a surprise tax bill, exposed yourself to potential IRS penalties, or robbed yourself of potential future wealth.

If you fall into any of these categories:

- I left my old company and I need to figure out what to do with my old plan.
- I've got "zombie" plans sitting around and I've got questions about what I should do with them.

- I'm at or nearing retirement and I need to figure out how to turn my retirement plan into income.

You're in the right place. After you've read this guide, you'll have all the information you need to decide which strategy makes the most sense for your old retirement plan and know how to take the next steps that are right for you.

If you're at or approaching retirement age, you've got more to consider than just where to move your old plan. You'll need to decide where your income is coming from, choose when to claim Social Security and Medicare, determine the right order to draw down your accounts, and much more.



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### OPTION 1: DON'T TOUCH A THING

If your employer's plan allows it, you may be able to leave your account where it is, though you won't be able to continue making contributions to it. However, you'll be stuck dealing with whatever limited service is offered to ex-employees.

#### PROS

- If you retire after age 55, you may not owe a 10% tax penalty on withdrawals.
- If you own considerable company stock, you might qualify for a favorable tax break (called Net Unrealized Appreciation).
- You may have access to plan loans. You may qualify for federal creditor protection.

#### CONS

- You may end up with a trail of old accounts gathering dust.
- Not all employers will allow you to leave your plan. (It may depend on the size of the balance.)
- Plan fees may increase without your knowledge.
- You may have limited withdrawal options.
- Investment options are limited to the standard options currently offered to employees.
- Your investments may not be optimized for taxes or your overall financial goals.

*How to Execute: Contact your previous plan administrator and ask to leave the plan in place.*

### OPTION 2: MOVE IT TO YOUR NEW EMPLOYER

If you're still working, a new employer might allow you to simply transfer your old account balance to the plan they offer their employees. Not all employers allow you to do it, but it's worth asking about.

#### PROS

- You'll have your employer plans in one place.
- You won't pay taxes on the distribution if you transfer directly.
- You'll have the protections and benefits of the current plan.

#### CONS

- Your new employer may not allow you to transfer your old account.
- You'll be limited to the investment options offered by the new plan.



- Many employers will require you to wait to become eligible to enroll in the new plan.

*How to Execute: Contact the HR department at your new employer and ask them to put you in touch with the plan administrator. If the transfer is possible, they'll give you instructions on how to complete the move.*

### OPTION 3: RAID THE PIGGY BANK (CASH IT OUT)

You have the right to cash out your old employer plan and take a check. This is probably your worst move because the financial repercussions are serious (and permanent).

#### PROS

- You'll get immediate cash.

#### CONS

- You'll owe income taxes on the account value.
- Your employer may automatically withhold 20% for taxes.
- You'll owe penalties if you're under age 59½ (unless you qualify for an exemption).
- You'll do permanent damage to your long-term goals.

*How to Execute: Contact your previous plan administrator and ask him to liquidate the account and send you a check.*

### OPTION 4: THE NOT-SO-SIMPLE INDIRECT IRA ROLLOVER

You have the option to take a check from your old plan and roll it over into an IRA within 60 days. Some people like the idea of having a free 60 day loan, but indirect rollovers are fraught with potential (and expensive) mistakes.

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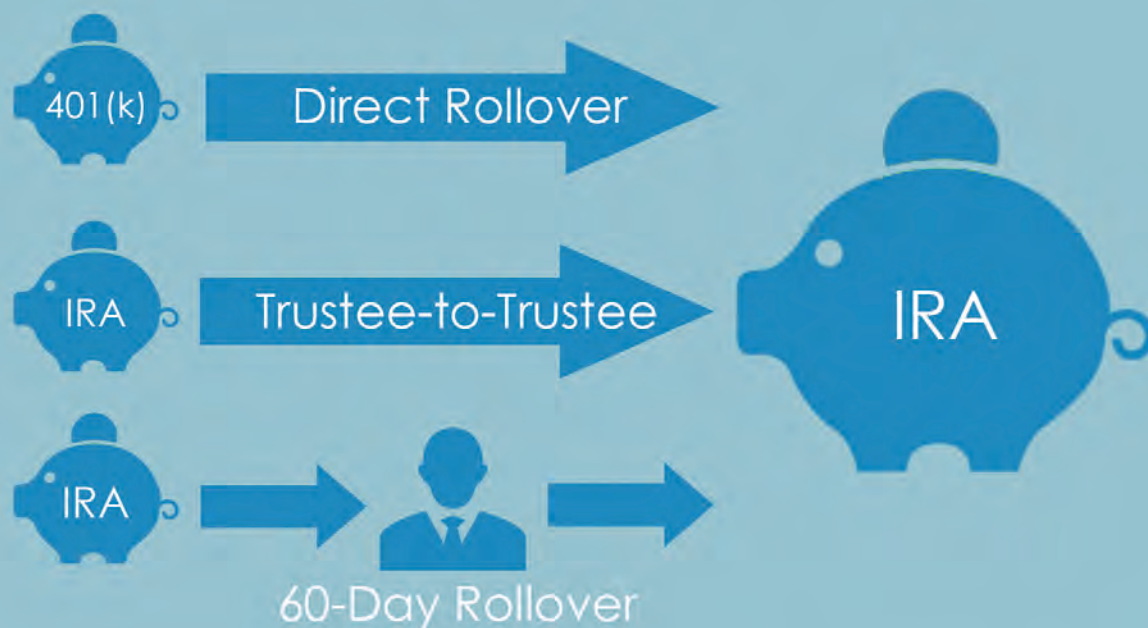
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#### PROS

- You'll get immediate access to the cash for 60 days.
- When the rollover is completed, you'll get the benefits of an IRA, including access to many investment options, tax optimization strategies (including Roth conversions, backdoor Roth IRAs, etc.), and investment optimization for your overall financial picture.

#### CONS

- You have to manually take the check and remember to deposit it into your IRA.
  - Indirect rollovers get reported to the IRS.
  - If you fail to roll the funds over within 60 days, you may owe taxes and potential penalties.
  - You risk making your retirement funds fully taxable forever.
  - You risk losing out on any market gains that happen within your rollover window.
  - Your employer may automatically withhold 20% for taxes (and you'll have to make up the amount from other funds).
  - Your new IRA might have higher fees than the old plan.
  - While you may be allowed to take penalty-free withdrawals from an employer plan after age 55, you typically can't withdraw penalty-free from an IRA until age 59½.
  - Typically, assets in an employer retirement plan have

greater protection from creditors than assets held in an IRA.

- Once you reach age 72, you'll need to take Required Minimum Distributions (RMDs) from both employer plans and IRAs. However, if you continue to work past age 72, you generally aren't required to take RMDs from your current employer's plan.

**How to Execute:** Contact your previous plan administrator and ask him to liquidate the account and send you a check. You'll have to send the check to your new IRA custodian (and have it deposited) within 60 days, unless you qualify for a limited exemption to the 60 day rule.

#### OPTION 5: DIRECT ROLLOVER TO AN IRA

Directly rolling over your account assets to an IRA is a seamless process that avoids all the limits placed on rollovers by the IRS. It gives you all the benefits of your own, personalized IRA without the pitfalls of an indirect rollover.

#### PROS

- You'll get the benefits of an IRA, including:
- Access to many investment options
  - Tax optimization strategies (including Roth conversions, backdoor Roth IRAs, etc.)
  - Investment optimization for your overall financial picture.
  - You'll avoid all potential IRS penalties by never taking "custody" of the money.





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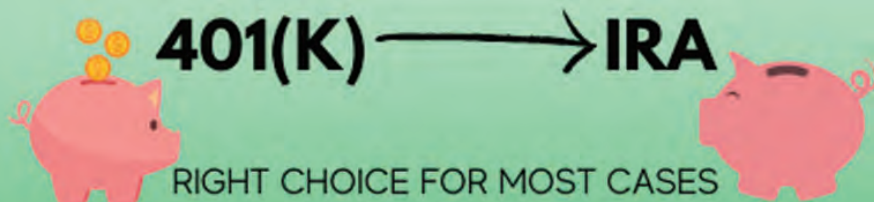
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## THINGS TO CONSIDER

**Taxes:** A Roth IRA is preferred for most people. However, if you're rolling a traditional 401(k) into a Roth IRA, you'll owe taxes on the money immediately. You can roll a Roth 401(k) into a Roth IRA tax-free.

- You won't owe taxes on the transfer.
- Your employer won't withhold any amount from the balance for taxes.

### CONS

- You'll have to do some paperwork.
- Your new IRA might have higher fees than the old plan.
- While you may be allowed to take penalty-free withdrawals from an employer plan after age 55, you typically can't withdraw penalty-free from an IRA until age 59½.
- Typically, assets in an employer retirement plan have greater protection from creditors than assets held in an IRA.
- Once you reach age 72, you'll need to take Required Minimum Distributions (RMDs) from both employer plans and IRAs. However, if you continue to work past age 72, you generally aren't required to take RMDs from your current employer's plan.

*How to Execute:* Contact your previous plan administrator and ask him for a "direct rollover" to your IRA. He'll give you the next steps you need to take.

The #1 mistake I see people make with their most important retirement asset—doing nothing at all.

Mistakes with old employer plans are common and can be very costly. They are also easily avoidable if you know exactly what to do. If you're not 100% confident in your next steps, you don't need to go it alone, contact a financial professional. □

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# REMEMBERING EFRAT FOUNDER & DIRECTOR DR. ELI SCHUSSHEIM ZT'L

ONE YEAR AFTER HIS PASSING







HADASSAH BAY

IT IS DIFFICULT TO BELIEVE THAT A YEAR HAS GONE BY SINCE THE PASSING OF DR. ELI SCHUSSHEIM. FOR THOSE WHO WERE CLOSE TO HIM, THE FACT THAT THIS DYNAMIC, DRIVEN *ISH ESHKOLOT* (RENAISSANCE MAN) IS NO LONGER WITH US CONTINUES TO BE A SOURCE OF GRIEF AND BEWILDERMENT. HE WAS SO FULL OF LIFE—AND IN FACT, “LIFE” WAS HIS ENTIRE MISSION.

This is the man whom Maran Harav Ovadia Yosef zt'l affectionately called *Borei Nefashot Rabot* for his all-consuming work to save Jewish babies—a task that he excelled in tremendously. Incredibly, close to 81,000 Jews are alive today thanks to his intervention, and as EFRAT Executive Director Nir Salomon pointed out, “Those are the ones we know about. Not a day goes by without a phone call to our offices from a woman who tells us that she refrained from terminating her pregnancy due to a lecture or video of Dr. Schussheim that she saw in the past. Without a doubt, Dr. Schussheim’s influence extended far beyond the parameters that we’re aware of.”

Dr. Schussheim maximized every minute during his time in This World. He was a doctor with a private practice; he served as physician at the Jewish Institute for the Blind and was a board member; he supervised mohelim for the Israeli Ministry of Religious Affairs, he established the Neve Simcha home for seniors in Jerusalem, he authored medical reports for the State Comptroller, and he served as a medical consultant for numerous organizations. His crowning achievement, however, was his work as the founder and director of EFRAT.

The initial version of the organization was the brainchild of Hershel Feigenbaum, a Holocaust survivor who lost

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almost his entire family in the death camps. After settling in Israel, he established The Right to Live organization to encourage childbirth and fill the void left by the 1.5 million Jewish children murdered in the Holocaust. In the late 70s, Dr. Schusheim took over the organization, drawing on his medical experience and tremendous energy to move it forward and save more and more lives.

Over the years, as the social climate became increasingly permissive, Dr. Schusheim never focused on an anti-abortion platform, but on one of saving lives, and by extrapolation, rehabilitating families.

Statistics show that financial distress is the cause of the majority of cases in which women feel compelled to have an abortion. This is the source of Dr. Schusheim's rallying cry: "You don't end a life for lack of funds!"

Dr. Schusheim lectured all over the world. "My mission is to show women that they have a choice," was a constant refrain. From his experience dealing with pregnant women in distress, he learned that the vast majority truly believed that they were trapped in a tragic situation where no choice existed. Moreover, most were pitifully unaware of the ramifications of abortion—medical, physical, and emotional.

The rationale at EFRAT is that pregnant women have the right to receive information relating to all aspects of their physical and emotional health.

Whenever women who were considering abortion came to his office, Dr. Schusheim put all the facts on the table. "Most of the physical complications are treatable,"

he said. "However, the emotional fallout, in the form of regret, can be life-long and devastating."

Ruthy Tidhar, Efrat's head social worker, shared the organization's fundamental policy. "We will never try to sway women one way or another with arguments based on ideological, moral, or religious grounds. Rather, our goal is to empower them through information and assistance, so that they can make the best decision for themselves. Women who come to us feel trapped. We show them that other options exist."

Dr. Schusheim was a well-loved figure in Jerusalem, and enjoyed a close relationship with over 40 Gedolei Yisrael, past and present, for whom he served as their personal physician, including the Belzer Rebbe, shlita, and lbc"l, Maran Harav Ovadia Yosef, Rav Yitzchak Kadouri, Rav Shlomo Zalman Auerbach, successive Rebbes of Gur, the Slonimer Rebbe, the Lelover Rebbe, Rav Eliezer Waldenberg, Rav Yosef Shalom Elyashiv, Rav Moshe Halberstam, Rav Mordechai Elyahu, and the Gaavad of the Eidah Hachareidit, Zecher tzaddikim livrachah., and more.

Since Dr. Schusheim's passing, EFRAT has been continuing his legacy, stepping up activities and reaching out to supporters across the globe. Before Pesach, EFRAT representatives visited the Syrian community in Brooklyn and spoke in many of the local shuls to raise awareness and seek their ongoing support. One of the keynote speakers was head of EFRAT in Mexico, Ariel Cohen, a close friend of

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Dr. Schussheim, and also, a long-standing donor and volunteer at EFRAT in his own right. Cohen was accompanied by Hatzalah Chairman Moshe Teitelbaum, a board member of EFRAT, as well as by Nir Salomon. Joey and Lucy Aini, Joe Nakash, and Joey Levy were instrumental in recruiting the community, which responded enthusiastically.

Community rabbanim who had been in close contact with Dr. Schussheim for many years, spoke highly of the activities of EFRAT and of Dr. Schussheim's mission, committing to continue providing encouragement and tangible support. Rabbi Mansour said about the Dr. "He was a man with a mission. The only thing greater than his accomplishments was his humility. To save a soul is to save a world. He has saved tens of thousands of worlds." □

*Hadassah Bay is a freelance writer. Her articles have been published in many Jewish media outlets.*





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# CHARLIE SAKA A'H

## HIS LIFE, HIS LEGACY

SARINA ROFFÉ

CHARLIE SAKA A'H WAS A VISIONARY WHOSE DREAMS AND ASPIRATIONS WERE GUIDED BY TWO THINGS: FAMILY AND COMMUNITY. HIS GOALS IN LIFE WERE SIMPLE: TO HELP, TO BUILD, TO GIVE AND TO INSPIRE. WHEN HE PASSED AWAY ON APRIL 22, 2022, THE ENTIRE COMMUNITY MOURNED HIS LOSS, KNOWING THAT THERE WAS NO ONE WHO COULD ADEQUATELY FILL THE SHOES OF YESHAYA BEN LAURA, MR. CHARLIE SAKA.

Charlie's mother, Laura Saka, had been advised against having children due to her weak heart, but chose to have a child anyway, and her husband Sam agreed. It was almost as if the young couple knew their child's destiny, and could not deny him his chance. Charlie was born July 30, 1941.

Nearly nine years later, Laura passed away, leaving Charlie to be raised by his father, with the help of a large extended family, including his grandparents, David and Jamileh Didia, as well as his many aunts and uncles. This team effort clearly put family at the forefront of Charlie's priorities. For the rest of his life he would always keep family first, and help out any family member who needed him.

In November 1950, Charlie was seriously injured when he was hit by a car, while playing with his friends on the streets of Bensonhurst. Charlie survived multiple broken bones and six days in a coma, eventually making a full recovery. The odds were stacked against his survival, yet he triumphed. This fighting spirit was part of Charlie's makeup. He used that spirit to get things done throughout his life, no matter the obstacles.

Charlie's father, Sam Saka, married Mary Minyan in 1952, and from the beginning, she treated Charlie as her own son. The couple's four children, Charlie's younger siblings, had no idea during their youth that Charlie was not Mary's biological child. Her commitment and wholehearted support taught Charlie the importance of making others



*Charlie at his granddaughter's wedding*

feel important and valued. He learned never to let anyone in need feel helpless. This type of hesed was the foundation on which Charlie built his life.

At the young age of 12, Charlie got his first job as a bicycle delivery boy for Dilbert's on Bay Parkway, working for tips. Working at such a young age ingrained in him the principle that one must always make his own opportunities. Things do not just come without effort. Charlie always had a vision of success in business and he had already begun to see it through.



*Charlie, Brenda, Grandma Sally Sultan and their children at the Mikveh opening, June 2018*

In 1961, when Charlie was 20, he and his father opened 1581 Gift Shop, in Manhattan. Charlie persevered through the hard work and long hours because he understood that he was laying the foundations for his future.

Charlie would have been first to admit that he could not have accomplished all the things he did in his life without his wife Brenda. All of his projects were hers as well, and he was bolstered by the continued support she gave him. From his business to his religious observance, to his family, Brenda was with him wholeheartedly. Nowhere is Brenda's support more evident than in Charlie's crowning achievement—the building and expansion of Magen David of West Deal, including the Torah Center named in their honor, the Joe and Eileen Sutton and family Sephardic Social Center and the Gladys Kassin Mikveh.

Brenda and Charlie were introduced in the summer of 1964, by their mutual friend, Alfred Esses. On their first date, the couple got lost looking for their destination. This is somewhat ironic, since they were a couple whose direction in life for every moment afterwards was clear and unwavering.

After about a dozen years of marriage, two pivotal changes occurred. The first came in 1977 when, despite the success of his retail business, Charlie decided to begin a wholesale company. He knew that this would give him more time to spend with his wife and children, and allow him to be more religiously observant.

Charlie's best friend Mickey Abraham helped him make the transition from retail to wholesale, and Sakar International was born. Over the years, this company devel-



*Charlie with his namesakes: Charles Cohen, Charlie Mizrahi, Grandpa Charlie, Charles S. Saka, Charlie R. Saka, and Charlotte Saka*



Charlie, Brenda and Jeffrey at the DSN Beach Club dedication event



Jeffrey, Sammy, and Raymond Saka, Mayor Chris Siciliano, Mrs. Brenda Saka, Laurie Mizrahi, Sally Cohen with Ocean Township board members

oped a global presence by incorporating new technology to produce on-trend, cutting-edge products. Sakar owns and licenses many entertainment and corporate brands, and maintains a diverse portfolio of products. All of this success is a testament to Charlie's leadership, but he did not do it alone. Charlie established Sakar as a family company almost from the start, when he partnered with his brother, Allen. Then, as soon as they were old enough, Charlie's children joined the company, working with the enthusiasm and commitment that their father expected. One of the most important guiding principles at Sakar is respect. Charlie treated everyone with respect, from the janitor to the biggest customer.

The second pivotal change happened in 1978, when Charlie and Brenda moved their family to the West Deal neighborhood of the Jersey Shore. It was this move that set Charlie on the trajectory to become "a builder of the community."

Joe Betesh A"H, one of the founders of the shul next door to the Sakas' new home, recruited Charlie to join the synagogue committee. Charlie had never volunteered for anything before, yet he rose to the occasion and found success in fundraising, but also in making decisions and getting things done.

By being involved in the shul, Charlie had the privilege of becoming close to one of his strongest mentors, Rabbi Ezra Labaton A"H. Hired in 1982, he and his wife Emily helped bring the blossoming community together. The

Rabbi taught Charlie the concepts of *Tikkun Olam*, making the world a better place, and *Tzelem Elokim*, recognizing Hashem's presence in everyone. The Rabbi's passion impacted the Sakas' lives in numerous ways.

"The Rabbi had an intelligence that compelled people of all ages and backgrounds to gravitate towards him," said Sammy Saka. "His Saturday morning speeches, over the thirty years in which he served as rabbi, were inspirational and we were all impacted by those speeches." It was Rabbi Labaton's influence that got Charlie and his sons involved in Torah learning, which has had a lasting effect on all of the Sakas.

After Rabbi Labaton passed away, Rabbi Shaul J. Kassin, the new rabbi of the shul, became one of Charlie's greatest friends and inspirations. Rabbi Kassin also admired the things Charlie could get done. "People knew that if Charlie was involved in a project, it was a good cause and would get completed, so they donated. He had an uncanny ability to raise money, and it would get done especially quickly, without delay. Once Charlie had an idea, it was in motion the next day," said Rabbi Shaul Kassin. "He looked to see what was lacking. Then he dreamed it, wrote it up and built it."

The fulfillment of Charlie Saka's visions are all over the community. Aside from spearheading the building of the shul, Charlie was instrumental in adding to the property, assisting with each addition so that the community's needs would be served. He pushed for a large social hall, and later its expansion, so there would be a beautiful place with

room for the community's special occasions. He took a leadership role in building the expanded midrash and Torah Center so that the growing shul would have more places to pray and to learn. When the Social Center, which had been built for parties and for the seniors was destroyed by fire, Charlie was not discouraged. He took it as a sign that it needed to be rebuilt "bigger and better." He saw to it that the building was expanded to accommodate even more. When Charlie saw that the West Deal community needed a mikveh, he and Brenda took on the project and created a spa-like building that allows women to fulfill the important mitzvah of family purity. Since the complex has expanded and there is so much activity, a house on the property is made available for the caretakers, visiting guests and rabbis to stay.

Charlie helped support Hillel Yeshiva, assisted in building the DSN Community Center, and helped create the Saka Edition of Yalkut Yosef, an English translation of Sephardic halakha. Today, Batei Midrash all over the world house these books.

In each of his endeavors, Brenda was at Charlie's side, helping and supporting, and doing the work people take for granted, such as shopping for groceries for the shul, and arranging the hanging of plaques.

It was not only at home in New Jersey that Charlie and Brenda's graciousness was felt. It could be felt in other places when they traveled for business. Whether to New Orleans or Hong Kong, they always brought enough food to feed others. In Las Vegas, they sponsored minyanim and sebetts to accommodate the businessmen and friends who were there. At first, Brenda would bring food from home and heat it up in her room, but eventually, since so many people attended, Charlie and Brenda had the meals catered, always wishing to make everyone as comfortable as possible.



Charlie with Rabbi Labaton early 1980s at the original West Deal Synagogue

Charlie's contributions even affected those outside the community. Weeks after Charlie's passing, in a touching ceremony attended by Charlie's family, friends and town council members, the mayor of Ocean Township dedicated the street leading to the Magen David Synagogue complex in Charlie's memory. It is now "Charlie Saka Way."

Charlie built a successful business and gave from his heart to help the community, but he was always focused on his family. He and Brenda raised their children to follow in their footsteps. All of their children are community leaders, a testament to how effective it is to lead by example.

Sammy has been leading Hillel Yeshiva for two decades, supporting every facet of the school from education to expansion. During his tenure its enrollment has grown to 1,200 students. Raymond is dedicated to ensuring the success of the shul. He fundraises, advises, innovates, and recruits others to get involved, ensuring that Magen David of West Deal can effectively and positively serve the community. Jeffrey is Chairman, and one of the founders of the DSN Community Center, which is the heart and soul of social activity in the Deal area. Everyone is looking forward to the opening of the DSN Beach Club later this year. Laurie (Saka) Mizrahi is Chair of Sephardic Bikur Holim's New Jersey branch rejuvenating the organization and propelling it into the future. Sally (Saka) Cohen studies the community's past, and as Director of Sephardic Heritage in Hillel Yeshiva, is active in bringing the community's history to the next generation.

When Charlie Saka passed away, he left a legacy to his children, grandchildren, and great-grandchildren of which they can all feel proud. He accomplished so much because he dreamed big, but more importantly, because he turned his dreams into visions, and his visions into reality. □



Rabbi Shaul Kassin with Charlie and Brenda at a Hillel event last summer

A genealogist and historian, **Sarina Roffé** is the author of *Branching Out from Sepharad*. She is president of the Sephardic Heritage Project, Co-Chair of the Brooklyn Jewish Historical Initiative and Chair of the Sephardic Research Division of *JewishGen*. Editor of the journal *Dorot*, Sarina holds a BA in Journalism, and MA in Jewish Studies and an MBA.



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# CHESED 24/7 — A HOME IN THE HOSPITAL FOR PATIENTS & FAMILIES

IN MEMORY OF LOU & RUTH JEROME A”H

SARINA ROFFÉ

IF YOU HAVE EVER HAD A LOVED ONE IN THE HOSPITAL WITH AN ILLNESS, YOU KNOW HOW TRAUMATIC AND LIFE-ALTERING IT CAN BE. A FAMILY’S WHOLE WORLD CAN BE TURNED UPSIDE DOWN. THEY SPEND DAYS IN THE HOSPITAL BY THE BEDSIDE OF THE ONE THEY LOVE, LISTENING TO DOCTORS OR NURSES TRANSMITTING COMPLEX MEDICAL INFORMATION AND OPTIONS.

The family often has to make life and death decisions, and it’s not unusual for them to sleep in the hospital each night, as well. All of this can leave many families feeling overwhelmed and lost, especially when there’s a need for support which hospitals are not equipped to provide.

Stepping in to fill that need, in over 20 hospitals throughout the metro NY region, is Chesed 24/7. Yes, that’s the name of the organization, and true to its name, it operates 24/7 to help both patients and their overwhelmed families throughout their entire hospital stay, night and day. Chesed 24/7 has dedicated hospitality rooms, which

are there for Jewish families regardless of their level of observance or religious affiliation. They’re open around the clock, 365 days a year, providing hot kosher meals, sandwiches, and snacks, Shabbat meals and services, siddurim, Tehillim, refrigerators, microwaves and more. The rooms serve as de facto places to recharge, and to find support from other people going through similar struggles, from a broad range of Jewish backgrounds and often from around the world. They also offer sleeping accommodations within walking distance of hospitals for those who need them, and patient liaisons who know how to help families navigate the challenging hospital systems. Their legendary patient liaison



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When it came to the *shidduchim* stage, we realized that raising children born close in age was a picnic in comparison. Being that our eldest was closely trailed, we knew we needed to move quickly when he became of age.

But the phones weren't ringing. Things weren't going as smoothly as we had hoped.

In no time, our first was joined by a sibling in the *parshah*. Soon after, our third child's classmates were starting to go. Before long, we found ourselves with four children who were each anxiously awaiting their turn. Nothing moved.

In desperation, I reached out to **Tehillim Kollel** and took out a membership. I wanted all four of our children on the list. After all, *Tehillim* recited by a *chashuve minyan* would surely put *zechusim* on our behalf.

The results were actually quicker and greater than we could ever have imagined.

Just several days after signing up, the phone began to ring. A number of *shadchanim* called, and the names they mentioned were more compatible than anything that had been *redt* until then.

Amazingly, forty days into our Tehillim Kollel membership, three out of the four were engaged! When our fourth child found his *bashert* less than half a year later, we realized just how potent the words of *Tehillim*, recited in all sincerity, can be.

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at Mt. Sinai Hospital, Mrs. Sima Bacharach, has helped many families from our community surmount the most challenging circumstances.

This tradition of giving, of being there for whomever needs support, and helping in any way they can, was embodied in the Jerome family for generations. Joey Jerome, remembering his parents Lou and Ruth Jerome A"H, owners of the famous Lou's Deli on Kings Highway near East 2nd Street, said that while they were not wealthy people, they took care of people, providing food, jobs, and a surrogate home away from home, for many individuals and families.

Delicatessens ran through Lou's blood, as his father owned a deli as well. When Lou's opened in 1960, everyone in Ruth's extended Missry family came to help. They filled ketchup and mustard bottles, set up chairs and tables, helped with meal preparation, and more. Together, Ruth and Lou worked side-by-side, almost 24/7, from the early morning lunch preparation, to the late-night, after-dinner clean up.

Ruth and Lou Jerome learned early on that if they couldn't afford to donate a lot of money, they could feed people. There was a homey warmth to the deli that many community members called their second home.

Chesed was steeped in the Jerome family. Lou's father Abraham fed anyone who came into his deli hungry, regardless of whether they could pay for a meal. He also reached out to people who needed food but didn't come to the deli, by delivering sandwiches, soups, and other items to them unsolicited. It was in the Jerome blood to want to



Sailor Louis Jerome



Lou and Ruth Jerome



Lou and Ruth Jerome in front of their deli

help those in need. He didn't want any recognition or attention given to him for this. He simply wanted to help.

"My father wouldn't stop anyone from ordering and eating, if they didn't have money to pay," said Abe Jerome. "He would take the check and write their information on the back. Most of the time people would come back, or their parents would come in and settle the bill, but not all the time. In his top drawer at home, he had an envelope filled with all the checks from people who never paid their

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# CHESED 24/7

balances—from opening day until the day they closed—but he never asked for payment.”

According to their daughter, Esther Haber, “If someone in the community was sick, my father would send them chicken soup. And my parents hired everyone who needed a job. Many of my cousins worked there, as well as many newcomers.”

“Often someone might come into the deli, and if my mother knew the family was struggling, the check would somehow disappear,” said Esther. “Or if she saw a student couldn’t scrape up the money for the bill, she would say, ‘don’t worry, I’ll get you next time.’ She never wanted someone to feel uncomfortable at the restaurant. My parents were very generous that way, even if they didn’t have a lot, they had a kind and giving nature.”

It is in their parents’ honor that Joe and Ester Jerome are hosting this year’s 6th Annual Chesed 24/7 Deal Summer Event. When Ruth was in the hospital at Cornell, the Chesed 24/7 hospitality room provided her three children and their families with a haven filled with kosher food and snacks, while she was getting much needed care. When Lou was ill and hospitalized in Columbia Presbyterian, the



Chesed 24/7 hospitality room in the Milstein Pavilion was their lifeline, providing kosher meals and everything needed for Shabbat.

Previous hosts of the annual event have been Ken and Lillian Cayre (2016); Chaby and Nicole Orfali (2017); Joseph and Victoria Sutton and the Sutton Family, in memory of Mr. Alfred Sutton A”H (2018); David and Monique Haddad (2019); Tunie Missry and Family, in memory of Eddie Missry A”H (2020); and Morris and Linda Missry, in memory of Mrs. Priscilla Sutton A”H (2021).

In 2013, Jack Gindi A”H spent a significant amount of time in New York Cornell Hospital undergoing treatments. He did not have much of an appetite, so when he requested ice cream late one evening, his family went on a desperate search for some. It was 2 A.M., the cafeteria was closed, and the vending machines were sold out. When his family found the Chesed 24/7 hospitality room, they found more than just the ice cream Jack wanted—they found a home.

“That hospitality room was an oasis in the desert. It was a place where I knew what it meant to be a Jew anywhere in the world,” said his wife, Debbi. “It offered the comfort of home.” Debbi and her children generously sponsored the Jack M. Gindi Chesed 24/7 Hospitality Room in Cornell Hospital as a *zechut* for Jack. Several years later, she and



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# BACKYARD KITCHEN

By Sarina Roffé

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Proceeds benefit Sephardic Heritage Project, a 501c3 organization dedicated to identifying Sephardic genealogical records.



her siblings sponsored the Pauline and Maurice R. Cohen Chesed 24/7 Hospitality Room in Memorial Sloan Kettering Hospital, in memory of their father.

Chesed 24/7 has 18 similar Chesed Rooms located in hospitals throughout the New York Tri-state area. Each room contains a refrigerator fully stocked with fresh food, two microwaves, chairs and a table to eat on, a Shabbat food warmer, a hot water urn, cabinets filled with paper goods, cell phone chargers, prayer books and anything else that can make a hospital stay bearable for a Jewish family. The Chesed 24/7 Rooms provide an incredible source of comfort—even when you might not think you need it, but especially when you do.

Every week, Chesed 24/7 volunteers deliver families a Shabbat in a Box, complete with electric candles to light for Shabbat, Kiddush, as well as other items needed to bring in the Sabbath and food to eat.

Rabbi Eli Mansour, upon the opening of the Chesed 24/7 Hospitality Room at Columbia Children's Hospital in 2017, spearheaded by Ken Cayre and Harry Adjmi, praised the work of Chesed 24/7. "When one visits a sick person in the hospital, usually the one in the bed gets the attention," he noted. "But the family members are also sick. The spouse, the children, the parents, the siblings, they are not sick enough that they require medicine, but they are drained physically and they are drained emotionally. Chesed 24/7 takes care of them too. Chesed 24/7 takes care of everybody, and this is the perfect and purest way to fulfill the mitzvah of bikur cholim."

Chesed 24/7 has seven areas in which they provide assistance to families with someone in the hospital.

**Food and Respite:** Chesed 24/7 Hospitality Rooms: located on-site at more than 20 hospitals are oases of refuge in a time of challenging illness, a place to receive support from others undergoing similar issues.

**Shabbat Services:** Chesed 24/7 provides Shabbat meals, sleeping accommodations within walking distance of hospitals, and Shabbat religious needs for families, care-

givers and friends who spend Shabbat and Jewish holidays assisting in the care of a hospital patient.

**Shabbat Meals:** Chesed 24/7 stocks each hospitality room with hot meals for patients/family who arrive at the hospital unexpectedly on Shabbat or the Jewish holidays. Passover Seders are prepared as well. Meals can also be ordered from Chesed 24/7 and delivered to the patient's hospital room.

**Shabbat in a Box:** Distributed every Friday to patients in the hospital, this box includes everything someone would need for Shabbat, including a tablecloth customized to fit the hospital tray, a Kiddush cup and grape juice, a Challah cover (Shabbat challah is included with meals), Shabbat chocolates, and havdalah spices, electric candles and more.

**Sleeping Accommodations:** Chesed 24/7 provides sleeping accommodation in apartments located within walking distance of the New York Presbyterian—Columbia University campus, at Mt. Sinai Hospital, at Weil Cornell and at NYP Queens. Additional accommodations are planned to respond to growing need.

**Daily Hospital Meals:** A family member sitting hours next to their loved one in the hospital does not have the luxury of going home to get something kosher to eat, and the patient often will not eat the meals provided by the hospital. Kosher meals, specifically prepared for Chesed 24/7, and delivered each evening remove the burden of obtaining kosher food and allow the family to focus on recovery and support the patient's recovery. Chesed 24/7 delivers these meals Sunday through Friday. It is not possible to describe how much these daily meals mean to patients and families. The meals are more than just food—they are a connection to a community that cares for them like family.

**Hospital Patient Liaisons:** Serving as a stabilizing force, the Chesed 24/7 Hospital Liaisons help guide, navigate and support patients and families throughout their hospital stay. In addition to a shoulder to lean on, the liaisons serve as advocates with the hospital in regard to kosher food, room issues, medical treatment options, and hospital trans-



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fers. The advocate helps navigate the medical system and coordinate with other organizations to ensure the patient receives access to the best medical treatment possible. Through their liaisons, Chesed 24/7 has become a trusted address where members of the community, as well as the hospital staff, turn to when they need support or guidance. Knowing they have someone to talk to, who is there to help in any way, is such a comfort, allowing families to get through their crises.

**There is so much more that needs to be done.** Expanding the patient liaison cadre, adding more hospitality rooms, more apartment accommodations, are all on the list. Looking to the future, Chesed 24/7 is pleased to announce the imminent opening of two new hospital-




















ity rooms, at Mt. Sinai West and Mt. Sinai Morningside to accommodate the increasing use of these hospitals by the Jewish community.

**Lou Jerome A"H was in the US Navy during World War II and was so proud to have served his country, and later, his community. The Jerome family continues in their parents' footsteps, supporting many charitable causes, and so many people in need. Chesed 24/7 is honored to remember Lou and Ruth Jerome A"H, whose love and care for the community lives on.**

If you need any of Chesed 24/7's services, or to find out more information, please call (845) 354-3233, or Rabbi Binyamin Sanders, Director, Development Service, at (240) 271-1181.



**21 HOSPITALITY ROOMS**

<b>MANHATTAN</b>	<b>NEW JERSEY</b>	<b>UPSTATE</b>
<p> <b>MOUNT SINAI HOSPITAL*</b> 1190 5th Ave. New York, NY 10029 Guggenheim Pavilion: 2nd Floor west - next to the shul</p> <p> <b>LENOX HILL HOSPITAL</b> 100 E. 77th St. New York, NY 10075 4th Floor - off the Lounge</p> <p> <b>MEMORIAL SLOAN KETTERING</b> 1275 York Ave. New York, NY 10065 1st Floor Room C-172</p> <p> <b>COLUMBIA-MILSTEIN BUILDING*</b> 177 Fort Washington Ave. #3-250 New York, NY 10032 6th Flr. Hudson South -Room 6-112</p> <p> <b>COLUMBIA - BABIES BUILDING*</b> 3959 Bdwy (Corner 165th &amp; Bdwy) New York, NY 10032 6th Floor Lobby - Room #662</p> <p> <b>NEW YORK CORNELL*</b> 525 East 68th Street. New York, NY 10021 2nd Floor Room #107 North</p> <p> <b>HOSPITAL FOR SPECIAL SURGERY</b> 535 East 70th Street. New York, NY 10021 2nd Floor, West Room 252</p>	<p> <b>HACKENSACK MEDICAL CENTER*</b> 30 Prospect Ave. Hackensack, NJ 07601 1) Women's Building: 5th Floor West Room #121 2) Main Building: 4th Floor off MICU waiting area</p> <p> <b>ENGLEWOOD HOSPITAL</b> 350 Engle St Englewood, NJ 07631 3rd Floor Room # 3236</p> <p> <b>VALLEY HOSPITAL</b> 223 N Van Dien Ave. Ridgewood, NJ 07450 Chill Building: 4th Floor next to the elevators</p> <p> <b>TRINITAS MEDICAL CENTER</b> 225 Williamson Street. Elizabeth, NJ 07202 6th floor North</p> <p> <b>OVERLOOK MEDICAL CENTER</b> 99 Beauvoir Ave. Summit, NJ 07901 4th Floor next to the cafeteria by the vending machine area</p>	<p> <b>NORTHERN WESTCHESTER</b> 400 East Main Street Mount Kisco, NY 10549 First Floor of the lobby Room W156</p> <p> <b>GOOD SAMARITAN-SUFFERN</b> 255 Lafayette Ave. Suffern, NY 10901 1) Main Lobby 2) Emergency Room Kosher Fridge</p> <p> <b>CATSKILL REGIONAL (HARRIS)</b> 68 Harris-Bushville Rd. Harris, NY 12742 5th Floor Room #501</p> <p> <b>ELLENVILLE REGIONAL HOSPITAL</b> 10 Healthy Way Ellenville, NY 12428 Off the main lobby (Across gift shop)</p>
<p> <b>NYACK HOSPITAL</b> Emergency Room Kosher Fridge Next to nurse's station - Pediat-</p>		<p style="text-align: center;"><b>BRONX</b></p> <p> <b>ALBERT EINSTEIN - MONTEFIORE</b> 1825 East Chester Road Bronx, NY 10461 4th Floor, next to Cafeteria</p> <p> <b>CALVARY HOSPITAL</b> 1740 Eastchester Rd Bronx, NY 10461 3th floor across the family lounge</p>
<p>* Chesed Apartment Available. Please call: 845.354.3233 for info. <a href="http://www.chesed247.org">www.chesed247.org</a></p>		

A journalist, genealogist and historian, **Sarina Roffé** is the author of *Branching Out from Sepharad* (Sephardic Heritage Project, 2017). She holds a BA in Journalism, MA in Jewish Studies and an MBA.





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# LEADERSHIP LESSONS FROM JULY 4TH

RABBI EZRA MAX

ON JULY 4TH WE CELEBRATE—DIVORCE. WE ARE CELEBRATING A DIVORCE FROM THE KING AND THE CROWN, AND FROM TYRANNY, EXPLOITATION AND LIVING IN A SYSTEM THAT DOWNPLAYED OUR NATIONAL AND PERSONAL SOVEREIGNTY. AND WHILE OUR YOUNG NATION GREW UNDER PRESSURE, A FEW LEADERS WERE WILLING TO RISK THEIR LIVES FOR FREEDOM. THEY COLLABORATED TO WRITE A “BILL OF DIVORCE” THAT WE CALL THE DECLARATION OF INDEPENDENCE. IN SHORT, THE PRESSURE ON THE MANY LEADS TO THE FEW TAKING MASSIVE ACTIONS.

Agreeing on the language of this document was challenging. Thomas Jefferson’s slogan of “Life, liberty and the pursuit of happiness” rallied everyone around a common goal. The defining moment of the signing cemented the colonies’ commitment to separating them from the Crown.

Yet, at first, only John Adams and Thomas Jefferson signed the Declaration of Independence because it was the equivalent of signing their death warrants. Two among the thousands were willing to risk their lives to improve the future of their families, their communities, and the nation.

Have you ever felt frustrated enough with the way things were going that you felt called—even driven—to commit to change? Was that drive so great you would give up your life to achieve it?

Perhaps this seems far-fetched today or perhaps not. While living as Torah-based Jews here in America, we have not experienced persecution as our grandparents and ancestors did. Today, keeping Torah, mitzvot, and making *parnassa* may not seem like a life or death choice, but make no mistake, our lives are on the line. The lives we want to live and the examples we want to be for our families and children are at stake should we not decide to strive. Today, more than ever, with the constant war on our core ideals, be it at a national or local level, we are being called.

Your *bechira* (choice) is often apparent. Make meaningful decisions and choices each day based on Jewish values. The alternative is uprooting our heritage and assimilating into the decadent culture.

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Xchange Guide & Creator of  
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and was able to navigate challenges knowing I had  
your support" - MD*



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# How do we change the world? One random act of kindness at a time.

Are you awake, paying attention and noticing the shifts happening here and worldwide?

Do you think that there is something that needs to change?

Do you realize that despite the negative news cycles, things are not hopeless and you can make a difference?

I have spent years coaching executives and co-creating innovative strategies inside organizations. I've discovered this lesson; change is possible and the status quo is only as constant as you want it to be.

I have also learned: You do have a choice to change your circumstances, your choices have a ripple effect and create change around you, you can magnify your growth and impact exponentially with a chavrusa or in a group, and a healthy team, working together focused on a common goal achieves better results faster.

## WHAT CHANGE DO I WANT TO MAKE AS I CHANNEL MY INNER THOMAS JEFFERSON?

In conversation with my new friend and partner, Rabbi Jacob Rupp, we discovered a joint passion for helping and supporting men to achieve outstanding results in all areas of life—not just in the boardroom, but with their families, health, and connections to the Infinite. With the help of Hashem, we developed an exclusive leadership group for men, who have it all, know there is more, and want it for themselves, their families and the community.

We are attempting to answer this question. “What can we create based on Torah values to support Jewish men to become wildly successful and achieve extraordinary results?”

That's what we're doing, but what about you? What is the movement you can start, the battle flag you can raise, to change yourself and the world?

As you celebrate the freedoms this country offers, ask yourself the following questions and write down the answers:

- Can I be more?
- Am I maximizing my freedom?
- Who can I lean into and support?
- Where do I want to invest my time?
- How can I best utilize my G-d given talents and abilities?

The coach in me encourages the leader within you to make a meaningful goal, chart your path, write it out, and get started. Imagine you tapped into the leader within you. How would you create a more significant impact?

Happy Independence day and wishing you success in maximizing your freedom! □

***Rabbi Ezra Max**, PCC, MHMP, Xchange Guide & Creator of “The Max Method” assists businesses and professionals deal with stress and achieve success. Rabbi Max has witnessed 20 years of results helping executives, parents and teens overcome struggles, improve communication and thrive. He lives in New York with his wife and five children.*



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**Morris Ades, Commissioner**  
Department of Revenue  
and Finance

**David Simhon, Commissioner**  
Department of Public Works  
and Beaches

**Stephen R. Carasia, Borough Clerk / Administrator**

[www.dealborough.com](http://www.dealborough.com)

June 9, 2022

Dear Friends,

I am excited to welcome everyone back to a fresh, beautiful, and exciting summer season in Deal.

Our borough team has been working year-round on always new and ongoing initiatives. As many of our residents are returning to the borough after months away from Deal, I would like to share with you some highlights and updates.

The beauty and grandeur of the Borough of Deal is a tradition from its earliest days. While the work was being done on Almyr Avenue last week, we were reminded of just that. Several cobblestone bricks were unearthed below the pavement with blue glazing and *Tiffany* and a date of 1907 embossed on the underside. We did a little research and found that there was in fact a Tiffany brick company around 1900 that produced these. You'll remember that Ocean Avenue used to be all yellow brick and apparently some or all of Almyr Avenue included these blue bricks!


To that end, we continue our efforts to enhance and maintain the town's appearance. We are in the process or have completed several major resurfacing projects which include Lawrence Ave., Deal Esplanade, the entire length of Almyr Ave., Pearl Ct., as well as Phillips Ave. and Parker Ave. (west of Norwood).

On another note, I want to urge both residents and visitors of Deal to enjoy the Borough safely. As always, we encourage bicyclists, motorists, and pedestrians to exercise extra caution during the busy summer months.

Furthermore, there continue to be too many reports of car thefts in the area. In turn, we urge all residents to be extra vigilant with their vehicles and homes. Virtually every car stolen has had the keys left inside. Should you have any concerns whatsoever, please visit us at: <http://www.dealborough.com/> and fill out a "Report a Concern" form. If you require any immediate assistance, police, fire or first aid for an emergency, please dial 911.

I along with fellow Commissioners, Morris Ades and David Simhon, would like to extend our warmest wishes for a safe and enjoyable summer.

Sincerely,



Sam Cohen  
Mayor

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**JOHN PALLONE**  
Mayor



Dear Image Magazine readers,

Welcome back to the Jersey Shore and to the City of Long Branch for another great Summer Season!

We are excited this year for the return of many of the events and activities that make Long Branch a special city on the shore. On Sundays we have our Bands by the Beach in West End Park. Our Thursdays by the Sea concert series is in Pier Village, and Tuesdays we have music in our Broadway Band Shell. Be sure to browse the West End Farmers Market on Thursdays from 9:00am-2:00pm. Feel free to stroll in our recently upgraded Jackson Woods park. Visit our new Arts & Cultural Center on Broadway. We are also delighted to announce that our Oceanfest festival is back, featuring fireworks, vendors, and fun for the whole family! Please go to our website at [longbranch.org](http://longbranch.org) under "Community Events" to see a comprehensive list of summer happenings.

We have a new community pool, and we offer daily passes for Long Branch residents as well as season passes to both residents and non-residents.

Our four miles of shoreline are ready for you to enjoy. Our many beaches include some with extended hours, full accessibility, and food and beverage options nearby. For more information about our beaches, please visit our website under "Beach Information". Our beaches are open from now through September 5, 2022.

The Summer months are a time for relaxation and fun.... I wish everyone a safe and enjoyable Summer!

Sincerely,

A handwritten signature in blue ink that reads "John Pallone". The signature is written in a cursive, flowing style.

John Pallone  
Mayor, City of Long Branch



# Summer is **HERE** at SBH

## June/July

**JUNE 21** SENIOR DIVISION FATHER'S DAY BBQ

**JUNE 29** VOLUNTEER AWARDS

**JULY 3** *Jaelyn's Lemonade Stand*  
In Loving Memory of Jaelyn Ashear™

**JULY 5** SENIOR Nobeh SUMMER KICKOFF

**JULY 6** GRACE & ELY™ ASHKENAZI FAMILY DIVISION LUCILLE & ARTHUR GREENBERG  
**SBH SEARCH** TODDLER EDUCATIONAL SCREENINGS

**JULY 9** *Midnight Festival*

**JULY 11** GRACE & ELY™ ASHKENAZI FAMILY DIVISION LUCILLE & ARTHUR GREENBERG  
**SBH SEARCH** KIDS UNDER STRESS WITH BARBARA LISTHAUS

**JULY 12** FERTILITY EVENING EVENT

**JULY 25** MHR WELLNESS DAY

**JULY 27** CAPTAIN'S APPRECIATION NIGHT

## August

**AUGUST 3** GRACE & ELY™ ASHKENAZI FAMILY DIVISION LUCILLE & ARTHUR GREENBERG  
**SBH SEARCH** RECIPE FOR SCHOOL SUCCESS

**AUGUST 12** LEGENDS 2 BOOK LAUNCH

**AUGUST 14** **Team SBH 5K**

**AUGUST 22** ANNUAL Golf Outing

**AUGUST 30** SENIOR Nobeh END OF SUMMER CELEBRATION



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# Summer 2022 Men's Learning Schedule

June 27th - August 17th | HATHAWAY SYNAGOGUE

For daily updates please text  
Rabbi Isaac Tawil 917.557.1003 or Abie Shomer 917.484.2269 

## MONDAYS

8:00PM



**Rabbi Isaac Tawil** "Rambam: Laws of Berakhot"



**Rabbi Charles Safdieh** "Halakha"



**Rabbi Edward Benjamin** "Masekhet Shabbat Be'Iyun"



**Rabbi Yohai Cohen** רוחניות ברמה אחרת



**Mr. Abie Betesh** "Intermediate Hazzanut Training"



**Rabbi Jacob Matalon** "Rambam: Hilkhhot De'ot"



**Rabbi Yossef Artzi** "Gemara"



**Rabbi Ovadia Alouf** "Halakha"

9:00PM



**Rabbi Harold Sutton** "Gemara Massekhet Kiddushin Be'Iyun"



**Rabbi Isaac Tawil** "Gemara Massekhet Ta'anit Bekiut"



**Rabbi Charles Safdieh** "Tanakh Characters"

## TUESDAYS

8:00PM



**Rabbi Isaac Tawil** "Hakdama Le'Perush Ha'Mishnayoth"



**Rabbi Charles Safdieh** "Halakha"



**Rabbi Edward Benjamin** "Masekhet Shabbat Be'Iyun"



**Rabbi Yohai Cohen** רוחניות ברמה אחרת



**Mr. Abie Betesh** "Intermediate Hazzanut Training"



**Rabbi Jacob Matalon** "Rambam: Hilkhhot De'ot"



**Rabbi Victor Mosseri** "Rambam"



**Rabbi Joey Soffer** "Gemara/Beit Yossef/Halakha Le'Maase"



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# Summer 2022 Men's Learning Schedule

June 27th - August 17th | HATHAWAY SYNAGOGUE

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Rabbi Isaac Tawil 917.557.1003 or Abie Shomer 917.484.2269



## TUESDAYS (cont'd)

9:00PM



**Mr. Eddie Tawil** "Masekhet Berakhot"



**Rabbi Nathan Dweck** "Weekly Haftara in Depth"



**Rabbi Harold Sutton** "Gemara Massekhet Kiddushin Be'lyun"



**Rabbi Isaac Tawil** "Gemara Massekhet Ta'anit Bekiut"



**Rabbi Charles Safdieh** "Tanakh Characters"

## WEDNESDAYS

8:00PM



**Rabbi Isaac Tawil** "Perashat Ha'shabua"



**Rabbi Charles Safdieh** "Halakha"



**Rabbi Edward Benjamin** "Masekhet Shabbat Be'lyun"



**Rabbi Yohai Cohen** "Sefer Nefesh Ha'Hayim"



**Rabbi David Tawil** "Masekhet Megillah"



**Rabbi Avi Harari** "Halakha"



**Rabbi Yossef Artzi** "Gemara"



**Rabbi Joey Soffer** "Gemara Beki'ut"



**Mr. Eddie Tawil** "Masekhet Berakhot"



**Rabbi Dubbin Hanon** "Ein Yaakob"



**Rabbi Harold Sutton** "Gemara Massekhet Kiddushin Be'lyun"



**Rabbi Isaac Tawil** "Gemara Massekhet Ta'anit Bekiut"



**Rabbi Charles Safdieh** "Tanakh Characters"



**Rabbi Dubbin Hanon** "Halakha"



**Rabbi Yossef Artzi** "Parasha"



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# Summer 2022

## Boys' Learning Schedule

Middle School Boys  
June 29<sup>th</sup> - August 11<sup>th</sup> | HATHAWAY SYNAGOGUE

For daily updates please text  
Rabbi Isaac Tawil 917.557.1003 or Abie Shomer 917.484.2269 

### MONDAYS

6:45PM



**Rabbi Charles Safdieh** "Mishnayoth"



**Mr. Abie Betesh** "Beginner Hazzanut & Keriya"



**Rabbi Yossef Artzi** "Mishna"

### TUESDAYS

6:45PM



**Rabbi Victor Mosseri** "Pizmonim & Perasha"



**Mr. Abie Betesh** "Beginner Hazzanut & Keriya"

### WEDNESDAYS

6:45PM




**Rabbi Victor Mosseri** "Pizmonim & Perasha"



**Rabbi Yossef Artzi** "Mishna"

## Girls' Learning Schedule

### HATHAWAY SYNAGOGUE

For daily updates please text  
Rochelle 347.306.8417 or Gail 347.271.2141 

### MONDAYS

6:00PM



**Ms. Vivian Cohen** 6<sup>th</sup> - 8<sup>th</sup> Grade | 7/11 - 8/15 | *Meat Mazza*  
"Tefilah: Reflecting on the Amida through Text and Thought"

6:30PM



**Mrs. Clarice Zaboulani** 4<sup>th</sup> - 5<sup>th</sup> Grade | 7/11 - 8/15 | *Meat Mazza*  
"Tefilah"

6:30PM



**Mrs. Charlotte Harary Shechtman** 3<sup>rd</sup> - 5<sup>th</sup> Grade | 7/11, 7/18, 8/8, 8/15  
"The Beauty of the Jewish Holidays" | *Meat Mazza*

7:00PM



**Mrs. Doris Cohen** 7<sup>th</sup> - 9<sup>th</sup> Grade | 7/11 - 8/15 | *Meat Mazza*  
"Bina Yeterah: The Unique Nature of Women"

### TUESDAYS

6:00PM



**Mrs. Ruthie Tawil** 7<sup>th</sup> - 9<sup>th</sup> Grade | 7/5 - 8/16  
"Relationships in Tanakh" | *Dairy Mazza*

7:00PM



**Ms. Vivian Cohen** 7<sup>th</sup> - 8<sup>th</sup> Grade | 6/30 - 8/18 | *Dairy Mazza*  
"Tanach Study Junior: Yeshayahu/Yirmiyahu"

7:00PM



**Ms. Evvy Benhamu** 7<sup>th</sup> - 8<sup>th</sup> Grade | 7/5 - 8/16 | *Dairy Mazza*  
"Navigating Life through the Wisdom of Torah"

### WEDNESDAYS

6:30PM



**Mrs. Allison Maman** 4<sup>th</sup> - 5<sup>th</sup> Grade | 6/29 - 8/17 | *Snacks*  
"Exploring our Middot through the Weekly Parasha"

### THURSDAYS

6:30PM



**Mrs. Danielle Sitt** 7<sup>th</sup> - 9<sup>th</sup> Grade | 6/30 - 8/18 | *Dairy Mazza*  
"Tehillim as David HaMelekh's Journal: Connecting Stories in Shemuel to Tehillim"

7:00PM



**Ms. Vivian Cohen** 7<sup>th</sup> - 8<sup>th</sup> Grade | 6/30 - 8/18 | *Dairy Mazza*  
"Tanach Study Junior: Yeshayahu/Yirmiyahu"



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# Summer 2022

## Young Women's Learning Schedule

For daily updates please text  
Rochelle.347.306.8417 or Call 347.271.2141

### MONDAYS

11:00am  
2hrs



**Allegra Franco Women's Bet Midrash** HS/College 6/29 - 8/17

"Sefer Vayikra" **Bet Rachel of Larchwood** Registration recommended: allegrafranco.org

8:00PM



**Mrs. Miriam Tawil** College 7/11 - 8/15 **Hathaway Synagogue** | *Meat Mazza*

"Lashon Tov: The Positive Version of Learning about Lashon Hara"

### TUESDAYS

6:30PM  
2hrs



**Allegra Franco Women's Bet Midrash** HS/College 7/5 - 8/16

"Hilchot Shabbat" **Bet Rachel of Larchwood** Registration recommended: allegrafranco.org

7:15PM



**Rabbi Richard Tobias** College 7/5 - 8/16

"Igeret HaRamban" **Hathaway Synagogue** | *Dairy Mazza*

8:00PM



**Rabbi Naftali Besser** HS/College 7/5 - 8/16

"Staying Inspired" **Hathaway Synagogue** | *Dairy Mazza*

### WEDNESDAYS

11:00am  
2hrs



**Allegra Franco Women's Bet Midrash** HS/College 6/29 - 8/17

"Sefer Vayikra" **Bet Rachel of Larchwood** Registration recommended: allegrafranco.org

6:30PM  
2hrs



**Allegra Franco Women's Bet Midrash** | **Yeshivah Univerity Students**

HS 10<sup>th</sup> - 12<sup>th</sup> 6/29-8/17 "Parasha & Life Lessons" **Bet Rachel of Larchwood**  
Registration recommended: allegrafranco.org

8:00PM



**Mrs. Rachel Abraham** College 6/29 - 8/17 **Hathaway Synagogue** | *Sushi*

"Exploring our Middot through the Characters of the Women in Nach"

### THURSDAYS

8:00PM



**Mrs. Victoria Chabot Berman** HS/College 6/30 - 8/18

"Timely Topics" **Hathaway Synagogue** | *Dairy Mazza*

### FRIDAYS

10:00am  
2hrs



**Allegra Franco Women's Bet Midrash** HS/College 7/1 - 8/19

"Philosophical Comments of Ramban on the Torah"

**Magen David of West Deal** Registration recommended: allegrafranco.org

### MONDAYS

11:00am



**Rabbi Dr. Raymond Harari** 7/11 - 8/15 *Lunch will be served*

"Parashah Insights" At the home of Rochelle & Eli Dweck 303 Allen Avenue, Allenhurst, NJ 07711

11:00am



**Rabbi David Tawil** Weekly

"Navi" **Bet Rachel of Larchwood Synagogue** 48 Larchwood Ave, Oakhurst, NJ 07755

11:00am



**Mrs. Vivien Hidary** 7/11 - 8/15 *Lunch will be served*

"Torah Talks" **Hathaway Synagogue** 75 Hathaway Ave, Deal, NJ 07723

11:00am  
2hrs



**Allegra Franco Women's Bet Midrash** 7/11 - 8/15 Registration recommended: allegrafranco.org

"Sefer Vayikra" **Bet Rachel of Larchwood Synagogue** 48 Larchwood Ave, Oakhurst, NJ 07755

12:00PM



**Mrs. Vicky Harari** 7/11, 7/18, 7/25 *Lunch will be served*

"Dealing with the Everyday Challenges of Life: Q&A"  
At the home of Rochelle & Eli Dweck 303 Allen Avenue, Allenhurst, NJ 07711

1:15PM



**Mrs. Shoshi Abowitz** 7/5, 7/11, 7/18, 7/25 *Light lunch*

"Strengthen your Conversational Hebrew!" *Join us as we learn & discuss parenting topics in Hebrew. Learn new words and have a blast!* Open to all levels of Hebrew language speakers.

## Women's Learning Schedule

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# Summer 2022

## Women's Learning Schedule

For daily updates please text Rochelle 347.306.8417 or Gail 347.271.2141

### TUESDAYS

11:00am



**Rabbi Albert Setton** Weekly

"Jewish Ethics" Congregation Magen David of West Deal 395 Deal Road, Ocean, NJ 07712

11:30am



**Mrs. Esther Hiday** 7/5 - 8/16 *Lunch will be served*

"Topics in Jewish Thought" Hathaway Synagogue 75 Hathaway Ave, Deal, NJ 07723

12:30PM



**Rabbi Naftali Besser** 7/5 - 8/16 *Lunch will be served*

"Staying Inspired" Hathaway Synagogue 75 Hathaway Ave, Deal, NJ 07723

6:30PM



**Allegra Franco Women's Bet Midrash** 7/5 - 8/16 Registration recommended: [allegrafranco.org](http://allegrafranco.org)

"Hilchot Shabbat" Bet Rachel of Larchwood Synagogue 48 Larchwood Ave, Oakhurst, NJ 07755

### WEDNESDAYS

10:30am



**Mrs. Natalie Mizrahi** 6/29 - 8/17 *Lunch will be served*

"Paving the Way: The Sephardic Role in Creating Modern Israel"

Hathaway Synagogue 75 Hathaway Ave, Deal, NJ 07723

11:00am  
2hrs



**Allegra Franco Women's Bet Midrash** 6/29 - 8/17 Registration recommended: [allegrafranco.org](http://allegrafranco.org)

"Sefer Vayikra" Bet Rachel of Larchwood Synagogue 48 Larchwood Ave, Oakhurst, NJ 07755

11:30am



**Rabbi Nathan Dweck** 6/29 - 8/17 *Lunch will be served*

"Insights from the Weekly Haftarah" Hathaway Synagogue 75 Hathaway Ave, Deal, NJ 07723

1:15pm



**Mrs. Emily Labaton** 8/3, 8/10, 8/17 *Lunch will be served* Registration required: [dsnlive.org](http://dsnlive.org)

"Husbands & Wives: Love & Marriage - A Glimpse Into the World of the Talmud"

Hathaway Synagogue 75 Hathaway Ave, Deal, NJ 07723

6:30PM  
2hrs



**Allegra Franco Women's Bet Midrash** 6/29 - 8/17 Registration recommended: [allegrafranco.org](http://allegrafranco.org)

"Parashat Hashavua" Bet Rachel of Larchwood Synagogue 48 Larchwood Ave, Oakhurst, NJ 07755

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Young Women  
& Girls

## On the Porch



June 30<sup>th</sup>

**Rabbi  
Avi Harari**

Beatrice &  
Jeffrey Sutton  
1245 Ocean Ave  
Long Branch, NJ



**Mrs. Nicole  
(Dweck)**  
Goletka

Candice &  
David Bailey  
11 Pleasant Drive West  
Long Branch, NJ



July 7<sup>th</sup>

**Esther  
Amini**

Frieda &  
Judah Cattan  
77 Darlington Rd  
Deal, NJ



July 14<sup>th</sup>

**Mrs. Frieda  
Cattan**

Irene &  
Abie Hanan  
1146 Lincoln Rd  
Long Branch, NJ



July 21<sup>st</sup>

**Mrs. Raquel  
Franco**

Frieda &  
Joey Franco  
65 Jerome Ave  
Deal, NJ



July 28<sup>th</sup>

**Rabbi  
Joseph Dweck**

Rita &  
Joey Shrem  
81 Runyan Ave  
Deal, NJ



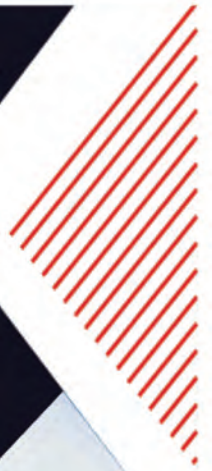
August 4<sup>th</sup>

**Rabbi  
Joseph Dweck**

at the homes of

## Season 5 | THURSDAYS | 11:00AM

For daily class schedules & cancellations please text Rochelle 347.306.8417 or Gail 347.271.2141



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# NEW JERSEY FUN IN THE SUN

## THINGS TO DO ALL SUMMER LONG

THERE'S NO PLACE LIKE THE JERSEY SHORE IN THE SUMMERTIME, AND WITH ALL THE GREAT CONCERTS, MOVIES, FIREWORKS AND MORE, SUMMER 2022 IS SHAPING UP TO BE THE BEST SEASON IN RECENT HISTORY. READ ON TO FIND OUT ABOUT ALL THE EXCITING EVENTS.

### ASBURY PARK BONFIRES ON THE BEACH

This is a beloved tradition. Bonfires will take place every Wednesday at 8 P.M. in July and August. Every week the bonfire will shift locations throughout the Asbury Park waterfront. To find the location visit [njnext.com/asbury-parks-bonfires-on-the-beach-heat-up-summer/](http://njnext.com/asbury-parks-bonfires-on-the-beach-heat-up-summer/).

### ASBURY LANES

Asbury Lanes is a bowling alley, and it's also a concert venue, featuring bands you may or may not have heard of. They Might Be Giants will be playing there on August 30th and 31st.

### THE ASBURY PARK BAZAAR

The Asbury Park Bazaar is a seasonal market where art, handmade, local goods, and live music converge in the Grand Arcade of Convention Hall, a beautiful, historic, building on the beach in Asbury Park. It's a unique shop-

ping, and music destination. It's located at 1300 Ocean Ave N. For more information visit [asburyparkbazaar.com](http://asburyparkbazaar.com).

### ASBURY SPLASH PARK & MINI GOLF

Asbury Splash Park & Mini Golf is located on the boardwalk, at 950 Ocean Avenue. It is a great place to take the kids. Enjoy cooling off at the splash park or playing 18 holes, or purchase a splash and putt pass to do both. For hours and other information visit [asburyparkamusements.com](http://asburyparkamusements.com).

### THE PREMIER THEATER COMPANY

Don't miss the musical *Something Rotten*, on Sunday, July 10th. Featuring elaborate dance and musical numbers, and a wacky cast of over-the-top characters, *Something Rotten* takes place in the 1590s. It's the story of brothers Nick and Nigel Bottom who are desperate to write a hit play but are stuck in the shadow of that Renaissance rock star known as The Bard. For more information call (732) 774-7827.





**BELMAR  
SANDCASTLE CONTEST**

Bring a pail, shovel and your creative flair to Belmar beach for the New Jersey Sandcastle Contest on Wednesday, July 13. This family-favorite event draws crowds of competitors and spectators to 18th Avenue beach for a fun day of digging and sculpting by the sea. Registration is at 8:30 A.M. It's free and open to participants of all ages. Judging begins at noon. The judges will evaluate each entry for its originality, creativity, resourcefulness, and use of accessories.

**THURSDAY MOVIES ON THE BEACH**

Bring your beach chair to 7th Avenue beach for free movie nights. Movies start at dusk, but it's best to get there earlier to get a good spot in front of the big screen.

*July 7th - Encanto*

*July 14th - CoCo*

*July 21st - Luca*

*July 28th - Raya and the Last Dragon*

*August 4th - Sing 2*

*August 11th - Clifford The Big Red Dog*

*August 18th - Ghostbusters Afterlife*

*August 25th - Paw Patrol: The Movie*

**THE BELMAR PUBLIC LIBRARY**

There's always something fun to do at the Belmar Public Library, 517 10th Avenue, including toddler story-time, meditation, bridge, and knitting and crocheting. There's even a Summer Concert Series. For times and to find more events visit [belmarlibrary.org/events/list/](http://belmarlibrary.org/events/list/).

**BRADLEY BEACH**

**4TH OF JULY FIREWORKS, JULY 3RD**

Fireworks begin at dusk at the beachfront gazebo.

**PARKFEST, JULY 10TH**

This the 4th Annual Parkfest. There will be nonstop live music, with over 15 of Jersey's top acts rotating between the bandshell and the gazebo. In addition, there will be yoga, live art demos, a chess tournament, vendors and more. It will take place at Riley Park, 615 Main Street, from 11 A.M. to 7 P.M.

**OPERA BY THE SEA, JULY 19TH**

This is a summer tradition. The show begins at 7 P.M. at the beachfront gazebo.

**LINE DANCING/SALSA LESSONS, TUESDAY NIGHTS**

Line dancing will take place on the boardwalk, at 5th Avenue and Ocean Avenue, from 7:30 to 9 P.M. (Weather permitting.)

**SHIPWRECK ISLAND MINI GOLF**

Located at 800 N. Ocean Ave, Shipwreck Island Mini Golf is a great place to spend the day. Experience 18 world class fun and exciting holes!

**DEAL**

**TEEN SBH SUMMER 2022, AUGUST 14TH**

The Team SBH Summer 2022 includes The Diane Azrak A"H TEAM SBH 5K, FAST & FURIOUS 5K powered by OPR,



MONMOUTH COUNTY FAIR

and Diaper Dash. Every summer over 800 runners ranging from age 5 to 95 sign up to run through Deal. Runners of all levels compete in the 5K; elite runners tackle the Fast & Furious race, while the signature Diaper Dash gives the youngest supporters a chance to crawl across the finish line. The "Cheer Squad" of over 500 spectators cheer their family and friends along the course. The event culminates with a brunch and award ceremony for the top runners in each age group. Proceeds from this event will be used by SBH to help children in need. This run is sponsored in memory of Diane Azark A"H. To participate, visit [runsignup.com/Race/Donate/NJ/Deal/TeamSBH5K21.xe](https://runsignup.com/Race/Donate/NJ/Deal/TeamSBH5K21.xe).

#### **DSN & CAMP GESHER HESED MISSION TO ISRAEL JULY 17TH – 26TH**

DSN is providing 40 counselors to Camp Geshar, a day camp for orphaned children. In order to participate you must be 20+. Make your international impact through hesed. For more information contact [dshemueli@dsnlive.org](mailto:dshemueli@dsnlive.org).

#### **FREEHOLD**

##### **CELEBRATE THE 4TH OF JULY ON JULY 3RD**

There will be fireworks at Freehold Raceway, 130 Park Avenue. The event begins at 6 and ends at 11 P.M. Bring your family, friends and lawn chairs.

##### **THURSDAY'S ROCK CONCERT SERIES**

Don't miss Thursday's ROCK! Summer Concert Series at the Hall of Records, every Thursday from 7:30 to 9:30 P.M.

###### **Schedule:**

*July 7th: Mission Dance*

*July 14th: Joe Baracata Band*  
*July 21st: Matt O'Ree Band*  
*July 28th: Peanut Butter Bridges Band*  
*August 4th: Parrot Beach*  
*August 11th: Colossal Street Jam*  
*August 18th: Pat Guadagno & Friends*  
*August 25th: Turnstyles*

##### **FAMILY MOVIE NIGHT**

There will be movies every Wednesday night, starting at 8:30 P.M. at the Hall of Records. All movies are either PG or PG-13.

###### **Schedule:**

*July 6th: Sixteen Candles*  
*July 13th: Blinded by the Light*  
*July 20th: Home Alone*  
*July 27th: Grease*  
*August 3rd: The Lion King*  
*August 10th: Dora and the Lost City of Gold*  
*August 17th: Captain Underpants*  
*August 24th: Men in Black*

##### **SUMMER FUN CONCERT SERIES AT FREEHOLD RACEWAY, TUESDAYS**

Tuesday nights, from July 12th through August 23rd, there will be great bands and activities at Freehold Raceway from 6:30 - 8 P.M. (weather permitting). Bring chairs.

##### **MONMOUTH COUNTY FAIR JULY 27TH – 31ST**

The fair will take place on the East Freehold Showgrounds, on Kozloski Road. It's always fun for the

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whole family. There will be special events plus lots of entertainment.

### THE JEWISH HERITAGE MUSEUM

The museum is open by appointment only! They require everyone to wear a mask and be vaccinated to enter. To book a tour, visit [www.jhmmc.org](http://www.jhmmc.org).

### AMAZING ESCAPE ROOM

This is a great group activity. Now open Tuesday at 4 P.M. and Thursday to Sunday at noon.

### IPLAY AMERICA

This is a great activity for a rainy day or anytime your kids want to do something fun. It's an indoor boardwalk, arcade, with rides, laser tag and more, located at 110 Schanck Road. Buy a season pass for just \$59.99.

## LONG BRANCH OCEANFEST, JULY 4TH

Oceanfest is the biggest seasonal event on the Jersey Shore—in fact, it's the biggest Independence Day celebration anywhere in New Jersey, and it happens every July 4th in Long Branch. Each year since 1990, crowds numbering in the hundreds of thousands descend upon the city's oceanfront promenade for a day of family fun. Visitors can stroll the famous beachfront, take in the wonderful views, enjoy performances by dancers, musicians, clowns and musical acts, followed by a fabulous 4th of July fireworks display.

### SUNDAY BANDS BY THE BEACH

There will be concerts every Sunday night at West End Park (Brighton Avenue), from 7 to 8:30 P.M.

#### *Schedule:*

July 10th: Tom Craig Band  
July 17th: Billy Hector Band  
July 24th: Dave Keyes Band  
July 31st: Matt O'Ree Band (on west end beach)  
August 7th: Sweet Fanny Adams

## FREE MOVIES AT PIER VILLAGE AUGUST 17TH: THE WIZARD OF OZ



August 14th: Eddie Testa Band (on West End Beach)  
August 28th: The VooDUDES

### THURSDAYS BY THE SEA

Concerts take place at Pier Village, every Thursday evening from 7 to 8:30 P.M. For the complete schedule of performers visit [www.longbranch.org/departments/ProgramsEvents](http://www.longbranch.org/departments/ProgramsEvents).

### TUESDAYS ON BROADWAY

There will be great concerts this summer at the Broadway Bandshell (behind Brookdale), from 7 to 8:30 P.M. For the complete schedule of performers visit [longbranch.org/departments/ProgramsEvents](http://longbranch.org/departments/ProgramsEvents).

### THE 27TH ANNUAL CAR SHOW, JULY 31ST

If you love cars, you'll love the Long Branch Annual Car Show. It will take place at the Long Branch Promenade (Ocean Blvd. & Madison Ave.).

### 8TH ANNUAL LONG BRANCH POETRY FESTIVAL, JULY 4TH FROM 10 A.M. TO NOON

There will be 10 poets. This event will take place at the oceanfront gazebo at Pier Village. It will feature Mayor John Pallone, Congressman Frank Pallone and NJ Poet Laureate Emanuel DiPasquale.

### FREE MOVIES AT PIER VILLAGE

There will be movies every Wednesday evening beginning at dusk on Festival Plaza.

#### *Schedule:*

July 6th: Spiderman No Way Home  
July 13th: Goonies  
July 20th: Breakfast At Tiffany's  
July 27th: Encanto  
August 3rd: Raiders of The Lost Ark  
August 10th: Back To The Future  
August 17th: The Wizard of Oz  
August 24th: Willy Wonka & The Chocolate Factory  
August 30th: Black Widow ☐

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# DSN'S SENIORS PROGRAM GETS A NEW NAME

## THE ALBERTA & RONNY WEINISCH SENIOR PROGRAM

ON MONDAY, JUNE 13TH, OVER 150 PEOPLE ENJOYED A BEAUTIFUL AND SENTIMENTAL EVENT CELEBRATING THE NAMING OF THE ALBERTA AND RONNY WEINISCH DSN SENIORS PROGRAM. THE WEINISCH'S CHILDREN WERE SEARCHING FOR A WAY TO MEMORIALIZE THEIR PARENTS, AND REALIZED THAT THE MOST APPROPRIATE WAY TO DO THIS WAS TO NAME DSN'S SENIORS PROGRAM IN THEIR MEMORY.

The Weinisch family, friends and a robust showing of community seniors filled the DSN gymnasium, which was transformed into a beautiful venue for an event with a catered lunch. DSN's Executive Director Sammy Sitt opened the program welcoming all of the guests. He explained that "the seniors program is emblematic of all that DSN stands for: keeping people of all ages active and healthy, while allowing our community to socialize and stay together."

Next, Fitness Director Sharon Carlstrom recalled how, in the summer of 2016, the program began with only exercise, but has since expanded to include many activities, and even a gourmet lunch. "My favorite part is that the seniors always know all the lyrics to songs from the 40s and 50s. It is undoubtedly the most fun class that I teach!"

Stephanie Massry and Vicky Schreiber, directors of the seniors program, worked tirelessly organizing the day. "We love being here every day and get just as much happiness as the seniors do!"

Next came a slide show of Alberta and Ronny through their years, shown on DSN's jumbotron, which was followed by words from family members. Selma Cohen, Alberta's sister who is an active member of DSN's seniors program, described how much the program gave to her sister and how important the program is to the community. Granddaughter, Alberta Waingort-Sutton, spoke about how generous her grandparents were, and how they set an example by always doing things together. Son-in-law Marty Waingort spoke about his memories and how important the program is for the community.



Son-in-law Hymie Azar was the final speaker of the day and he explained how his in-laws, during their healthy years, “loved being together, playing golf together and shopping together.” He continued, “But two months before we lost my father-in-law, my mother-in-law completely shut down, as if not to face the reality of what was about to happen. After he passed, my mother-in-law, the person we knew for so many years, was nowhere to be found. She completely checked out.” He then revealed that, “There was one exception, and that was this amazing DSN seniors program. It was a godsend. This great place with these great people, great volunteers, and great other seniors found a way to reach her. For that, this place will always

be in our family’s debt.” Hymie concluded, “G-d bless all of you involved in this program, for doing the hard work, keeping our most precious assets engaged, interactive and enjoying the most precious time of their lives.”

The décor of the event was gorgeous. There were beautifully decorated tables and exquisite flowers from Garden to Table by Andree Braha and Fortune Farca. Photographer, Lily Ades, was on hand to capture the memories, and the lunch was catered by Grace Sitt.

Singer Shlomo Haviv entertained the crowd with lively Israeli and American music. The seniors rose from their chairs, dancing and moving to the beats. Smiles were everywhere. Barbara Rahmey, a daughter of one of the seniors,



summarized the sentiment shared by all, "My mother loved it today! She did the exercise and enjoyed the lunch and seeing so many of her friends and family. DSN's team is really making our seniors so happy. *Tizku Le mitzvot!* Thank you DSN!" □





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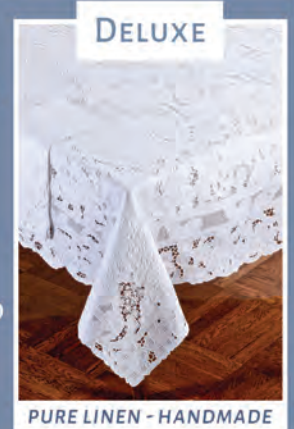
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# BEAUTIFUL WINDOW TREATMENTS CAN TRANSFORM A ROOM

ONE OF THE EARLIEST RECORDED INSTANCES OF WINDOW TREATMENTS WAS IN ANCIENT EGYPT. EGYPTIANS WOULD WEAVE PAPYRUS STRIPS TOGETHER TO HANG OVER THEIR WINDOWS TO HELP KEEP THEIR HOMES COOL. AROUND THE SAME TIME, THE CHINESE WERE USING BAMBOO REEDS WOVEN WITH TWINE TO COVER THEIR WINDOWS. ONE MIGHT BELIEVE THAT SINCE THEY'VE BEEN AROUND FOREVER, SHADES AND CURTAINS ARE NO LONGER IN STYLE—BUT THEY ARE—THEY HAVE BECOME EVEN MORE POPULAR OVER THE YEARS. HERE ARE SOME MODERN WAYS TO COVER YOUR WINDOWS IN STYLE.

## MATCHING WALLPAPER & CURTAINS

Nothing makes a room feel more harmonious than matching wallpaper and curtains. If you're making over a whole room, you should definitely consider customizing this combination so they match exactly. You may not even have to customize the curtains, as some companies sell matching wallpaper and curtains, plus if you already love the wallpaper, you'll be sure to love your curtains as well.

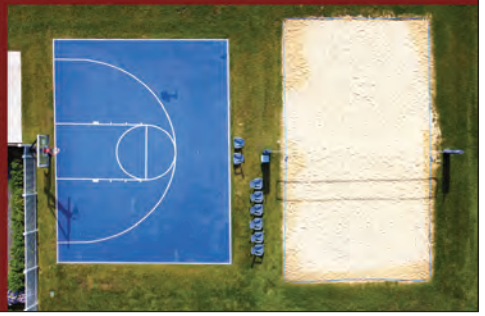





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A dark room can look severe, pastel curtains soften the style. To make the room feel cohesive, match your curtains to a lamp and other accents.



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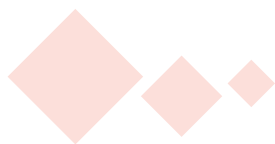
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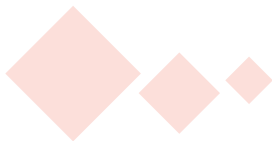
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**CURTAINS BEYOND THE WINDOWS**

Instead of hanging curtains right over the window, create a cozy little oasis by hanging tall curtains in front of a window seat, and creating a little reading nook.



**MATCHING PAINT**

Very much like matching your curtains to your wallpaper, matching your curtains to your paint creates a harmonious look. Of course, it's much easier to achieve than matching wallpaper. Choosing curtains a shade darker than your walls looks great too.



**TIE-UP SHADES**

Tie up shades are very popular at the moment. When hanging, you either actually have to tie them yourself or you can buy them with adjustable clips in the back to create a custom look. If you need help, watch a YouTube video.



**VERTICAL BLINDS**

Vertical blinds continue to remain in style and popular in homes. While they made their peak appearance in the 1980s, today they continue to dominate because they are so extremely versatile, and many people still love them. They look pretty when they're floor-to-ceiling, but are also available to fit your window.





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Shakespeare In The Park

## THINGS TO DO IN BROOKLYN & MANHATTAN

IF YOU LOVE SPENDING BEAUTIFUL SUMMER DAYS (AND NIGHTS) OUTDOORS, THERE ARE MANY WONDERFUL THINGS TO DO IN NY AND BROOKLYN, INCLUDING FREE CONCERTS AND MOVIES, FIREWORKS, SHAKESPEARE IN THE PARK AND SO MUCH MORE. HERE ARE THE BEST PLACES TO SPEND YOUR SUMMER DAYS.

### MACY'S 4TH OF JULY FIREWORKS SPECTACULAR

There's a clock on Macy's website counting down the days, hours and minutes until their spectacular fireworks display on the 4th of July begins, at 9:25 P.M. Fireworks will be launched from five barges in the East River stationed around midtown Manhattan. Check Macy's website: [macys.com/social/fireworks/where-to-watch/](http://macys.com/social/fireworks/where-to-watch/) for the best places to see the show.

### 4TH OF JULY FIREWORKS IN CONEY ISLAND

Coney Island is still a fun place to spend the day, especially on the 4th of July. You can enjoy the rides, or soak up the sun, then watch the fireworks. You may want to go home in between, however, because the show begins at 10 P.M.

### FREE SHAKESPEARE IN THE PARK AT THE DELACORTE THEATER IN CENTRAL PARK

This is the 60th year of Shakespeare In The Park. The beloved summer tradition returns with the intriguing political drama *Richard III*. The show begins at 8 P.M. on July 1st through the 17th, except for Mondays, when there is

no show. Starting August 10th, the show changes to *As You Like It*, which begins at 8 P.M., everyday in August, except Mondays. Visit [publictheater.org/productions/season/2122/sitp/as-you-like-it/](http://publictheater.org/productions/season/2122/sitp/as-you-like-it/) for more information.

### BRYANT PARK

There's always something fun happening at Bryant Park, especially if you have little children, including story time, juggling and magic shows. For adults there's yoga, Mah Jongg, exercise boot camp and much more. Check out their schedule of events at [bryantpark.org/calendar](http://bryantpark.org/calendar).

### MOVIES AT BRYANT PARK

Bring a blanket, friends and family for movie night. The lawn opens at 5 for picnicking, and films begin at 8 P.M.

July 4th: Mission Impossible

July 11: Wayne's World

July 18: Scream 2

July 25: Beverly Hills Cop 2

August 1: Star Trek: First Contact

August 8: Grease 2

August 15: The Godfather Part II



*Shipwrecked Miniature Golf*

### **BRYANT PARK PICNIC PERFORMANCES**

The 2022 season of Picnic Performances showcases 26 live and in-person music, dance, and theater events produced in partnership with a diverse lineup of New York City's performing arts institutions. All performances are free to the public—no tickets required. There will be ample seating available and free picnic blankets to borrow. Bring your own food. For a lineup of acts visit [bryantpark.org/activities/picnic-performances](http://bryantpark.org/activities/picnic-performances).

### **LINCOLN CENTER EVENTS**

Whether you're interested in dance, film, opera, theater, jazz, popular music, classical music, workshops or galas, it's happening this summer at Lincoln Center. Visit [lincolncenter.org/lincoln-center-at-home/calendar](http://lincolncenter.org/lincoln-center-at-home/calendar) to see its eclectic list of events.

### **THE BROOKLYN CHILDREN'S MUSEUM**

Children will have fun as they learn about Jewish history and culture. They'll relive famous biblical stories and explore traditions and customs. Plus there are always great crafts projects for the kids. Activities this summer include a paint workshop, a bubble adventure and a variety of Jewish movies, which are played every hour. The museum is located at 792 Eastern Parkway.

### **FREE CONCERTS**

#### **HUDSON RIVER PARK**

*Jazz at Pier 84*

Listen to smooth jazz tunes, starting at 7 P.M. at Pier 84 (Hell's Kitchen) on four Wednesdays, starting July 20th.

### **LITTLE ISLAND**

Wednesdays: 6:30 – 8 P.M.

Enjoy a mid-week break with performances from singer-songwriters in The Glade.

*Second Annual Music and Dance Festival*

Wednesday, July 20 through Sunday, July 31

Each day will feature multiple free performances throughout the park and will be anchored by nightly ticketed performances in The Amph.

*Island Music Week: Wednesday, August 17 – 24*

### **MADISON SQUARE PARK**

*Music on the Green: 6 – 7:30 P.M.*

Hear Grammy Award-Winning Attacca Quartet perform instrumental concerts on July 13, 20 and 27.

### **SHIPWRECKED MINIATURE GOLF**

Mini golf and escape rooms make Shipwrecked a great place to spend the day. Located at 621 Court Street, Brooklyn, reservations are required. For more info visit [www.shipwreckednyc.com](http://www.shipwreckednyc.com). Adult night every Thursday.

### **KIDS 'N ACTION**

This is an amusement park with go carts, a roller coaster, an arcade and a toddler section. Take your kids for the day and you'll be the coolest parents around, located at 1149 McDonald Avenue.

### **ADVENTURERS AMUSEMENT PARK**

This is a small amusement park in Bensonhurst. It has go karts, bumper cars, little rides, miniature golf and more. Kids will love it. It's located at 1824 Shore Parkway. For more information visit [adventurerspark.com](http://adventurerspark.com).



Brooklyn Botanic Garden

### THE NY AQUARIUM

Located in Coney Island, this is another great place to spend the day. Admission is free on Wednesdays after 3 P.M. If you want to visit on a Wednesday, purchase your ticket on Monday at 3 P.M. Located at 602 Surf Ave, Brooklyn. Call for reservations: 718.265.3474.

### THE BROOKLYN BOTANIC GARDEN

The Brooklyn Botanic Garden is a 52 acre botanical garden within Brooklyn's Prospect Park. It's open to the public for free each Friday before noon.

### CHELSEA PIERS SPORTS & ENTERTAINMENT COMPLEX

This sports complex is situated on 28 acres on three piers of the Hudson River. It has a driving range, a bowling alley, an ice skating rink that's open all year round and if you want to take it easy, there's a pool, as well. It's a great place to take kids who love to run around.

### THE BRONX ZOO

The Bronx Zoo is world-renowned for its large and diverse animal collection, and its award-winning exhibitions. There are more than 6,000 species that call the Bronx Zoo home. If you have a little one—or a big one—who loves animals, the Bronx Zoo is the perfect place to spend the day.

### SPYSCAPE – SPY MUSEUM

This high-tech museum showcases a world-class collection of gadgets, including Enigma machines and a U2 spy plane, cameras, Edward Snowden's telepresence robot, and micro-bugging devices. It's a truly unique experience. Located at 928 8th Avenue in Manhattan, visit spyscape.com for more information.

### PROSPECT PARK WATER FUN

#### HARMONY PLAYGROUND

This music-themed playground behind the park's bandshell features a harp with "strings" of water, and horns that spray a delightful blast to cool off the kids. Enter at Prospect Park West at Ninth Street.

#### IMAGINATION PLAYGROUND

Get the kids all warmed up on the black-and-white play structure, then cool them off at the bronze dragon fountain that they can actually climb. Enter at Lincoln Road and Ocean Avenue, turn left.

#### LINCOLN ROAD PLAYGROUND

Kids will love the bronze frogs that spray water, while moms will enjoy the shade in this playground. When the little ones are done with water play, they can take advantage of the elaborate jungle gym, slides, and the triple tire swing. Enter at Lincoln Road and Ocean Avenue, turn right. □

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We are a Special Education school in Brooklyn seeking an ambitious and talented EVENT COORDINATOR who is passionate about improving the lives of high-functioning students with ASD. The responsibilities for this position include coordinating engaging and educational events for our students, creating in-school engagement centers, creating seasonal decorations and themes, organizing staff nights and appreciation events, and more.

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GRADUATION IS EXCITING, WHETHER YOU'RE SIX AND GRADUATING FROM KINDERGARTEN OR YOU'RE 26 AND GRADUATING FROM GRAD SCHOOL. IT BRINGS A SENSE OF PRIDE, AND ANTICIPATION OF WHAT'S COMING NEXT. LAST MONTH, MANY COMMUNITY MEMBERS COLLECTED DIPLOMAS FROM VARIOUS YESHIVAHs AND WE WANT TO CONGRATULATE THEM ALL! HERE'S A LOOK AT THEIR SMILING FACES.











# A WALL BETWEEN CHURCH AND STATE? SCOTUS DECISION PAVES A BRIDGE BETWEEN FAITH COMMUNITIES

THE DECISION IN *CARSON V. MAKIN* IS A WATERSHED MOMENT FOR BOTH RELIGIOUS LIBERTY AND PARENTAL CHOICE IN EDUCATION

NATHAN J. DIAMENT & MAURY LITWACK

**THE JUNE 21 RULING IN THE CASE OF *CARSON V. MAKIN* IS A WATERSHED MOMENT FOR BOTH RELIGIOUS LIBERTY AND PARENTAL CHOICE IN EDUCATION. THERE ARE NOW NO LEGAL OBSTACLES TO THE FULL AND FAIR INCLUSION OF RELIGIOUS SCHOOLS—AND THE FAMILIES WHO CHOOSE THEM—IN EDUCATION AID PROGRAMS.**

In overturning the state of Maine’s policy to exclude from a tuition assistance program families who wish to spend those funds at religious schools, the Supreme Court has delivered its third decision in the past five years holding that religious institutions such as churches and parochial schools cannot be barred from otherwise neutral government funding programs.

This latest ruling is the culmination of decades of determined advocacy designed to reverse the discriminatory “strict separation of church and state” jurisprudence of the 1960s and 1970s. It should not be seen as tearing down a wall, but the result of building bridges across faith communities and political parties.

As early as the 1940s, in its first case applying the First Amendment’s Establishment Clause to the states, the Supreme Court held that it was constitutional for a local

government to provide bus transportation to students attending religious K-12 schools. Yet, in the Warren Court years— at the behest of liberal advocates, including many in the Jewish community—rulings were handed down asserting that the Establishment Clause did not direct the government’s neutrality toward religion, but required its active disfavoring of religion.

For example, the Court invalidated a Pennsylvania program that subsidized high-quality secular subject teachers in non-public religious schools in 1971, and in 1973, struck down a New York state program that provided funds to repair non-public religious schools serving children from low-income families.

But this construction of a “wall of separation” between church and state was never absolute. The Court still permitted limited forms of aid to parochial schools (such as the

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## CARSON V MAKIN & RELIGIOUS FREEDOM

state loaning them math and science textbooks, with the state retaining ownership of the books as the jurisprudential gerrymander); but the overall spirit of the Court's rulings, impacting the actual shape of federal and state legislation, was to disfavor religion.

Even after the Supreme Court began to move away from the mantra of "strict separationism" in the 1990s to 2000s, finding various school aid programs (including vouchers) constitutional, the hostility continued in the anti-religion aid restrictions written into many federal and state aid programs.

This is how a state like Maine could create a tuition assistance program for families residing in districts that do not have public high schools, yet provides funds to parents for the private school of their choice only as long as they don't choose a religious school.

In striking down Maine's anti-religious policy, the Court said directly and forcefully: "The state pays tuition for certain students at private schools—so long as the schools are not religious. That is discrimination against religion."

With the legal dimensions of this debate having been decided in the courts, it is important to note that in recent years both Republicans and Democrats, in Congress and the White House, have moved away from policies that deny support for religious institutions and families to policies that take the appropriately neutral approach.

In 2001, President George W. Bush launched his "faith-based initiative," which sought to implement the neutrality rule by prohibiting federal grant programs from excluding religious entities solely because they were religious. The administration further set up a dedicated White House office for this initiative and issued cabinet agency rules implementing their policies.

During the 2008 presidential campaign, liberal advocates pressed then-candidate Barack Obama to promise to undo the initiative and shutter the White House office. Not only did President Obama not follow that course, but he appointed a key aide to head his White House Faith-based and Neighborhood Partnerships, and invigorated it by recruiting a cohort of diverse national faith leaders (including the Orthodox Union's Nathan Diament) to serve on its advisory council. A bigger bellwether of the political

rejection of the extreme strict separationist approach is hard to find.

This moderate and sensible approach has since been reflected in federal legislation and policy. In 2018, the Trump Administration reversed FEMA's policy to deny federal aid to rebuild houses of worship damaged in natural disasters; this policy was codified into FEMA's governing statute by a broad bipartisan vote that same year.

More recently, the bipartisan multi-trillion-dollar COVID relief packages enacted by Congress allowed for houses of worship and religious schools to participate in the Paycheck Protection Program as well as COVID relief programs dedicated to K to 12 schools—a policy touted by both Senators Chuck Schumer and Mitch McConnell.

These are models to be built upon, not torn down. As bipartisan legislation in the Senate seeks to address our epidemic of gun violence and reduce the tragedy of school shootings, does anyone of goodwill think we should not keep all children in all schools safe? Non-public schools and their students must be included as eligible participants in the legislation's provision of school security resources and mental health counseling programs.

An advocacy coalition including Orthodox Jews, Catholics, Evangelicals, Mormons, Seventh Day Adventists, Sikhs, Muslims and so many more allies are responsible for today's victory. All faith communities understand that religious liberty must be afforded to every faith community if it is to be available for any.

Now that the Supreme Court has resolutely rejected the unfair treatment of religion by government programs, we must work together to ensure this policy is implemented in all government aid programs to benefit all of our communities. □

*Nathan J. Diament* is executive director for public policy for the Union of Orthodox Jewish Congregations of America. *Maury Litwack* is managing director for public affairs for the Union of Orthodox Jewish Congregations of America. This article first appeared in the *Forward*, the nation's leading Jewish news organization. Sign up here to get the *Forward's* newsletters in your inbox. [Forward.com/newsletter-signup](https://www.forward.com/newsletter-signup).





# FRIENDS OF UNITED HATZALAH HONORS CHANTAL & AI GINDI

RAPHAEL POCH

ON A RECENT TUESDAY EVENING AT PIER 60, IN CHELSEA PIERS, OVER 1,000 PEOPLE GATHERED IN SUPPORT OF FRIENDS OF UNITED HATZALAH, ISRAEL'S PREMIER FULLY VOLUNTEER EMERGENCY MEDICAL SERVICE ORGANIZATION. OVER 400 OF THOSE IN ATTENDANCE WERE YOUNG PROFESSIONALS UNDER THE AGE OF 35.

The crowd was there to attend the 3rd Annual Gala held by Friends of United Hatzalah of Israel, in support of the work done by the organization's network of 6,200 emergency medical volunteers in Israel. Throughout the night supporters made donations which will go to support Hatzalah's lifesaving efforts.

At the heart of the event, the organization featured Dr. Zevi Neuwirth, a Miami physician who volunteers with the organization during international crises. He conducted dozens of black-ops rescue missions inside Ukraine, over the first two months of the Russia-Ukraine war, as part of the organization's relief efforts.

The event was chaired by supporter Alex Blavatnik, who flew in especially to support Hatzalah's efforts in Israel and Ukraine. He was honored by the President and Founder of United Hatzalah, Eli Beer, as well as Chairman, Mark Gerson. Also honored were Cathy and Allan Weiss and Chantal and Al Gindi, for their continued support of Israel and the emergency services organization.

Al Gindi is a third-generation donor to many Jewish causes, both in the US and in Israel, among them is United Hatzalah. "I am grateful to have learned everything from the most amazing role models, my father Raymond Gindi, Uncle Isaac "IG" Gindi, and my grandfather Al Gindi A"H, the patriarch of our family. They taught me the importance of steadfastly upholding Jewish values, such as integrity, humility, and generosity," Al said.

Eli Beer spoke about the qualities that he respects so much in Chantal, Al, and their family: charity, integrity, love, and kindness. "Most people give either annually, or only after their businesses make a profit. Chantal and Al take a different approach. They created a unique and thoughtful tradition. They make a donation whenever they close a new business deal, before any profits are realized, and they have encouraged their family and friends to give back to both their community and to Israel, as well. I can say that many lives have been saved because of their efforts and generous donations. They are a shining light in the Syrian community of New York."



The event marked the third time that such a gala has been hosted in New York by Friends of United Hatzalah, and the first time since COVID began.

Beer concluded, “The Gindi family, as well as other members of the Syrian community who came out tonight, supported our efforts in Operation Orange Wings, which we undertook to provide humanitarian aid and medical care for refugees in Ukraine and Moldova. They even flew nearly 3,000 refugees to Israel. Now, they are here showing their support once again and donating to help us continue our work saving lives in Israel. I am grateful that we had the opportunity to honor Chantal and Al at this event, and I am simply in awe of how caring a community this truly is. Thank you.” □



**Raphael Poch** is a volunteer EMT with United Hatzalah. He is the team leader for the Efrat region. In addition to his volunteer work, he serves as the International Media Spokesperson. He lives in the city of Efrat with his wife and two children and originally hails from Toronto, Canada.



# MIKE & GLORIA MASRI DONATE SEFER TORAH TO MAGEN DAVID OF MADISON

DURING 2020, AS MANY MINYANIM NEEDED TO HOLD SERVICES OUTDOORS, CONGREGATION MAGEN DAVID OF MADISON GAINED ENORMOUS POPULARITY WITHIN THE MADISON AREA. THE CHARACTER OF THE SHUL, WHICH IS BASED ON OUR TRADITIONAL CUSTOMS OF ARAM SOBA, HAS CREATED A DEFINITE BUZZ IN THE AREA.

**M**any congregants have said that the Shul has a spiritual camaraderie that is really heartfelt. It reminds them of their childhood, when their parents and grandparents had a yearning to be totally involved in the betterment of their synagogue, on an everyday basis.

Whether a person is contributing monetarily or just likes going shopping every Friday to fill the refrigerator for *seudah shelishit*, or Shabbat breakfast, the atmosphere is fun and energetic.

The founding members Elliot Betesh, Isaac Hamway, Joey Chabot, Morris Betesh, Marc Schmool, Adam Shrem, Elliot Bar David and several others remember the first High Holiday services of 2021 which were held in the driveway, on the side of Elliot Betesh's house, outside—rain or shine—before the Shul moved to its current location on East 24th Street.

Magen David of Madison now has over 100 regular members for Shabbat, with weekly classes, guest lecturers and meals donated by generous supporters each week. Plus holiday prayers are in full swing. Magen David will also be instituting a youth program soon, and there have already been two beautiful Sefer Torah dedications, most recently by Mike and Gloria Masri.

The actual location of the Shul is the corner of Avenue P and East 24th, which is also a central connection point for the Madison area, as it is within easy walking distance for many young families on either side of Kings Highway or Bedford Avenue.

The Shul is quickly selling seats and becoming very popular in the neighborhood. Please come and pray at Magen David of Madison and experience something new which is inspired by the old glorious ways of our founding community members.







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# CHIEF RABBI HAKHAM SHAUL KASSIN ZT'L

## MADE OUR COMMUNITY A BETTER PLACE

JOYCE ZEKARIA

**IT IS MY PRIVILEGE AND HONOR TO HAVE LEARNED ABOUT THE LEADER OF THE SYRIAN SEPHARDIC COMMUNITY, HAKHAM SHAUL RACHAMIM KASSIN, WHO DEDICATED HIS TIME, LOVE AND LIFE'S WORK TO MAKE OUR COMMUNITY A BETTER PLACE.**

**H**akham Shaul Kassin was born in 1921 and spent his early years in Israel. At the age of 12, he came to America and enrolled in public school. After just one day, he quickly ran off to his father demanding that he attend a yeshivah. The Hakham attended Yeshiva Ohel Moshe and soon went on to graduate Yeshiva University with the highest honors. There, he achieved his *semicha* to become a Rabbi. This was the beginning of the next chapter for our community.

After college, the Hakham became the right hand to his father Chief Rabbi Jacob Kassin, for 80 years. All decisions for the community were made by each other's side, and Hakham Shaul documented all the declarations that were made during that time.

In 1935, Chief Rabbi Jacob Kassin established the famous edict stating that there were to be no converts allowed in our community. Rabbi Shaul Kassin then re-established and enforced the edict again in 1985. He made sure that a written version of this edict with the support and signatures of relevant rabbis was present in every shul and institution in our community.

In 1975, Hakham Shaul Kassin established the first mikvah on Avenue S, in Brooklyn. He had received criticism, and people stated publicly that they were against this new addition, however, he feared nobody. He then went ahead and established an eruv in Brooklyn for the whole community. The eruv brought such significance to our community, as it allowed Shabbat to be more enjoyable, and easier for people to visit one another. Again, he faced some opposition and criticism, but proceeded to do what he believed was right. Until today, that is one of the most commendable attributes of our former Chief Rabbi and one of his many additions that helped make our community what it is today.

The Rabbi always stood strongly by what he thought was right. When Hakham Shaul heard there were inappropriate bachelor parties going on, he prohibited rabbis from performing their weddings, in order to discourage the bad behavior. In addition, and together with the Rabbinical Council, the Rabbi emphasized the importance of modesty, and urged women to dress properly at weddings and occasions. If modesty wasn't achieved, the rabbis wouldn't come to the occasion or perform the wedding.

Hakham Shaul also expressed that he didn't like the idea of Arab musicians playing for our community, due to their internal hatred of Jews. From these few examples, we see a pattern of an individual who feared nobody but Hashem, and who had a passion to do what was best for everyone in our community. He always aimed to do the correct thing, and did not let the criticism of others get in the way.

Hakham Shaul decided to share his wisdom and intelligent thoughts with our community, and wrote two books; *The Light of the Law* and *Mitzvot Hashem*. Hakham had a certain motto that had to do with fruit. If you were to ask a Jew, "How do you eat fruit?," their answer would most probably be, "I make a blessing first and then eat the fruit." However, Hakham Shaul would answer that this approach is somewhat incorrect. He would explain that if you have an orange or apple, you first begin to peel away the covering of the fruit. He compared the peel of a fruit to the flaws of a Jew. When dealing with a person, one should start by peeling away the flaws and seeking the good in all the Jews in every way, much like the good is revealed in the fruit once the covering is peeled away.

It is often said about the Rabbi that "he was beholden to nobody, and everybody to him was somebody." Regardless of one's social or financial status, he treated everyone equally.

Most importantly, Hakham Shaul was extremely sensitive to women's feelings. In order to help the women in our community, he permitted those who needed to go to the mikveh on Friday evenings to instead go on Friday afternoons, on the condition that they would not be with their husbands until sundown. As a result, women who otherwise would not be pure by Friday night because of plans to be with guests or eat with others would be able to purify themselves for Shabbat.

Being that he comes from a long lineage of influential rabbis, he had international connections with kings, presidents, and prime ministers of foreign countries. He leveraged these relationships to communicate to the foreign leaders—including the kings of Morocco and Jordan, and the President of Syria—the importance of keeping the peace and protection for all of the Jews in their kingdoms.

After witnessing all the love and care Hakham Shaul had for this community, his father, Rabbi Jacob Kassin, appointed him the next Chief Rabbi, in his will, which took



effect upon his passing. During this period, Hakham Shaul was able to help thousands of charitable organizations around the world while making our community a more religious and cohesive unit.

For 90 years, the Hakham's routine was to get up at midnight and sit on the floor while reading tikkun chatzot, which is the midnight prayer for the destruction of the two temples. He would cry heavily, every single night, and pour his heart and soul into these prayers. Hakham Shaul really cared and felt for the Jewish people, and yearned for us to be able to live in the direct presence of Hashem's *shechina* like we did thousands of years ago.

The main thing that I took away from the actions and mindset of Hakham Shaul Kassin was his fearlessness and principles. His passion and his drive to do what was best and right for our community stands as an inspiration to us all. He was determined to make a difference in this world, specifically the Syrian community. He had such a unique care and love for our community and did everything he could to make religion as easy and as beautiful as it should be. I feel so fortunate to have gotten to know the most special stories about the Hakham and to be able to learn from his outstanding character traits. What I will take away most is not allowing criticism to stop me from doing the right thing. □

*Joyce Zekaria is a graduate of Hillel Yeshiva of New Jersey. She works with Special Children's Center and is engaged to Sonny Jack Cayre.*



# HOW TO BARBECUE LIKE AN ISRAELI

CHRISSANN ALLEN

MEMORIAL DAY HAS COME AND GONE, WHICH MEANS THIS IS BARBECUE SEASON. IT'S TIME TO ENJOY BEING OUTSIDE WITH FRIENDS, FAMILY, AND THE GRILL. NO MATTER WHERE YOU LIVE, BARBECUE AS A COOKING METHOD IS UNIVERSAL. IN ISRAEL, TRADITIONAL BARBECUE IS REFERRED TO AS MANGAL FROM THE BEDOUIN WORD MEANING "PORTABLE," OR AL HAESH, TRANSLATED FROM HEBREW TO MEAN "ON THE FIRE."

While most conventional Jewish cookbooks don't include sections relating to Jewish barbecue, it is a thing. Jewish barbecue does not involve pork, shellfish, or any mixing of milk and meat in keeping with the kosher dietary laws. You will find lots of kosher hot dogs and grilled slices of salami at an American Jewish barbecue and of course dill pickles and Jewish deli coleslaw on the side.

On the other hand, Israeli barbecue includes exotic spices commonly used in Middle Eastern cooking, such as cumin, paprika, turmeric, sumac, and za'atar. Instead of ketchup and mustard you will find tahini and harissa. Instead of hot dog and burger buns you will find pita and laffa.

Referred to in the *New York Times* as the "Jewish Rachael Ray," and as the "Queen of Kosher" by CBS—

cookbook author and lifestyle influencer Jamie Geller has created a bevy of kosher barbecue dishes and sides. Her recipes are influenced by lots of other cultures such as South American, Italian, Mexican, and Asian, but the biggest influence comes from Israeli cuisine. Geller always loved Israeli food, but after making aliyah in 2012, she found her pantry overflowing with new Israeli spices and blends. Now you can find a large variety of Israeli barbecue recipes on her site, as well as a collection of spice blends from Israel, available on Amazon.

One of my favorite items to make for summer holiday cook-outs is Israeli kabobs. I use cubes of beef, lamb or chicken mixed with veggies or ground beef, or lamb fashioned into loaves to make Adana-style kabobs. Here are some of the best Israeli barbecue recipes, and recipes for excellent side dishes, as well.



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### GRILLED ISRAELI LAMB AND VEGGIE KABOBS

This is one of my favorite recipes. When marinated and coated with Israeli spices and accompanied with fresh summer vegetables, hummus and some pita or lavash bread, you can't go wrong.

#### Ingredients for kabobs

- 1½ to 2 lbs. lamb (shoulder or leg meat) cut into 1 to 1½ inch cubes (will produce 4-5 cubes per kabob)
- 2 bell peppers cut into 1 to 1½ inch squares
- ½ pint cherry or grape tomatoes
- 1 cucumber, sliced thickly
- 8 long skewers soaked in water for 30 minutes prior to grilling

#### Ingredients for marinade

- ½ sweet onion
- 1 cup fresh parsley
- 5 cloves fresh garlic
- 1 lemon juiced and zested
- 1 tablespoon ground black pepper
- 1 tablespoon kosher salt
- 1 tablespoon za'atar
- ½ cup of olive oil

#### Directions

Place onion, parsley, garlic, lemon juice and zest, black pepper, salt, za'atar and olive oil in food processor and blend until smooth. Pour the marinade over the lamb and veggies and mix well to ensure everything is coated. Cover and refrigerate for up to 3 hours (If time is tight, marinate at room temperature for about 30 minutes).

Assemble the kabobs by threading a piece of lamb, alternating with veggies, leaving space between the pieces

for air circulation to cook evenly. Brush grill or grill pan with oil and heat to medium high.

Place kabobs on grill, rotating each one-quarter turn every couple of minutes, until the meat is completely browned, from 7 to 10 minutes, depending on how well-done you prefer your lamb.

*Notes: Before grilling, let the kabob chunks sit for 10 minutes or so to get to room temperature.*

*You can use any vegetables. Mushrooms, summer squash and zucchini make great additions.*

*I love to serve these with pita and dips such as hummus and babaganoush on the side.*

### ISRAELI-STYLE JERK CHICKEN WITH TAHINI-COCONUT SAUCE

The tahini-coconut sauce ties together the Israeli and Caribbean flavors of this unique and exotic grilled chicken dish. The recipe is rather long, but definitely worth it.

#### Ingredients chicken & marinade

- 4 pounds boneless baby chicken
- 1 small onion, chopped
- 1 bunch scallions, chopped
- 6 cloves garlic
- 2 habanero peppers
- 1 (2 inch) piece of ginger, chopped
- ¼ cup fresh thyme
- ½ cup soy sauce
- ¼ cup cider vinegar
- 1 cup canned unsweetened coconut milk
- 2 teaspoons salt
- 3 teaspoons brown sugar
- ½ teaspoon ground cinnamon



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- 1 teaspoon ground allspice
- 1 teaspoon ground nutmeg

#### *Ingredients tahini-coconut sauce*

- ½ cup tahini paste
- 1 cup unsweetened canned coconut milk
- 1 teaspoon salt
- ½ teaspoon ground cumin
- ½ teaspoon ground nutmeg
- 3 garlic cloves, minced
- Juice and zest of half a lemon
- Water, as needed

#### *Directions*

Place all ingredients for marinade in a food processor and process until smooth. Place chicken in ziplock bags and pour marinade over it, making sure the marinade is well-distributed on the chicken. Refrigerate overnight.

Fire up your charcoal grill or heat a gas grill to medium-high. Place chicken on grill over direct heat and cook until nice and brown, about 3 to 4 minutes on each side.

In a food processor combine all ingredients for the tahini-coconut sauce, while adding a bit of water until smooth and a bit runny. Move chicken to a platter and serve with tahini-coconut sauce.

Note: This chicken is often served with toasted pita, sliced Persian cucumbers, fresh cilantro, and lime wedges.

## **SALMON IN CHARMOULA WITH RISOTTO-STYLE ISRAELI COUSCOUS**

Following you'll find three separate recipes—one for salmon, one for tahini sauce which will go on the couscous and, of course, the third is for the couscous. The three different tastes are delicious together.



#### *Ingredients salmon*

- Four 5 ounce skinless salmon fillets
- ¼ cup chopped cilantro (optional)
- ¼ cup canola oil
- 2 garlic cloves
- 1 tablespoon minced fresh ginger
- 1½ teaspoons sweet paprika
- 1 teaspoon kosher salt
- ½ teaspoon turmeric
- ½ teaspoon ground cumin

#### *Ingredients tahini sauce*

- 1 tablespoon extra-virgin olive oil
- ¼ cup sliced cremini mushrooms
- 2 garlic cloves, thinly sliced
- 1 tablespoon tahini
- 1 tablespoon fresh lemon juice
- 1 tablespoon finely chopped dill
- Kosher salt

#### *Ingredients couscous*

- 1 cup Israeli couscous (6 ounces)
- ¼ cup extra-virgin olive oil
- ½ cup finely chopped Spanish onion
- Pinch of cinnamon
- Kosher salt
- ½ cup tomato puree
- 1½ cups warm water

#### *Directions*

In a blender, puree the cilantro, canola oil, garlic, ginger, paprika, salt, turmeric and cumin until smooth. Pour the marinade into a resealable plastic bag, add the salmon and seal the bag. Coat the fish and refrigerate overnight.

In a small skillet, heat the olive oil. Add the mushrooms

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and garlic and cook over moderately low heat, stirring, until the mushrooms are well browned, 10 minutes. Scrape the mushrooms and garlic into a blender and let cool. Add the tahini, lemon juice and  $\frac{1}{3}$  cup of water and puree until smooth. Stir in the dill and season with salt.

In a medium saucepan, toast the couscous over moderate heat, tossing, until golden, 10 minutes. Transfer to a small bowl. In the same saucepan, heat the olive oil. Add the onion and a pinch each of cinnamon and salt and cook over moderately low heat, stirring occasionally, until the onion is softened and just starting to brown, about 8 minutes. Add the toasted couscous and cook for 1 minute, stirring, then stir in the tomato puree. Add the warm water  $\frac{1}{2}$  cup at a time and stir constantly over moderately low heat, allowing the liquid to be absorbed between additions, until the couscous is al dente, about 20 minutes. Season with salt and keep warm; add 1 or 2 tablespoons of water if the couscous seems dry.

Preheat your grill pan. Scrape the marinade off the salmon, season the fish with salt and grill over high heat, turning once, until lightly charred and nearly cooked through, 3 to 5 minutes. Spoon the couscous onto plates, top with the salmon, drizzle with the tahini sauce and serve.

*Note: The tahini sauce can be refrigerated overnight. Bring to room temperature before serving.*

### GRILLED CHICKEN PARGIYOT (THIGHS)

Pargiyot are boneless, skinless chicken thighs, sometimes called baby chicken. I love to coat this type of chicken in a dry rub and grill, but you can also use your favorite marinade or teriyaki sauce, as I use in this recipe.

#### Ingredients

- 8 boneless, skinless, chicken thighs
- $\frac{1}{4}$  cup teriyaki sauce



#### Directions

Place the chicken and teriyaki (or your favorite marinade) in a ziplock bag in the fridge for 3 to 4 hours. Then preheat your grill.

Grease the grill. Place the chicken on the grill (discard any extra marinade that touched the raw chicken); cover and cook 3 to 5 minutes on each side, or until nicely browned and done. Transfer the chicken to a serving platter, then top with the extra sauce if desired.

### ISRAELI BURGERS

These burgers are so easy to make and so delicious. Use either ground beef or chicken to make the burgers, they both taste so good with the addition of Israeli spices. Use za'atar for a more herby, nutty burger or use baharat for a warmer peppery and earthy flavor. Add your favorite toppings.

#### Ingredients

- 8 ounces ground beef or chicken
- 1 teaspoon za'atar or baharat
- Extra virgin olive oil
- 4 mini pitas
- Tahini to garnish

#### Directions

In a medium mixing bowl, combine ground beef and za'atar or baharat. Form into 4 patties. Preheat grill and brush grill with extra virgin olive oil. Cook patties over medium-high heat about 3 minutes until golden brown, flip and cook 3 to 5 minutes more until patties are fully cooked.

Warm Pitas on grill until lightly browned. Cut off top edge and stuff with burger, toppings and a bit of tahini. □

*ChrisAnn Allen* honed her journalism skills as the lead reporter for a weekly newspaper in Florida. She has a background in photography and video, with a masters degree in documentary video journalism from the University of Florida.

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## EVERYTHING IN MODERATION

# YOU DON'T HAVE TO OMIT BEEF FROM YOUR DIET

LAURA SHAMMAH MS, RDN

BARBECUE SEASON IS HERE. SO, WHAT SHOULD YOU PUT ON YOUR GRILL? CHICKEN IS A HEALTHY CHOICE, AS ARE VEGETABLES. BUT WHAT IF YOU'RE CRAVING A STEAK? IF YOU ARE WATCHING YOUR WEIGHT BEING AWARE OF SATURATED FAT INTAKE IS A GOOD IDEA, HOWEVER, THE GOOD NEWS IS EATING LESS FAT DOES NOT MEAN OMITTING BEEF FROM YOUR DIET TOTALLY. IF YOU ARE A STEAK LOVER YOU CAN LEARN TO EAT IN MODERATION.

It is important that you choose the right cut of steak, as all steaks are not created equal, some are much more fatty than others. Of course, the leaner the better. Lean cuts contain less fat, which is better for the heart and cholesterol levels. A 3.5-ounce serving of lean steak contains 10 grams of fat, 4 grams of saturated fat and 95 mg of cholesterol. However, an extra-lean cut of steak contains as little as 5 grams of fat, 2 grams of saturated fat and 95 mg of cholesterol for the same size piece of meat.

The top five lean cuts of steak are eye round, sirloin-tip side, top round, bottom round, and top sirloin. Steaks labeled "round" typically are the leanest of all cuts.

Now that you know it's fine to eat a lean steak now and then, how do you pass up all the very tempting side dishes that are served along with your steak, when you're at someone else's barbecue?

Skip the cole slaw and potato salad if they're swimming in mayonnaise. Corn on the cob is an excellent choice, as

are all types of fruit. If there's watermelon, or other summer fruits, they make great side dishes. Of course, a salad and vegetables are wonderful. If there's salad, fill your plate with it.

If you are barbecuing, throw lots of vegetables on the grill. Offer guests chicken as well. Few things go as well with a delicious steak as onions, zucchini, and peppers and they taste amazing right off the grill.

Finally, skip sugary sodas and drinks. Unsweetened iced teas are a great refreshing option. It's best to eat a filling high fiber and protein snack before you leave, so you don't go to a barbecue hungry, and to prevent overeating. □

*Laura Shammah MS, RDN has a masters degree in health and nutrition and is a registered dietitian. She has been operating her own private practice in both New York and NJ for over 20 years. She is happily married and has four children.*



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Just as every building begins with a blueprint and every bulls-eye starts with a target, a purposeful life begins with intention. Setting goals can feel scary since it sets us up for the possibility of experiencing failure. But it's almost impossible to succeed without envisioning your goals and creating an actionable plan to achieve them.

*Try this mental exercise:* Set aside 10 minutes to envision your ideal life. What do you want it to look like one year from now, ten years from now? What legacy do you want to leave?

### TAKE RESPONSIBILITY FOR WHAT'S IN YOUR CONTROL—LET GO OF EVERYTHING ELSE

One of the primary sources of anxiety, pain, and frustration stems from not taking enough responsibility for the things we can control, while worrying too much about that which is beyond our control.

Taking control over the things in our domain—like our mindset, reactions to circumstances, and health—empowers us to live our best lives. Letting go of things we can't control—like other people's behaviors or past mistakes—removes the world from our shoulders and puts it back onto G-d's.

*Try this mental exercise:* Think about a couple of things in your life that are causing you pain or frustration. What elements regarding those issues are in your control to change? What's out of your control? Grab the reins of whatever's in your power to control. Let go of what's not.

### SAY YES TO LIFE

Saying yes to life requires us to do the difficult work of saying yes to responsibility, yes to challenges, and yes to pain. However, it also means saying yes to possibility, yes to growth, and yes to beauty and joy.

*Try this mental exercise:* Think about whether you're



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DR. JACK KASSAB

saying yes to opportunities that will enrich or enhance your life. What opportunities are you missing because you're afraid to take the calculated risk of saying yes?

### SURROUND YOURSELF WITH POSITIVE PEOPLE

One cynical comment can shatter even the greatest person. Don't empower toxic, negative people. Choose friends who have your best interests at heart, will celebrate your achievements, and applaud your spiritual growth.

*Try this mental exercise:* We don't always realize when we're getting burned by a toxic relationship or negative friend. If you often feel discouraged by negativity or self-doubt, see if you can trace those feelings to one person in your life who might be causing them.

### REPAIR YOUR MISTAKES

Accepting responsibility is acknowledging that just as we have the power to destroy, we also have the power to repair and rebuild. Mistakes don't need to define your future, but how we react to those mistakes helps shape your future.

*Try this mental exercise:* Think about three things in your life that you're not happy about. Are any of them related to ongoing or past mistakes? What would your life look like if you had the courage to own up, stop repeating those mistakes, and undo the damage of previous ones?

### CHOOSE JOY

Resentment, anger, jealousy and misery are like cancers that eat at our relationships and joy in life. Be grateful. Banish feelings of entitlement from your life. Obsessively pursue thoughts of gratitude.

Be thankful for everything, big and small. Look for the hidden blessing in pain and the sparks of light in the darkness. Be forgiving. Take the high road in relationships, not the easy one. Practice tolerance, forgiveness, and love.

*Try this mental exercise:* Think about whether there's anything in your life that you still feel anger, resentment, and bitterness about. What can you do to change your mindset?

### FIND A MENTOR

We're never totally free of subjectivity or personal prejudices, no matter how smart we are. We all need someone who can see past our blind spots, guide us, and redirect us when we veer off course.

A good mentor is someone who deserves your deep respect, genuinely cares for you, and isn't afraid of speaking the truth.

*Try this mental exercise:* Ask yourself if there's anyone in your life who can serve as a mentor. If you can't think of anyone, what steps can you take to find that person?



Joy does not  
simply happen to  
us. We have to  
choose joy and  
keep choosing it  
every day.

### LIVE BY THE WORDS: "IF I'M NOT FOR MYSELF, WHO AM I?" (ETHICS OF THE FATHERS, 1:14)

Recognize that you are the key player in your life. No one but you can dictate your goals, dreams, and deepest desires, and no one but you has the power to implement them.

*Try this mental exercise:* Look back at the last few days of your life. Which thoughts and actions were reactions driven by external forces, such as circumstances and other people's behaviors? And which thoughts and actions were driven by your mind, your goals, and your deepest desires?

### LIVE BY THE WORDS: "IF I'M JUST FOR MYSELF, WHAT AM I?" (ETHICS OF THE FATHERS, 1:14)

Recognize that we're all part of something greater than ourselves. All of our thoughts and actions are linked to a giant family, community, and worldwide chain.

*Try this mental exercise:* Consider if there's any part of your daily routine that positively impacts your family or community. If not, what can you do to contribute to your community? How can you widen your impact?

### LIVE BY THE WORDS: IF NOT NOW, WHEN? (ETHICS OF THE FATHERS, 1:14)

Don't wait for the perfect time to start living your dreams; that time will never come. Today is the day to live your dream life; now is the time to become the person you want to be.

*Try this mental exercise:* Life is defined by what we make of our moments. What do you make of the free minutes in your day? Do you value them or whittle your time away? What can you do with your micro-moments to improve your life? □

*Bluma Gordon is a freelance writer, columnist, and copywriter. Her work appears in national and international online and print publications.*



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# FACIAL HAIR REMOVAL

A SOURCE OF ANXIETY FOR MANY WOMEN

SYLVIA HAMOWY

ALTHOUGH IT'S PERFECTLY NORMAL FOR WOMEN TO HAVE FACIAL HAIR, OFTEN REFERRED TO AS PEACH FUZZ, WHEN SOME (OR MANY) OF THOSE HAIRS ARE DARK, OR COARSE, THEY CAN BECOME A SOURCE OF EMBARRASSMENT. A STUDY OF WOMEN WITH PROBLEM FACIAL HAIR FOUND THAT 40% FELT UNCOMFORTABLE IN SOCIAL SITUATIONS, AND 75% REPORTED CLINICAL LEVELS OF ANXIETY.

**W**omen in ancient Egypt removed all of their body hair, including that on their heads, with tweezers (made from seashells), pumice stones, or beeswax and sugar based waxes.

In more recent history, methods of removing facial hair included electrolysis and tweezing. Now, however, there's an entire industry based on hair removal, which brings in

over 4 billion dollars each year. Here are the most popular methods of facial hair removal.

## WAXING

Waxing is a popular method, because it leaves skin feeling smooth and silky. Another plus, in addition to removing hair, the wax also removes dry, dead skin. The

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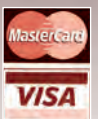
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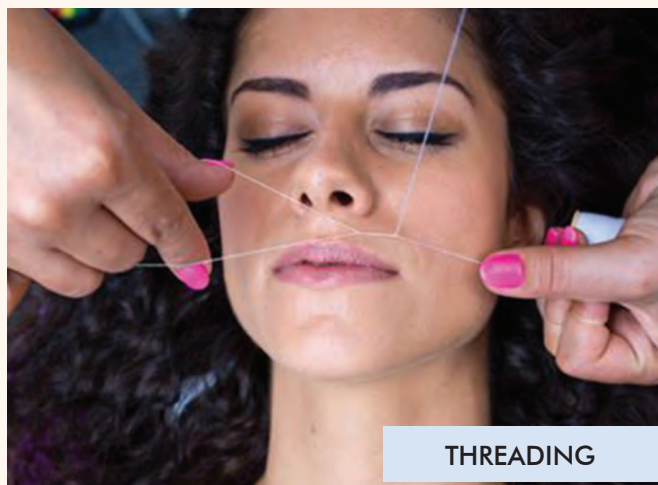
ENHANCE YOUR BROWS





WAXING

process pulls the hair out from the follicle, so it takes longer to grow back, usually between three and four weeks. Be aware, it can cause ingrown hairs and irritation and it's more painful than most other methods. Like most beauty procedures, it's best to have it done by a professional, but you can buy home waxing kits and do it yourself.



THREADING

**THREADING**

Threading is an age old way of removing hair. It is done with cotton string and is a more gentle and less painful method of hair removal than some of the other choices. Threading lifts the hair from the follicle, therefore if it is done on a regular basis, it will weaken the hair follicle, so growth will become less dense over time, and new hair grows finer and less noticeable. It's a good option for removing hair from anywhere on your face. Ask friends or family if they can recommend a practitioner.



TWEEZING

**TWEEZING**

Tweezing is easy and cost effective. Always use sterilized tweezers. Depending upon the amount of hair you have, it can be time consuming, as you have to tweeze each individual hair. Always pull the hair out at an angle, going with the hair's grain, rather than against it. When done correctly, plucking removes the entire hair from the follicle, keeping it from growing back for up to six weeks. When you tweeze a hair, your goal is to pull it out at the root. You may, however, wind up breaking the hair, causing it to snap back where you can't get to it. If this happens, don't try to dig out the partially tweezed hair, as this can cause skin irritation or infection. It can also result in an ingrown hair. Also, when you tweeze hairs that are close together it can result in more hair growing back in the future. This is a good choice for women who don't have much hair to remove.



LASER HAIR REMOVAL

**LASER HAIR REMOVAL**

Laser hair removal removes hair by exposing it to laser light that destroys the follicle. Hair takes longer to grow back and with each treatment the amount of hair that grows back is diminished, until all hair is removed. It can be a long and costly process. It can also cause redness and irritation, and some people may notice minor changes in skin color where the hair is being removed. Once the initial hair removal is completed, you may need maintenance treatments. Be sure to research the technician you choose.





**ELECTROLYSIS**

With electrolysis, a small amount of electrical current is applied into the hair follicle. The process is repeated for each follicle. Like laser hair removal, the process is timely, expensive and some people find it painful. It does not require maintenance treatments. According to the FDA, this is the only method that works for permanent hair removal.



**DEPILATORY CREAM**

Unlike some other hair removal methods, depilatory creams are easy to use, inexpensive and painless. It's important to note, however, that they can cause chemical burns and other harmful reactions if not used correctly. It's very important to follow the instructions on the box. To use, you spread the cream over the area where you want to remove hair, wait for the cream to work, usually around 15 minutes, then wipe away the cream and hair.



**FLAWLESS**

Flawless is a hair removal machine that has taken the public by storm. It is available in different sizes. The smallest resembles a lipstick, and it's perfect for removing hair from your upper lip and chin. It erases hair instantly and painlessly without the irritation that comes with plucking and waxing. It's not as expensive as laser hair removal or electrolysis, it's only \$19.99.

If you have facial hair, you're not alone. Choose the method that meets your needs. They are all good options. □

*Sylvia Hamowy celebrated her 40th year in the cosmetic business this April. Her newest addition is Reflections Makeup Academy, teaching girls to become makeup artists.*





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# QUEEN ELIZABETH II & THE JEWS

DR. YVETTE ALT MILLER

THIS YEAR, PEOPLE IN BRITAIN AND AROUND THE WORLD ARE CELEBRATING THE PLATINUM JUBILEE OF QUEEN ELIZABETH II, THE LONGEST SERVING MONARCH IN BRITAIN'S HISTORY, WHO ASCENDED TO THE THRONE 70 YEARS AGO, IN 1952. IN BRITAIN, THE CENTERPIECE OF HER ROYAL MAJESTY'S JUBILEE CELEBRATIONS TOOK PLACE JUNE 2-5.



Over three quarters of Britons report feeling admiration and approval for their queen. In fact, one recent survey found that the most popular dream in Britain is having tea with the queen. On her 90th birthday, in 2016, Rabbi Lord Jonathan Sacks zt'l, then Britain's Chief Rabbi who was knighted by Queen Elizabeth II, spoke for many when he noted that "the respect she has shown for all religions has enriched our lives." In her 70 years on the throne, her Royal Highness has provided encouragement to many, including her nation's Jews. Following are six little-known facts about the Queen.

## CHILDHOOD "HEIL HITLER" GAFFE

One of the major plot elements in *The Crown* (The Netflix series about Queen Elizabeth II) is the alleged Nazi sympathies of Elizabeth's uncle, King Edward VIII, who reigned for less than a year in 1936. He abdicated to marry American socialite Wallis Simpson; she was a divorcee, and at the time the Church of England didn't allow the monarch to wed someone who had previously been married. Rumors have long swirled around Edward and Wallis—that they sympathized with the Nazis in the run-up to World War II.

There's plenty of evidence that the rumors do have some substance. In her 2008 book *Edward VIII*, biographer

Frances Donaldson notes that in 1937, they visited Hitler at his vacation home and Edward saluted Hitler throughout their stay. After World War II, the Allies found evidence of a top secret German project nicknamed "Operation Willi" which planned to overthrow Edward's successor (and Queen Elizabeth II's father) King George VI and reinstall Edward on the throne.

It seems that the pro-Hitler feelings of some of her relatives influenced a very young Queen Elizabeth. In 2015, Britain's newspaper *The Sun* released a private royal family video of a seven-year-old Elizabeth, along with her younger sister Princess Margaret, her mother Queen Elizabeth, and her uncle Edward VIII, performing Nazi salutes. When the video came to light, Queen Elizabeth was said by the Palace to be "livid" and emphasized her extreme youth in the video. At age seven, back in 1933, she could hardly have been aware of how vile it was to make a Nazi salute.

## HER MOTHER-IN-LAW SAVED JEWS DURING THE HOLOCAUST

The third season of *The Crown* features a Greek-speaking, tough talking nun. Shockingly, that nun was Queen Elizabeth II's mother in law, Princess Alice of Battenberg. Even more surprisingly, *The Crown* never explores Princess Alice's heroism during the Holocaust,



when she saved Jews by sheltering them in her home in Nazi-occupied Athens. It's an amazing story that ought to be known.

Born in 1885 in Windsor Castle—where Queen Elizabeth II now lives—Princess Alice was Queen Victoria's great granddaughter. She was deaf—a fact that the royal family hid—and learned to lip read as a child. Historians have speculated that this might have made Princess Alice more sensitive to other people who were different from the mainstream in some way.

When Alice's brother Edward was crowned King Edward VII in 1902, one of the guests at his coronation was a dashing Greek prince named Andrew. The two fell in love and married. Alice moved to Greece where she had four children: three daughters and a son, Philip (Queen Elizabeth II's husband). The family was riddled with dysfunction. Alice's husband became a dissolute playboy and eventually moved away. Her three daughters all became ardent supporters of Hitler and each one married senior Nazis. Only her son Prince Philip resembled her, eschewing Nazism and spending time with Jewish friends and his British relatives.

When World War II broke out, Prince Philip volunteered for the British navy, and battled Nazis with distinction. Princess Alice resisted in more secret ways. Remaining in Athens, she invited the Cohens, a distinguished Greek Jewish family with whom she and her husband had long been friends, to hide in her house. Rachel Cohen, her daughter Tilde, and her son Michel moved in with the



Princess. The apartment was small and located just yards from Athens' Gestapo headquarters. Once, Princess Alice was even brought in for questioning, but she refused to divulge the fact that she was sheltering Jews in her home.

After the war, Princess Alice founded an order of nuns. She returned to London in 1967 and died there in 1969. She requested that her remains be interred in Jerusalem, and in 1988 they were buried on the Mount of Olives in Jerusalem.

In 1993, Princess Alice was declared Righteous Among the Nations by Yad Vashem. Prince Philip traveled to Jerusalem for the ceremony, where he planted a tree in his mother's memory. "The Holocaust was the most horrific event in all of Jewish history," the prince said, "and it will remain in the memory of all future generations. It is, therefore, a very generous gesture that also remembered here are the many millions of non-Jews, like my mother, who shared in your pain and anguish and did what they could in small ways to alleviate the horror. I suspect that it never occurred to her that her action was in any way special. She would have considered it to be a perfectly natural human reaction to fellow beings in distress."

#### QUEEN ELIZABETH II HIRED A JEWISH MOHEL TO CIRCUMCISE PRINCE CHARLES

Queen Elizabeth II hired an Orthodox Jewish mohel to circumcise her son Prince Charles. Rabbi Jacob Snowman was a London mohel of great renown, and it's said that the Queen was impressed with Rabbi Snowman's skill and experience.



Prince Philip and his mother Princess Alice



*Prince William at the Western Wall*

The tradition of British royals to ask Jewish mohels to circumcise their sons goes back to King George I, who was born in Hanover, Germany, and reigned over England from 1714-1727. Back in Germany, some aristocratic parents hired Jewish mohels, and George I brought the custom with him to England. Years later his great-great-granddaughter Queen Victoria hired Jewish mohels to circumcise all of her sons. She is said to have believed that her family tree went directly back to King David.

Coincidentally, Rabbi Snowman had another royal connection: his younger brother Emanuel Snowman was chairman of Britain's renowned Wartski jewelry dynasty, which sold wedding rings both to Prince Charles and his wife Camilla, Duchess of Cornwall, and to Prince William and his wife Kate, the Duchess of Cambridge.

### **BRITISH JEWS PRAY FOR THE QUEEN EVERY SHABBAT**

It's a Jewish custom around the world to recite a prayer on Shabbat for their government leaders. In Britain, this means praying for the welfare of Queen Elizabeth II and her family. British Jews ask G-d to "preserve the Queen in life, guard her and deliver her from all sorrow." The prayer goes on to ask that the Divine "put a spirit of wisdom into her heart and into the hearts of all her counsellors" too.

### **THE QUEEN HAS NEVER VISITED ISRAEL**

Despite traveling all over the world, including to many nations with reprehensible human rights records, Queen Elizabeth II has never made an official visit to the Jewish State. Over the long decades of her reign, this boycott has come to be seen as a painful omission by some British Jews.

In 2009, the British historian Andrew Roberts said that

the "true reason of course is that the FO (Britain's Foreign Office) has a ban on official royal visits to Israel, which is even more powerful for its being unwritten and unacknowledged. As an act of delegitimization of Israel, this boycott is quite as serious as other similar acts, such as the academic boycott, and is the direct fault of the FO Arabists. It is, therefore, no coincidence that although the queen has made over 250 official overseas visits to 129 different countries during her reign, neither she nor one single member of the British royal family has ever been to Israel on an official visit."

That changed in 2018, when Queen Elizabeth's grandson Prince William went on an official visit to Israel. In 2000, her son Prince Charles represented Britain at the World Holocaust Forum in Jerusalem. (He'd visited Israel several times previously, but never before in an official capacity.)

While her son and grandson might have warmed to the Jewish State, it's unclear exactly how Queen Elizabeth II feels about it herself. Besides her resolute steadfastness in never visiting, the Queen also made troubling remarks on an official visit to Jordan in 1984. Shown a map of the disputed West Bank, which has been in Israeli control ever since the Six Day War in 1967, Queen Elizabeth called it "depressing," and described Israeli planes flying in the West Bank as "frightening." On that visit, she also laid a wreath at a memorial to Arab soldiers who died attacking Israel.

### **SHE DEPARTED FROM ROYAL PROTOCOL TO LISTEN TO HOLOCAUST SURVIVORS**

While Queen Elizabeth II seems notably cool towards the Jewish State, when it comes to Britain's Jews recent years have found her conciliatory. The royal family has





*Queen Elizabeth II talking with Holocaust survivors*

shown a particular interest in the welfare of Holocaust survivors of late.

On January 27, 2005, the 60th anniversary of the liberation of Auschwitz, Queen Elizabeth hosted a group of Holocaust survivors in St. James's Palace in the center of London. Notably punctual, on this occasion the Queen threw protocol to the wind. As she mingled with the survivors, one of her aides informed her that it was time to wrap up the event.

Instead, the Queen continued to talk, to listen, and to reassure. Rabbi Lord Jonathan Sacks was present and later recounted: "When the time came for her to leave,

she stayed, and stayed. One of her attendants said that he had never known her to linger so long after her scheduled departure. She gave each survivor, of the large group, her focused, unhurried attention. She stood with each until they had finished telling their personal story."

Rabbi Sacks continued, "It was an act of kindness that almost had me in tears. One after another, the survivors came to me in a kind of trance, saying: 'Sixty years ago I did not know if I would be alive tomorrow, and here I am today talking to the Queen.' It brought a kind of blessed closure into deeply lacerated lives."

In January 2022, Prince Charles commissioned a royal series of portraits of Holocaust survivors. "As the number of Holocaust survivors sadly but inevitably declines," he explained, "my abiding hope is that this special collection will act as a further guiding light." The portraits are to be displayed in Buckingham Palace, Queen Elizabeth II's official home.

### ONE MORE ANECDOTE

Rabbi Lord Jonathan Sacks was knighted by Queen Elizabeth in 2005. Afterwards, he said that the ceremony required him to kneel down before the Queen and he refused because his faith would not allow it. They improvised by wheeling over a railing that he could lean on in a way that he was inclined towards the Queen so she could conduct the ceremony. The Queen then turned to Prince Phillip and said, "Why is this knight different from all other knights?" □



*Rabbi Lord Jonathan Sacks zt'l with Queen Elizabeth II*

*Dr. Yvette Alt Miller lives with her family in Chicago, and has lectured internationally on Jewish topics. She is the author of *Angels at the Table: a Practical Guide to Celebrating Shabbat*. It has been praised as "life-changing", a modern classic, and used in classes and discussion groups around the world.*

# AVOID THESE FASHION MISTAKES THAT MAKE PEOPLE LOOK HEAVIER



**DON'T WEAR HORIZONTAL STRIPES**



ALONG WITH DIET AND EXERCISE, WEARING THE RIGHT CLOTHING CAN EITHER HELP OR HINDER SOMEONE'S APPEARANCE, ESPECIALLY WHEN IT COMES TO WEIGHT. EACH SEASON THERE ARE TERRIBLE FASHION TRENDS THAT CAN MAKE SOMEONE'S FIGURE LOOK SHORTER, WIDER, AND GENERALLY UNFLATTERING. THESE ARE THE STYLING MISTAKES TO AVOID SO THE CAMERA WON'T ADD TEN POUNDS THE NEXT TIME YOUR FRIEND SHARES THAT PHOTO ON SOCIAL MEDIA.

## **DON'T WEAR HORIZONTAL STRIPES**

For a slimmer-looking figure, you want to look taller, not wider. So why would you wear horizontal stripes? Your eyes are drawn to follow the direction of a stripe, so you want the stripes on your clothing to be running up and down, not side to side. This is a big fashion mistake.

## **CLOTHES WITHOUT SHAPE AREN'T FLATTERING**

No matter your body shape, a little style goes a long way. Oversized clothes can make you seem older, larger, and plain lazy. Keep large shirts and dresses as pajamas, but don't wear them as a fashion statement. Wearing a shapeless dress does nothing to flatter the figure, this is especially true for jackets. There are plenty of jacket options to choose from, so pick one that has some shape to it. Trying to hide the shape of your body under big clothing doesn't work.

## **SKINNY JEANS ACCENTUATE EVERYTHING**

Tight clothing is not flattering to your figure. In the case of skinny jeans, the pants hug every curve of your lower half, which will make any and every muscle look bigger. Resist fashion trends that aren't flattering to your figure.



CLOTHES WITHOUT SHAPE AREN'T FLATTERING



SKINNY JEANS ACCENTUATE EVERYTHING

### DITCH THE PUFFY COAT

Who hasn't owned a big puffy coat at one time or another? They've been in style for many years, but they don't really look good on anyone. Large puffy jackets make you look large and puffy, increasing your overall size.



DITCH THE PUFFY COAT



**CROPPED PANTS AND CAPRIS ARE UNFLATTERING**

Cropped pants and capris have come in and out of style over the decades. It's best to just leave them in the past, as they don't help your legs look slimmer, and tend to make thighs look larger than they are. Despite their popularity, capris don't look flattering on anyone. Their design is inherently flawed; they're not pants, and they're not shorts, which makes them look like a mistake, plus they make legs look shorter.

**PATTERNS DON'T BELONG ON PANTS**

Patterns are best on blankets and wallpaper—not on your clothes. If you see plaid pants on display at a shop, just keep walking by. The same goes for pinstripes, camouflage, and floral patterns. Patterns call attention to the body, making the wearer appear larger.

**DON'T WEAR OVERLY BAGGY JEANS**

Baggy jeans don't compliment any body type. They look more like a tent than pants. Even back when they



were in style, they just looked silly. Today, most jeans—even the wider styles—still show off some natural leg shape, but baggy jeans stand away from the body. There's a style of jeans for everyone, but overly baggy is not one of them.





**OVERSIZED CLOTHES ADD MORE VOLUME**

### **OVERSIZED CLOTHES ADD MORE VOLUME**

Some people think throwing on an oversized hoodie, which hides their upper body, makes them look smaller, but in fact, the opposite is true. Baggy and oversized clothing add more volume to your frame, which makes everyone appear heavier than they are.

### **RUFFLES & BOWS PACK ON MATERIAL**

Overall, light, fitted materials are the best to wear to avoid making yourself look heavier. There's no need to add more fabric. Clothing that has embellishments including ruffles, bows, and large pockets can make a person look bulkier—which is not a good look. Stick with small adornments, if any.

### **TWO PATTERNS ARE TOO MANY**

Loud patterns—such as leopard print, plaid, polka-dots, or big, bold florals should not be worn with other patterns. It's hard to look at. It's no secret that combining patterns doesn't usually work (unless you're in a music video), but it can make you look older, too. When in doubt, always pair a pattern with a neutral.



**RUFFLES & BOWS PACK ON MATERIAL**



**TWO PATTERNS ARE TOO MANY**



**DON'T HIDE UNDER LAYERS**

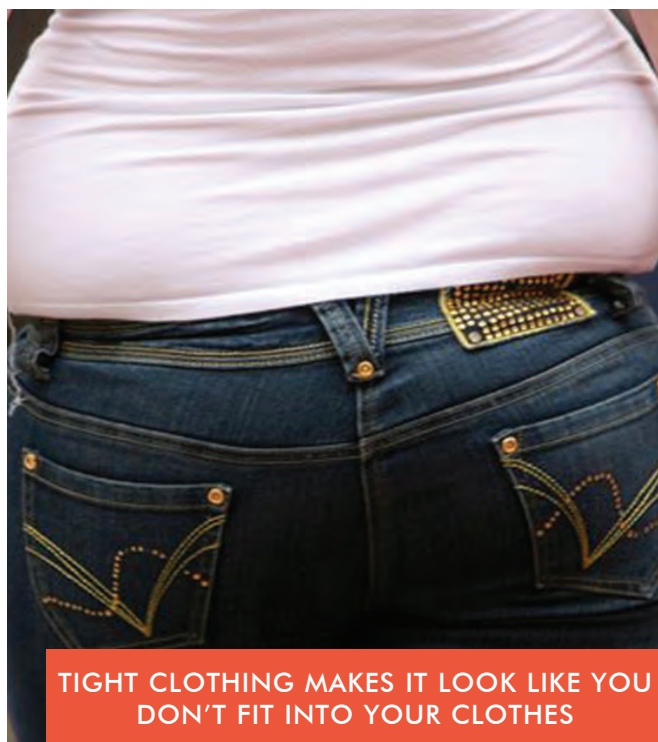
### **TIGHT CLOTHING MAKES IT LOOK LIKE YOU DON'T FIT INTO YOUR CLOTHES**

Not only is wearing clothing that's a size (or two) too tight uncomfortable, but it's not flattering either. When you force your figure into clothing that's too small, you look like you don't fit into your clothes.

### **DON'T HIDE UNDER LAYERS**

You may think that adding a vest or layering a colored shirt adds texture and might hide a bit of weight, but you would be wrong. Adding more fabric to an outfit just adds more volume. And having too many layers can hide your frame completely, resulting in one large shape.

If you want to look good, choose clothes that fit well. Clothes that are too big or too small are not flattering. If you love patterns, wear one at a time. It's fine to wear layers when the weather calls for them, but don't try to hide behind them. Hiding behind any type of fabric just adds bulk. Try vertical stripes instead of horizontal, and next winter, choose a coat that isn't puffy. □



**TIGHT CLOTHING MAKES IT LOOK LIKE YOU DON'T FIT INTO YOUR CLOTHES**





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#### 4TH ANNUAL JACQUELINE'S LEMONADE STAND

*Sunday, July 3rd from 10 A.M. to 1 P.M.*

Cool off this summer with some lemonade in loving memory of Jaclyn Ashear A"H. There are several locations, each with a fun activity like bubbles, a caricature artist and even a live DJ. Locations include the Ashear family's home at 1 Clark Court, in Oakhust, where there will be face painting and the Kassin house at 250 Golf Road, in Deal, where there will be a bouncy house. For more information contact [jfyedid@sbhonline.org](mailto:jfyedid@sbhonline.org).

#### MIDDLE EASTERN NOBEH

*Tuesday, July 5th from 11 A.M. to 1 P.M.*

This will be a fun event featuring entertainment by Saul Betesh & Ensemble, with a special appearance by Gem. It will take place at The Center in the West Deal Shul. For more information call Rita at (718) 787-1100 ext 360.

#### WILL MY CHILD OUTGROW THIS?

*Wednesday, July 6th from 9 A.M. to 3 P.M.*

There will be toddler educational screenings by community professionals, including behavioral, feeding, and stuttering specialists. For children 1 - 3 years old. This event is free of charge and by appointment only. To make an appointment or find out more, email Sari Tawil at [stawil@sbhonline.org](mailto:stawil@sbhonline.org) or call her at (718) 787-1100 ext 361.

#### MIDNIGHT FESTIVAL

*Saturday, July 9th at 10 P.M.*

This is an exciting carnival for young adults, 18+. It will take place at the Deal Casino. In addition to rides, there will be carnival games and much more. It just may be the most fun you'll have this summer. For more information email [vdayan@sbhonline.org](mailto:vdayan@sbhonline.org).

#### FREE HEALTH SCREENINGS

*Monday, July 11th from 11:30 A.M. to 2:30 P.M.*

There will be health screenings from 11:30 A.M. to 12:30 P.M. then a lecture on nutrition from 1:30 to 2:30. Have your blood pressure, hearing and/or vision checked. This event will take place at SBH, 245 Kings Highway. For more information call Rita at (718) 787-1100 ext 360 or email [rgrazie@sbhonline.org](mailto:rgrazie@sbhonline.org).

#### SUMMER HOMEWORK CLUB

**First Grade & Up on Wednesdays**  
**Starting July 6th from 5:30 to 630 P.M.**

Space is limited and registration is required. It's not all work, there will be pizza and prizes. For more information email [stawil@sbhonline.org](mailto:stawil@sbhonline.org).

*Check our calendar for more SBH events.*

## SEPHARDIC COMMUTER BUS SCHEDULE

Enjoy your commute on a beautiful coach bus. There will be Minha/Arbit on the bus. It conveniently picks up outside most shuls and no mask is required.

## NJ STOPS - MORNING DEPARTURE

- Allenhurst Shul 7:45
- Hathaway Shul @ Norwood 7:50
- Deal Shul @ Brighton 7:55
- Elberon Station 8:00
- Park Avenue @ Norwood 8:03
- Park Avenue @ Old Farm Road 8:05
- West Long Beach Shul 8:10
- Eatontown Synagogue 8:15

## DROP OFF ALONG 34TH &amp; MADISON

## NY STOPS - EVENING DEPARTURE

- 47th Street & 5th Avenue 5:20
- 37th Street & 5th Avenue 5:30
- 34th Street & Broadway at Macy's 5:45

## MONDAY THROUGH THURSDAY ONLY

If you have questions, call Kemmy (917) 343-3425.

## CENTER SUMMER EVENTS

Following are just some of the exciting Center events happening in July. Many of the events are open to members and nonmembers, and some require reservations.

July 6th take a shopping trip to the Tanger Outlets. The bus leaves at 9:30 A.M. from the Center and returns at 4:30 P.M. Bring a bagged lunch and snacks.

The Center Carnival is July 6th from 4 to 7 P.M. at the home of Betty & Joe Sitt. There will be balloon animals, a train, bouncy house, ices, face painting, rides, an obstacle course, a rock wall, BBQ, and much more!

July 11th is Ladies Night At The Art Shack, from 7 to 9 P.M. If you love making art projects or just feel like hanging out with friends, don't miss this. Enjoy a glass of wine and relax. For more information, contact Julies@scclive.org.

July 12 at 11 A.M., join the Center's book club. It will take place at the home of Monique Haddad in Deal. Discuss *The Latecomer* by Jean Hanff Korelitz. The discussion will be moderated by renowned author Lea Geller. For more information email Julies@scclive.org.

July 13th take a trip to the Wave Hill Garden and Cultural Center overlooking the majestic Hudson River, for a garden and gallery tour. The bus will leave the Center at 9:30 A.M. and return at 4:30 P.M. For more information email Aimee@scclive.org.

July 20th take a ride on the Circle Line. Enjoy a 2½ hour sightseeing cruise around Manhattan. Sit back, relax and take in breathtaking views of the NYC skyline and the Statue of Liberty, while an award-winning tour guide narrates every detail along your route. Bring a bagged lunch. A bus will leave the Center at noon and return at 5 P.M. For more information email Ashley@scclive.org.

July 25th visit Resorts World Casino for a day of fun. The bus will leave the Center at 10 A.M. and return at 4:30 P.M. Bring a bagged lunch and snacks. For more information email Ashley@scclive.org.

July 27th take a trip to Old Westbury Gardens and tour the mansion there. It is a beautiful place. The bus will leave the Center at 9 A.M. and return at 4:30 P.M. Bring a bagged lunch.



Old Westbury Gardens

July 29th, from 4 to 6 P.M., join a discussion on Leadership in Government with Governor Chris Christie, at the home of Morris and Rena Jerome. This is a rare opportunity, don't miss it. You must RSVP to attend. For more information email Kathy@scclive.org. □



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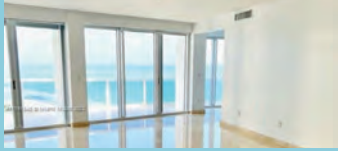
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THE BUILDING..WALK TO SHUL**



**UNDER CONTRACT**

**TURNBERRY SOUTH**



**UNDER CONTRACT**

**PORTO VITA NORTH**



**BAY HARBOR GEM. 2428 SQ  
FT. 3 BDR \$990K**

**LET'S TALK**



Emma Kamagi  
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917-743-2020  
realtoremma@yahoo.com

# Invest in Paradise

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Muse, Oceana, Fendi,  
Four Seasons



## SALE

Landmark 3 bed, 2.5 bath, all new kitchen, ocean and  
golf view

**Hamptons South 3/3.5, furnished Ocean Intracoastal and lake view**

**Hamptons South 3,300 sf 3/3.5 spectacular ocean intracoastal  
pool golf and lake view. Unfurnished**

**Turnberry North 2 bed, 2 bath, spectacular ocean and intracoastal view**

**NEW**

**Turnberry North 2/2 remodeled, ocean marina, golf, pool view**

**SOLD**

**Turnberry Towers 3 bed, 2.5 bath, completely remodeled, Ocean  
Intracoastal Pool view**

**Turnberry North 2 bed, ocean view**

**NEW**

**Turnberry North 2 plus den Marina View**

**NEW**

**Turnberry Marina 2 bed, Marina, Pool and golf view**

**The Parc 2 bed, 2 bath, Best Ocean view**

## RENTALS

**Turnberry Towers 3 bed, 2 bath, completely furnished, low floor, pool view**

**NEW**

**Turnberry Towers low floor completely furnished best deal in Bldg**

**Hamptons South 3000sf 2 plus den intracoastal and golf view**

**PENDING**

**Turnberry Village 2 bdrm, 2 bth, furnished golf and lake view**

**NEW**

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**110 Norwood Avenue Deal, NJ 07723**



**GRACE MARCUS**

Licensed Real Estate Agent



### WINTER RENTAL IN DEAL, NJ

5 bedrooms, 3.5 baths,  
large center hall Colonial



### OAKHURST WINTER RENTAL

4 bedrooms, 2.5 baths, 2248 sqft,  
available from 9/6/22 - 5/15/23



♥ Allenhurst beach house with  
ocean views ♥

### ALLENHURST

4 bdrm home for sale! Beach block...steps to beach...  
Allenhurst beach club around the corner!  
Has unfin bsmt; detached garage...under \$3m!!!



**UNDER CONTRACT**

**WEST LONG BRANCH**



### EATONTOWN

Mother/Daughter on large half acre property, near  
shopping, dining, mall and beaches, under \$699k.  
Good for 1031 exchange



### FARMHOUSE FOR SALE WEST LONGBRANCH

5 bdrms, 3 bths on 106 x 185, taxes under  
\$7200, fits pool, cabana, b-ball.

# CENTURY 21<sup>®</sup>

## MK Realty



1247 East 8th Street



**\$1,599,000**

Move right into this detached single-family home situated on a 25 x 100 lot featuring 5-bedrooms and 3.5-baths with a full finished basement.

Betty Tabbush - 917-885-9551

1976 East 24th Street



**\$1,650,000**

Detached, Single-family home with extension in rear and private driveway features 3 bedrooms / 3 baths, finished basement and backyard.

Lauren Avital 732-688-6993

1552 East 3rd Street



**\$1,799,999**

Legal 2-family features full basement and shared driveway. Both units include 3 bedrooms / 1 baths.

Betty Tabbush 917-885-9551

1546 East 3rd Street



**\$1,869,000**

This 2-family brick beauty features a modern 3-bedroom / 1-bath unit upstairs and a 2-bedroom unit on the main floor. The home also include a parking and the backyard.

Melanie Kishk 718-415-8800

1838 East 4th Street



**Call For Price**

New and modern 2-family home with private driveway and finished basement! Both units feature 3 bedrooms and 2 bathrooms.

Melanie Kishk 718-415-8800

2806 Avenue K



**\$1,347,999**

5-bedroom home with private driveway and semi-finished basement includes new roof and fully paid solar panels.

Dorit Vaknin 347-782-4255

2517 East 1st Street



**Call For Price**

3-Family home on a 50 x 100 lot features parking area for 10 cars, large basement, beautiful backyard, and 3-car garage.

Melanie Kishk - 718-415-8800

2024 Avenue L



**Call For Price**

Impeccable, multi-family corner home with private driveway sits on a 60' x 100' lot and features over 4,400 SF with 7 Bedrooms, 5 Baths, Porch and Terrace.

Betty Tabbush 917-885-9551

1295 Ocean Parkway



**Call For Price**

Beautiful brick 3-Family home with private driveway featuring over 7,000SF. Home includes two 4 Bedroom units and one 3 Bedroom unit.

Melanie 718-415-8800

1341 East 23rd Street



**Call For Price**

Detached, single-family home with private driveway on a 40' X 100' lot features 5 bedrooms / 4 baths, full basement, and large backyard.

Betty Tabbush 917-885-9551

26 - 28 Lloyd Court



**\$1,350,000 Each**

Two Properties for Sale. Buy 1 or buy both and do a

**PACKAGE DEAL!!**

Two semi-attached single-family homes each sit on a 20' x 165' lot both featuring 3 Bed / 2 Baths, Finished Basement and Private Driveways.

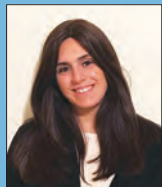
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# Sales and Rentals



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1071 East 28  
3 beds + 2 in attic  
Xl first floor  
Xl driveway  
Parking for 2 cars

**Priced to sell  
\$989k**



**OFF MARKET HOUSE FOR SALE BROOKLYN**

Ave N/East 4th St - Full line separate, 30 x 100, det, 4 bdrms, private drive.

Call/text: **718-490-9008**

E: **Sharonhakimrealty@gmail.com**

Instagram: **@sharonhakimrealty**



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## JUST LISTED



**1875 East 28th ST. OFFERED AT \$1,379,000**

**PROPERTY FEATURES:**

- 30X100 LOT
- OVERSIZED DECK
- ANDERSON WINDOWS
- PARQUET FLOORS
- CENTRAL AIR CONDITION
- 2 CAR PVT DRIVEWAY
- SPRINKLER SYSTEM
- FINISHED BASEMENT
- 3 BEDROOMS
- 2 BATHROOMS
- PVT DRIVEWAY



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E: SchickRokeach@gmail.com

### HOUSES FOR SALE

- Boro Park** Grt blk, 1 fam, det, 5 beds, 4 baths, patio, C/A, fin bsmt, for a lux buyer
- Ocean Pkwy** Prime block, 1 fam, 4 beds, priced to sell won't last, must see
- East 19th** 1st offering. 1 fam. detached. Prv Drv. 5 bdrms, finished bsmt. Asking \$1.375. Won't last.
- E 20's** Great block, 1 fam, detached, 5 bdrms, 5 baths, finished bsmt, central air, asking \$1.375. Won't last.
- E 20's** First offering. 2 fam, 37.5 x 100, inside 22 x 52, detached, prv drv, 1st flr 2 bdrms, 2nd flr 3 bdrms, 2 bdrms in bsmt, excellent cond, asking \$1.55. Must see!
- E 20's** Prime blk 1 fam, 53/100, C/H, 6 beds, 5 baths, den, MIC
- E 20's** Great blk, 1 fam, 40/100, approved plans available
- E 20's** 70/100, C/H, 5 beds, priced right
- E 20's** 80/100, approved plans available for luxury home
- E 20's** first offering 1 fam, C/H, 4 beds, 3 baths, C/A/C, MIC, won't last
- Bedford Ave** 1st offering 1 fam, 6 year old, beautiful 6 beds, 5 baths, modern, MIC
- Madison** 1 fam, 40/100, 4 beds, 4 baths, MIC

### CO-OP FOR RENT

- E 20's** Lux build 3 beds, 2 baths, patio, priced right won't last change
- E 20's** Lux bldg, 2 beds, 2 baths, patio, priced right, won't last

### CO-OP FOR SALE

- Ocean Parkway** Lux build 3 beds, 2 baths, MIC, priced right
- E 17's** Totally renovated 2 beds, 2 baths, patio, priced right
- E 20's** 3 beds, 2 baths, patio, lux build, MIC
- E 20's** Lux bldg, 5 beds, 4 baths, den, patio, doorman, pool
- E 20's** 2 beds, patio, den, priced right





**Eva Shammah**  
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**HOUSE FOR SALE**

**IS THERE A  
 PICTURE  
 FOR THIS LISTING?**

**WEST ST  
 AMAZING BLOCK!**

Detached 20x100. Private legal parking for 2 cars. Two family. \$1.19m



**AVE X**

Magnificent one family home. Detached super luxury one family. 4 bedroom 4.5 bath, central air, heated floors, Italian kitchen, huge basement and more. Must see to believe. \$2.29m

**OCEAN PARKWAY/N&O**

Brick 30x150 huge two family with a private driveway! Keep as an income producing property or convert into a massive one family. Central air, finished basement and more. \$2.8m



**AVE X**

Brand new just built!! Luxury two family, detached 2 bedroom 2 bath duplex over 2 bedroom 2 bath duplex. Parking, central air. Excellent investment or great mother/daughter option. \$1.99m



**EAST 2 QUENTIN  
 IN CONTRACT**

Only one more of these homes will be sold. Brick legal two family. 5 bedroom duplex over 5 bedroom duplex. Magnificent fully renovated. Each duplex consists of 5 bedroom, master bath, den, huge eat-in kit, Private parking, central air, and more. Excellent investment opportunity. \$3.49M



**QUENTIN/EAST 2ND ST**

Attention Shuls, schools, developers, investors! OR BUILD YOUR DREAM HOME!!! Prime location huge 45x113 vacant land for sale. Build it the way you like!!



**EAST 9TH ST/S & T**

Fully Detached, 7 Bedroom, 1 fam home. Three floors+ basement all fully extended. Mid construction. Finish it your own way! \$1.99m Call agent Elliot 646-515-5095



**AVE O/LOW EAST**

Magnificent 4 bdrm, one family home. 40 x 100, prv drv. Gorgeous kit, master suite, central air and more.



**EAST 7TH ST/N & O**

Corner property, amazing opportunity, prime location. 40 x 100, detached, prv drv, 7 bdrm home. Make it your own!



**400 AVE U**

Luxury condo 2 bdrm 2 bath. Gorgeous! Large living room dining room stunning kitchen. Walk in closets, balcony with amazing views, gym, doorman, valet. Parking for 2 cars \$2.25m.



**EAST 5TH N&O**

60x100!!!! One of a kind property on a prime block. 3 fam home, with POOL, pool house and garage. Don't miss this opportunity. Call agent Regine Shrem 917-405-2316.



**921 AVE R**

Detached one family, spectacular corner location Private driveway. 4 bedroom, R5 zoning. Make it your own! Call agent Paulie Shamah 732-742-0229.



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R.E. Sales Agent  
917-293-3212

Introducing:  
Margarette Chabot Chira - Agent  
732-539-5265

## Houses for Sale



Ave S/Low E

3 family house,  
30 x 120, prv  
drv. First time  
on Market.  
Call Nancee  
917-293-3213

### Ave V/Low E

1 family, 27 x 100,  
Great Block,  
3 bdrms, den,  
move in condition

### Ave U/Low E

2 family, 20 x 100,  
parking, **\$2.3M**

### Ave J/Low East NEW LISTING

1 fam, det, 40 x 100,  
move-in condition,  
4 bedrooms, den,  
center hallway, prv  
drv. Asking **\$4.3M**

### Avenue S/Prime Area

1 fam, det, 40 x 100,  
move-in condition,  
4 bdrms, master bath,  
den, prv drv

### Ave J Area

Beautiful Luxury  
house. 5 bdrms.  
Call for info

### READY TO SELL



3 bdms, 2 bths,  
pkg spot, completely  
modern kit, large  
LR & DR  
**\$2.5M**

### 1170 Ocean Pkwy Apt 7G

Sunny bright and modern  
2 bdrm apartment. Spacious  
living and dining rooms. Large  
master bath, steam shower, door-  
man, Shabbat elevator, heated  
pool. Price reduced **\$350K**.  
Call Nancee

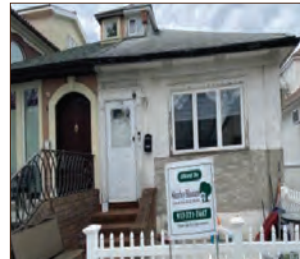


The Venetian

### Luxury Condos for Sale

1 bedroom,  
1 bathroom  
**\$749K**

2 bedrooms,  
2 bathrooms  
**\$1.599M**



East 5th/T & U

Delivered vacant,  
1 fam, semi att,  
23 x 100, 3 bdrm  
house with drive-  
way **\$2.7M**

## NEW HOUSES DAILY, WILL NEGOTIATE BEST PRICES FOR BUYER AND SELLER

### Apts for Rent

**Ave N/Low E** - 3 bed, 1 bth, optional parking **\$3000**  
**Ave O/Low E** - 3 bed, 2 bath **\$2950**  
**Ave O/Low E** - Luxury apt, 3 bed, 2 bth, C/A **\$3950**  
**Ave L/Low E** - 3 bed, 1.5 bth **\$3250**  
**Ave J/O.P.** - 4 beds, 3 baths basement with playroom bdrm and bath, 2 prkng spots **\$5000**  
**Ave N/Low E** - 4 beds 1 bath, basement & driveway  
**Ave J/Low E**  
2 bed, 1 bth, newly renov **\$28000**  
2 bed, 1 bth, bed & bath in bsmt, parking **\$3400** inc heat  
1st fl & bsmt, 3 bed, 2 bth, parking **\$3950**  
2 bed 1bth w/room & bth in bsmt, parking **\$2950**  
**Ave S/E 16** - Brand new duplex, 3 bed, 2.5 bth, C/A, radiant heat, prkng **\$5500**  
**Quentin/OP** - 1st fl & bsmt, 3 bed, 2 bth, bed, bth, playroom in bsmt, MIC, prkng **\$5000**  
**Ave U/Low E** - 2 bed 2 bth renov washer dryer **\$3500**  
Brand new 1st floor 3 bed, 1 bth, W/D hookup front porch, stainless appls, prkng &  
heat **\$3200**

### Apts for Rent

2 bed, renov 2nd fl, W/D hookup, porch, heat & parking **\$2500**  
1 bed luxury bsmt, spacious w/big windows, W/D hookup, private front entry, exit,  
all utilities inc **\$1700**  
**Bedford** - 1st fl 3 bed, 1 bth, den, playroom, bed, bth in bsmt, prkng **\$4400**  
2nd fl- 3 bed, 2 bth, parking **\$3800**  
3rd fl 2 bed, 1 bth **\$2200**

### Houses for Rent

**Ave J/Low E** - 3 beds, 2.5 baths, fin bsmt with bedroom, bathroom and playroom,  
porch, parking **\$5600**  
**Ave O/ Low E** - 3 beds 2 baths, newly painted, parking **\$4400**

### Office Space for Rent

**U/ Low E** - 3 rooms, 1 bath, central air **\$1700**

## NEW HOUSES DAILY

**RAIZY@BRISMAN REALTY - 718-677-0988**  
**or 917-975-8550 (text or call)**  
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 FOR YOU. SELL YOUR HOUSE TODAY. CALL FOR A "FREE  
 MARKET ANALYSIS!!" OUR INVENTORY IS SELLING FAST!!!!

**CEDARHURST - Opportunity strikes!!** You snooze, you lose!! 4 bdrm  
 1 fam beauty on sprawling **100' x 100'** corner lot with sprinkler system! Huge  
 living room, formal dining room, large kosher kitchen, den and 1/2 bath on 1st  
 floor. En-suite master bedroom, finished basement, private drive and 2 story  
 2 car garage. Central air!! Don't get caught without power during a blackout.  
 This beauty has its own generator! Excellent condition!!

**EAST 7th ST/M & N - Best block!! House for sale or rent!!** Detached  
 1 fam beauty for sale! This home boasts a large living room and dining room.  
 You'll enjoy the spacious kosher kitchen and sep dinette area. Sliding glass doors  
 lead onto rear deck. This property goes back 120.5'. There are 6 bedrooms  
 including master bedroom suite with master bath and great closets. Basement  
 is finished with bedroom and full bath. Move in condition!

**EAST 28th ST/AVE P - COMING SOON!!** Must see this 5 bedroom (includ-  
 ing en-suite master bedroom) 1 fam on 40 x 100 lot. Large living room and  
 dining room. Kosher kitchen with dinette. 2 story library/den with spiral stair-  
 case to 2nd floor. Finished basement, private drive. Garage!! Great condition!!

**AVE L/LOW EAST STREETS - COMING SOON!!** - Detached 3 story  
 1 fam home with driveway. MIC

**Our inventory is selling!**

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**Call or text Raizy @Brismanrealty - 917-975-8550**



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**Website: century21mizrahi.com**  
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*Century 21 Mizrahi Realty is here for you.  
 Whether it is by phone or virtual meeting.  
 Give us a call for all your real estate needs.*

**Homecrest/ West St / Ave T**  
 Detached 2 fam, being used as 1 on a 30 x 100 lot.  
 Great Opportunity. Call Lilian Tawil 347-439-5251  
**Mill Basin/East 64th St**  
 Semi attached 2 fam, Mint Condition. Each apt  
 has 3 bdrms, 1.5 bsth, WD hook up. Separate  
 boiler. Fully gut and fin bsmt, side entrance.  
 Updated windows, kitchen and baths. Private  
 parking. Asking **\$1,100,000**. Call Rachel Ingenito  
 917-370-0555

**Gravesend / East 2nd St**  
 Detached 2 fam brick, full fin bsmt, Shared  
 Driveway, 1 car Garage. Beautifully renovated  
 in 2021. Asking **\$1,400,000**. Call Lilian Tawil  
 347-439-5251

**Gravesend / Ave X off Ocean Parkway**  
 Luxury 1 fam det on 60 x 100, prv drv. 4 bdrms/4  
 bths. Call Bahia Zayat 646-226-7351



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