

November-December  
2022  
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Six Issues per Year

# The Voice



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## From Our Rabbi



"The best tunes are played on the oldest fiddles!" - *Ralph Waldo Emerson*

When it comes to the finer indulgences of life, aging is key. From cigars to wine, cheeses to whiskey, the longer they're left to age and mature, the more desirable they become. Interestingly enough, the idea of "aging" is far less desirable among people. From Botox shots being demanded by younger patients each year, to the increased use of intense photo filters on Facebook and Instagram, there seems to be an obsession to look and feel younger. Our society doesn't seem to respect or appreciate the value of maturing.

Columnist, Hannah Bohn, wrote in her article November 2021 article, *Let Your Hair Down: A society obsessed with aging*, "According to a 2019 study by Ipsos Global Advisor, 60% of Americans feel negatively about aging. According to a 2014 survey by Pfizer, 87% of Americans said they were afraid of getting old, and a 2017 review by the American Psychological Association found that people fret over perceived age-related issues such as memory loss and struggle with loneliness at far higher rates than they are actually experienced." She continues that in 2021, "the size of the anti-aging market alone was worth \$17.44 billion and is expected to reach \$22.47 billion by 2026." Most Americans (at least) seem to be willing to spend and do just about anything to look and feel young.

A thought came to me this year while thinking about Chanukah. Many of us are familiar with the famous debate between the great Talmudic figures, Hillel and Shammai, regarding the method of lighting one's Menorah on Chanukah. Shammai believed we should light all 8 candles the first night, move down the list each subsequent night, ending the holiday by lighting only 1 candle on the last night. He suggested that his order is based upon how many days remain of the holiday. Hillel, alternatively (and how we practice), suggested that each night we add a candle, beginning the holiday by lighting 1 candle and ending off the eighth night of Chanukah with a fully bright Menorah of 8 lit candles. The reasoning stated in Talmud Shabbat 21b is: " - "מורידין בקדש ואין מורידין" - "One elevates in sanctity and does not downgrade."



Perhaps, there is a hidden insight about growing older behind the brilliant lights of the Chanukiah/Chanukah Menorah. Our Torah (Leviticus 19:32) shares a Mitzvah by stating: "מִפְּנֵי זִקְנָה - תִּקּוּם וְהוֹדַרְתָּ פָנֶי זֶקֶן" *You shall rise before the aged and show honor to the old...* The word *Zaken*, "old" in Hebrew, as taught in Talmud and explained by 14 century commentary, Rebbeinu Bechya, is an acronym of the words "*Zeh Kannah (Chochmah)*" - "*One who acquired wisdom.*" Judaism views aging as a process of growth that is sacred and should be sanctified. We may take encouragement from the title of Reb Zalman Schachter-Shalomi's book; "*From Age-ing to Sage-ing: A Revolutionary Approach to Growing Older.*" Jewish Law demands we show respect and reverence for elders as, with age and maturity, there is wisdom. The added candle each year on our birthday cake should make us feel proud and wonderful. We are growing into more of a "Sage" with each passing year. When we gaze at the lights of our Chanukah Menorah this year, let's remind ourselves of the beauty and sanctity of increasing the numbers of days and years of our brilliance.

19th century, German, Rabbi Hirsch commented: "He who honors the aged honors experience; he honors the natural human perception which matures through the repeated events of life and nature. He who honors elders honors wisdom... And whenever we find them, in the aged and in the wise, we are to show homage by honoring and rising." We should be proud to display the wisdom that comes with our aging and own our level of experiences that can turn that aging into Sage-ing.

Jimmy Buffett said: "wrinkles will only go where the smiles have been." May we celebrate this year and every added year of our lives with the Joy, Laughter, and Smiles it takes to have Holy Wrinkles! Happy Chanukah!!!

With Love and Blessing,  
Rabbi Dan

***Rabbi Dan***



# Message from our Co-President



What a wonderful High Holiday season! From Rosh Hashana to Yom Kippur, from Sukkot to Shemini Artzeret and Simchat Torah - it is a long month with so much going on, but I feel grateful to have the opportunity to start fresh and I hope all our TBJ members and friends feel the same.

During one of Rabbi Dan's High Holiday sermons, he spoke briefly about how many of us wonder why we don't have more of a connection to God and to our Jewish religion. We tell ourselves that because of that lack of connection, we don't need anything more, and that is why we just attend services a few times a year, mostly during the HH's. To counter that point, Rabbi Dan reminded us that our education in any other area doesn't end at 12 years old: politics, sports, money, careers, relationships, hobbies, and countless other fields. We continue to learn as we mature, and our thoughts and feelings on these topics often develop as well. So why would we think that our feelings on God and religion would be any different? So many of us stall our religious learning shortly after our Bar and Bat Mitzvahs and then can't understand why as adults, our connection to Judaism and God is not closer. If we stop studying, doesn't it stand to reason that our understanding of those vast topics would also be stuck in a 12-year old's mind and heart?

Taking the thought process one step further, Rabbi Dan even compared religion to exercise, reminding us that just as we can't expect to maintain a healthy body by exercising 2 or 3 times a year, we can't expect to sustain a healthy spiritual life by stopping that "exercise" at middle school (Bar & Bat Mitzvah age), and only "working out" a few times a year since then. This analogy really hit home for me. I feel grateful that over the past decade I have been able to renew my bond to the Jewish religion and to God. I "exercise" by coming to services regularly, attending some classes, participating in Women's League events, and even learning to chant Haftorah. As doctors and sports enthusiasts remind you to change things up and not get bored by your exercise routine, I am following the same direction in my spiritual development. I am stretching my mind, my heart, and my soul – and feel I am better for it. I am appreciative for the connections I have made with the wonderful people of Temple B'nai Jacob, both past and present.

I hope whether you attended services on Zoom or in person, you felt a connection and that you'll consider attending services or events more often. We can always use help on our various committees – depending on your interests. We have a long list of activities, and we'd love to get you involved: event planning, fundraising, education (religious school and adult), finance, membership, sunshine, special events, etc. Whatever your interest – we have a place for you. Please call or email and we will get you involved!

And on that note, just a few words on the incredible effort it took to put High Holiday services together this year. First it was the decision to have services at our synagogue, rather than the Village of Wellington - I personally feel it was a good choice. By having services at our home, we received the benefit of just that – being home. We didn't have to be perfect, but if you attended you knew you had family and friends around you, a place where you felt comfortable. That is what I think of our shul. At times seating may have been a bit tight, we never had to turn anyone away. And in fact, we were able to welcome folks coming to us after suffering Hurricane Ian's devastating loss. The door is always open – that is home.

This year also brought us Cantor Angress, who led us in prayer with his lovely voice, and who represented us well as he spoke to Hashem on our behalf. At times his voice was hauntingly beautiful, and other times it was filled with Ruach. I could look around the synagogue and see how his voice transfixed us.



I can't go without thanking all the "behind the scenes" people that made our holidays a success. Without them – there would be no services! From our Ritual Committee, led by Sallee Silverman; to our ever-present Safety & Security Coordinator, our one and only Dean Bennett; to those who organized and proof-read our Yizkor book, Lenore Glickman, Liz Thal & Morry Silverman; to Alan Cohan, who ensured the Torah and Bimah were dressed appropriately and positioned correctly prior to each service; to so many others who handle an enormous number of details so that we are able to run the show seamlessly. And for those of you who participated "in front of the camera" – a huge thank you to you as well. For those who chanted Torah and Haftarah, blew the Shofar, lifted and tied the Torah - thank you all!!! Your efforts do not go unnoticed, and I wish I had room to name everyone!

And a special Todah Rabah to Rabbi Dan. He is spiritual and funny, warm, and welcoming. He has a wealth of knowledge, providing insights into the text and demonstrating their real-world applications. He fosters a love of the Jewish religion. I hope you found all this contagious.

So, I end this article how I started. Grateful for my TBJ family and appreciative of this new year's fresh start. Please consider making a fresh start also – exercising your mind, heart, and spirit - join in and become more involved. We are here for you.

***Rebecca Blitman***  
Co-President



Temple B'nai Jacob of Wellington is a Conservative, egalitarian synagogue serving the Western communities of Palm Beach County. Temple B'nai Jacob seeks to inspire each member to become more deeply connected to his or her Jewish identity by providing relevant worship experiences, life-long educational experiences, opportunities for social action, and a connection to Jewish culture. We are a diverse and multi-generational congregation committed to serving as a center for contemporary Jewish life.

## WOMEN'S LEAGUE TZEDAKAH/CHESED PROJECT



For this year the Women's League of Temple B'nai Jacob is choosing to support:

### GRANDMA'S PLACE.

Located in Royal Palm Beach, this organization provides assistance to families with disabled children providing them with respite care, a parent training program, and a parent mentoring network.

#### ***HELP US COLLECT WHAT THIS CHARITY NEEDS THE MOST:***

- Gift cards : Wal-Mart, Target \$5 \$10 \$20
  - Towels child size white
  - Wash-cloth ( White)
  - Instant Dry Milk Nido
  - Nesquik chocolate Milk
- Paper cups and plates small size
  - Paper towels
  - Toilet paper
- Garbage Bags 40lb and 13lb
  - Clorox wipes
- Laundry detergent (powder)
- Dial liquid soap /body wash
  - Disposable gloves
  - Juice boxes
  - Popsicles
  - Body lotion
- Shampoo / Conditioner
  - Lysol spray
- Hair brushes /comb
  - Girls hair stuff
  - wipes
- Diapers size 4-5 and pull-ups

**\*\*\*Please bring your donations to the Temple office prior to DECEMBER 18, 2022 \*\*\***

Temple B'nai Jacob of Wellington  
12794 W. Forest Hill Blvd. Suite #6  
website: [Templebnaijacob.com](http://Templebnaijacob.com)  
email: [Templebnaijacob@gmail.com](mailto:Templebnaijacob@gmail.com)  
Office: 561-793-4347

Religious School goes to the Zoo !!

Sunday, November 6, 2022

From 9:30-12:00

All families from our TBJ Religious School are invited by the  
Jewish Federation of Palm Beach  
to join them, along with other congregations, for a fun day at the Palm  
Beach Zoo.

## Zoo Animals

elephant 	giraffe 
kangaroo 	lion 
monkey 	penguin 
zebra 	seal 
ostrich 	bear 

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Join us weekly in-person or via Zoom for:

Friday Night Shabbat Services at 7:00pm.

Saturday Morning Shabbat Services at 10:00am.

Zoom links are emailed weekly.

Looking forward to seeing you!

## **GENERAL DONATIONS**

*from August 24 to Oct. 14 2022*

Blitman, Jeffrey & Rebecca	Donation	In honor of Alan & Andrea Cohan's anniversary
Kaplan, Lila	Donation	In honor of Rebecca's hard work in preparation for HH
Kaplan, Lila	Donation	In appreciation of her daughter, Holly
Silverman, Morry & Sallee	Donation	In honor of the birthdays of Alan & Lynne Birnholz
Thal, Mitchell & Liz	Donation	In honor of the marriage of granddaughter of L. Glickman
Thal, Mitchell & Liz	Donation	In appreciation of Dean Bennett for his service during HH

## **HIGH HOLIDAY DONATIONS 5783/2022** *from August 24 to Oct. 14 2022*

### **THANK YOU**

Bank, Florine	High Holiday Donation
Bender, Chaim & Ella	High Holiday Donation
Birnholz, Alan & Lynne	High Holiday Donation
Blitman, Jeffrey & Rebecca	High Holiday Donation
Cohan, Alan & Andrea	High Holiday Donation
Eisenman, Rabbi Bernie & Billie	High Holiday Donation
Feiertag, Steve	High Holiday Donation
Frustaci, Judith	High Holiday Donation
Goldman, Donna	High Holiday Donation
Golub, Elliott	High Holiday Donation
Golub, Elliott	High Holiday Donation
Gotay, Israel & Elise	High Holiday Donation
Greenspan, William & Carole	High Holiday Donation
Kaplan, Lila	High Holiday Donation
Krimsky, Jeffrey	High Holiday Donation
Lederer, Judy	High Holiday Donation
Lichaa, Allem & Esther	High Holiday Donation
Liebowitz, Arnie & Zan	High Holiday Donation
Martinez, Elizabeth	High Holiday Donation
Mizne, Norbert & Ramona	High Holiday Donation
Moorman, Alison	High Holiday Donation
Nachman, Steven & Dr. Leah	High Holiday Donation
Patrusky, Roz	High Holiday Donation
Policzer, Joel & Madeleine	High Holiday Donation
Silverman, Morry & Sallee	High Holiday Donation
Tart, Jeffrey & Beth	High Holiday Donation
Teichner, Jane	High Holiday Donation
Thal, Michell & Liz	High Holiday Donation
Treby, Elliott	High Holiday Donation
Zuckerman, Jay	High Holiday Donation



## ***Memorial Donations from August 24 to October 14, 2022***

Baron, Gerry & Sara	Memorial in memory of	Luz Helen Navarro
Bender, Chaim & Ella	Memorial in memory of	Luz Helen Navarro
Bennett, Dean & Abby	Memorial in memory of	Luz Helen Navarro
Birnholz, Alan & Lynce	Memorial in memory of	Michael Leinwand
Glickman, Lenore	Memorial in memory of	Luz Helen Navarro
Liebowitz, Arnie & Zan	Memorial in memory of	Luz Helen Navarro
Silverman, Morry & Sallee	Memorial in memory of	Luz Helen Navarro
GLV Players (Debra Fazzolari)	To Sisterhood in memory of	Luz Helen Navarro
Grossman, Joe & Holly	Memorial in memory of	Doris Lemell

## ***Yahrzeit Donations from August 24 to October 14, 2022***

Bachove, Craig	Yahrzeit	William Ginsberg
Bender, Chaim & Ella	Yahrzeit	Abraham Shapiro
Kaplan, Lila	Yahrzeit	Solomon Fox
Marcus, Jeffrey & Barbara	Yahrzeit	Ruth Marcus
Mizne, Norbert & Ramona	Yahrzeit	Abraham Mizne
Scher, Gary	Yahrzeit	Rose Rabinovitz
Tart, Jeff & Beth	Yahrzeit	Howard Tart
Turner, Mara	Yahrzeit	Annie Schwartz
Turner, Mara	Yahrzeit	Shirley Aronowitz
Turner, Mara	Yahrzeit	Lea Aronowitz
Weiner, Marilyn	Yahrzeit	Herman Cohen

## ***Miscellaneous Donations from August 24 to October 14, 2022***

Blitman, Jeffrey & Rebecca	Mey Shabarach/Get Well	Barry Gettner
Blitman, Jeffrey & Rebecca	Mey Shabarach/Get Well	Morry & Sallee Silverman
Blitman, Jeffrey & Rebecca	Mey Shabarach/Get Well	Alan Johson & Gina Levesque
Blitman, Jeffrey & Rebecca	Mey Shebarach/Get Well	Gina Levesque
Blitman, Jeffrey & Rebecca	Mey Shebarach/Get Well	Gerry Baron
Kaplan, Lila	Mey Shebarach/Get Well	Sallee Silverman
Bender, Ella & Chaim	Mey Shebarach/Get Well	Sallee Silverman
Beyer, Mark and Stacy	Leaf purchase In honor of	Adyson Beyer's Bat Mitzvah
Blitman, Jeffrey & Rebecca	Rabbi Discretionary Fund	In honor of Rachel Krinsky's Birthday

## ***Oneg & Kiddush Sponsorship from August 24 to October 14, 2022***

Beyer, Mark and Stacy	Oneg/ Kiddush	oneg & Kiddush 10/29 iho Bat Mitzvah of Adyson
Feiertag, Steve	Oneg/Kiddush	Oneg 8/26 imo Nat Feiertag
Geller, Denise	Oneg/Kiddush	Oneg 9/24 imo Helen Murav
Grossman, Joe & Holly	Oneg/Kiddush	Oneg 11/4 iho Anniv of Holly & Joe and 20th anniv of daughter Jill, and Danny
Hall, Bunny & Chary, Andy	Oneg/Kiddush	Kiddush 10/15 iho birthday of Dolly Morrissey
Molow, Bert	Oneg/Kiddush	Oneg 8/26 imo Harriet Molow & Shirley Molow
Silverman, Morry & Sallee	Oneg/Kiddush	Kiddush 10/22 imo Norman Tabachnick
Treby, Elliott	Oneg/Kiddush	Oneg 9/16 imo Aaron Trebicoff
Treby, Elliott	Oneg/Kiddush	Oneg 10/14 imo Judy Treby

## MEMBERSHIP COMMITTEE—Member spotlight!



This month we put the spotlight on a wonderful man who helps our temple run smoothly and safely and who greets us at every service as we enter the building. Of course, I am referring to Dean Bennet, Security Manager and all-around helper with whatever we need!

Dean, who was born in Middletown, New York, moved with his parents to Daytona when he was in elementary school and thus considers himself a true Floridian. As a teenager, Dean loved studying history, philosophy and religion.

Judaism resonated with him and he converted when he was in high school. He attended Daytona Beach College, where he met his wife, Abigail, who was studying social work and they were married in 1977.

Dean's degree from college was in Criminal Justice and his career was in law enforcement. For many years, before his retirement in 2001, Dean was a shift captain for the Florida Department of Corrections in Belle Glade. In addition to being our security manager, Dean has been leading a Torah Study group every week. His depth of knowledge is truly impressive and inspiring.

Dean joined our temple about 8 years ago and has been active from the time he joined. What he loves about TBJ is that it is a small family group and people genuinely care about one another.

I look forward to seeing him every Shabbat and hear his cheery greeting.

Thank you, Dean, for all you do.

***Lynne Birnholz***

**Membership Committee**



**Women's League meeting,  
November 20, at 10:00 a.m.**

**Billie Eisenman presents “Windows to Our Heritage,” an IN-PERSON exploration of the symbols and designs on the beautiful stained glass windows in our Sanctuary.**



## **Torah Fund Greeting Cards/Tzedakah Box**

Torah Fund Campaign of Women's League for Conservative Judaism  
Women Ensuring Conservative/Masorti Jewish Education



1. All Purpose



2. Condolence  
Psalm 23



3. Condolence  
Psalm 42



4. Get Well

Send special greetings to your family and friends... and have Torah Fund be an additional beneficiary of your kindness and thoughtfulness.



5. Mazal Tov



6. Condolence  
White



7. Friendship



8. Thank You



9. Purim



10. Tzedakah Box



Torah Fund Campaign of Women's League for Conservative Judaism supports  
Jewish Theological Seminary  
Ziegler School of Rabbinic Studies-AJU  
Schechter Institutes  
Seminario Rabínico Latinoamericano  
Zacharias Frankel College



# TORAH FUND

## WOMEN'S LEAGUE FOR CONSERVATIVE JUDAISM

We encourage you to contribute to Torah Fund, Women's League's financial commitment to the Jewish Theological Seminary (New York) and its worldwide network of academic institutions: Ziegler School of Rabbinic Studies (Los Angeles), Schechter Institutes of Jewish Studies (Jerusalem), Seminario Rabinico Latinoamericano (Buenos Aires), and Zacharias Frankel College (Potsdam, Germany). Your donations support both scholarships and programs for our future Conservative/Masorti rabbis, cantors, educators, and lay leaders.

All levels of giving are welcome. Benefactors (minimum contribution of \$180) are recognized by a Benefactor's pin, pictured below. The pin symbolizes the story of the Israelites preparing to enter the promised land. They are instructed to be strong and courageous, Chazak v'ematz, Torah Fund's theme for 5783.

The pin also celebrates the 80<sup>th</sup> year of Torah Fund.

For more information, contact Ella Bender at 561-656-1916 or at [morah4241@hotmail.com](mailto:morah4241@hotmail.com).



### ***A MESSAGE FROM THE CHESSED COMMITTEE..***

***For this year the Chessed committee is supporting GRANDMA'S PLACE. I would really appreciate if the whole congregation would get involved in supporting this wonderful organization. We provided a list of the items that they need in this newsletter.***

***Please bring them to the Temple prior to December 18.  
Email Lenore with any questions to: [lesmg@comcast.net](mailto:lesmg@comcast.net)***

***If you have a special occasion coming up please consider  
sponsoring an Oneg or Kiddush.  
I look forward to it each week!***

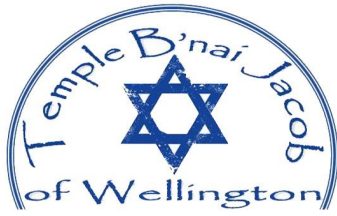
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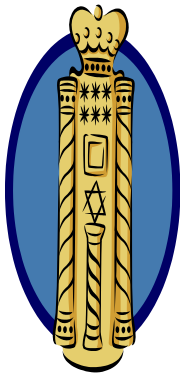
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## SISTERHOOD JUDAICA SHOP

We have ritual items: mezuzot and Mezuzah scrolls (klafim), candlesticks, menorahs, kippot, tallit clips, yads, memorial candles, as well as jewelry, gift and novelty items.



Ella Bender  
561-656-1916

See us on the  
Temple Website  
and Facebook

To honor or remember a birthday, anniversary, graduation, memory or any special occasion sponsor a virtual Oneg or/and Kiddush



Friday night Virtual Oneg for \$63.00  
Saturday Shabbat Virtual Kiddush for \$90.00  
Oneg and Kiddush for \$144

Please contact our Temple office if you would like to sponsor a virtual Oneg or Kiddush at 561-793-4347

*Help us replenish our local food pantry!*

Our local food pantry is depleted and the price of food has increased. Please bring non-perishable items to the Temple office. We are preparing boxes for donations.

They are in need of:

- ♦ Canned chicken
- ♦ Canned tuna,
- ♦ Canned soups
- ♦ Canned green beans
- ♦ Canned baked beans
  - ♦ Peanut butter
  - ♦ Jelly
- ♦ Toilet paper.



# THE VOICE



## *A Word from the Chesed Committee (formerly the Sunshine Committee)*

- In need of a friendly voice
- In need of get well wishes
- In need of a friend to share a holiday meal with

*If you or any member of your family,  
or if you know of anyone in our  
Temple family that is in need,  
please let us know.*

*Please call Liz Thal at the Temple  
561-793-4347, or e-mail Lenore Glickman, [lesmg@comcast.net](mailto:lesmg@comcast.net)*



**Call to Book a Tour and  
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**The Evolution of Candy Tour is now OPEN for booking!**

Enjoy a 45 Minute tour filled with Candy Art, History of Candy  
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# THE VOICE

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A FRIEND OR LOVED ONE BY DEDICATING A  
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Create a lasting tribute and help support  
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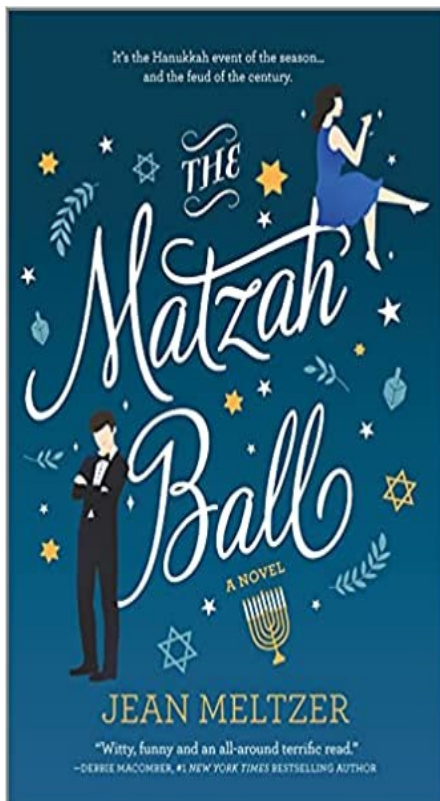
*PLEASE COMPLETE A SEPARATE FORM FOR  
EACH DEDICATION AND EITHER SEND  
PAYMENT TO THE SHUL OFFICE OR CALL TO  
MAKE ARRANGEMENTS*

**TEMPLE B'NAI JACOB OF WELLINGTON**  
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*We are collecting non-perishable food and  
canned goods all year long.*

*Please bring your donations to the Temple.*

*Together we can help feed the community.*



## DECEMBER WOMEN'S LEAGUE BOOK CLUB METING

Dec 18, 10:00 a.m., ON ZOOM - Book Club  
discussion, facilitated by Holly Grossman.

**THE MATZAH BALL**  
by Jean Meltzer.



# THE VOICE

MEL KOHAN, M.D.

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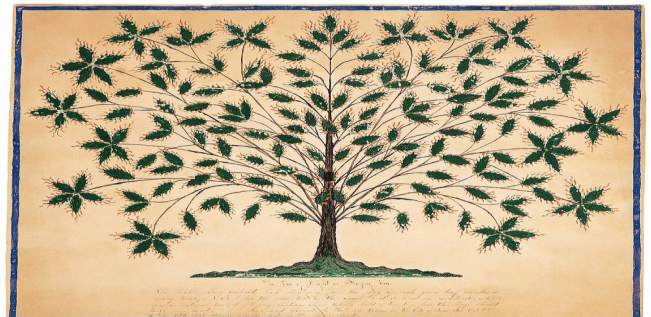
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# THE VOICE

## Advertising Agreement B'nai Jacob of Wellington "Voice"



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\*The B'nai Jacob of Wellington "Voice" newsletter is published six (6) times a year:

Jan/Feb, March/April, May/June, July/August, Sept/Oct, and Nov/Dec.

Please remember all of your wonderful opportunities to honor or memorialize loved ones or to mark special occasions with a contribution to Temple B'nai Jacob of Wellington.

Remember birthdays, yahrzeits, and more with a gift to the Rabbi's Discretionary fund, one of the Temple funds, or through the Sisterhood's Oneg/Kiddush sponsorship program.







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