



# SHALIYAH

Reconstructionist Synagogue of the North Shore

January 2016

*A Community Dedicated to Change and Committed to Tradition Tevet/Shevat 5776*

## SHABBAT B'YAHAD

The B'Yahad program is an ongoing Saturday morning family service and education experience. All members are welcome! Adult Text Study begins at 9:00 a.m. and the community Family Service begins at 10:15 a.m. **Our next session will be Saturday, January 23<sup>rd</sup>.**

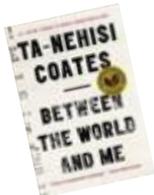
**SAVE THE DATE –  
SUNDAY JANUARY 24<sup>TH</sup>  
TU B'SHEVAT  
POT LUCK DINNER/SEDER**

Additional details on page 8.

## SHABBAT SHIRA

**Friday, January 22<sup>nd</sup>**

A very special Shabbat Unplugged, in celebration of Shabbat Shira (The Shabbat of Song). We'll have our choir, full shabbat band, and some VERY SPECIAL GUESTS! Save the date, and watch your email for more information!



**Social Action: Ta-Nehisi Coates' Book Discussion**  
**Saturday, January 30<sup>th</sup>**  
**12:00 -1:30 p.m.**

Join us for a spirited discussion led by Jeanette Walowitz, of this year's National Book Award Winner for Nonfiction, and one of The New York Times Ten Best Books -Ta-Nehisi Coates' **Between The World and Me**. Details of the event can be found on the RSNS website.

**Dinner with Dershowitz & Ross**

**See the flyer on page 11.**

## YOGA SHABBAT

The next session is **January 9<sup>th</sup>, 8:15 - 9:30 a.m.** Experience Shabbat through movement; connecting body, mind and soul. This Shabbat Yoga program is taught by Rabbi Jodie Siff. Good for all levels, adults and post b'nai mitzvah teens, non-members welcome. Bring your own mats and yoga props (we have a few if you forget yours). Wear comfortable work out attire. Meets Saturdays, March 12, April 9, May 7 and June 11, 8:15-9:30 a.m. If you have questions please Email Rabbi Jodie Siff at [rabjodie@optonline.net](mailto:rabjodie@optonline.net)



## IMPORTANT SYNAGOGUE SCHOOL DATES

Ashokan Trip – grades Gimmel – Vav  
February 5<sup>th</sup> – 7<sup>th</sup>. Registration due – January 14<sup>th</sup>

B'nai Mitzvah Orientation for Vav Students  
and Parents – choose January 21 OR January 23.

*See the Synagogue School page in this issue of the Shaliyah for complete information.*

## FEBRUARY SHALIYAH

The deadline for the February 2016 issue is January 15<sup>th</sup>.

To submit content for the FEBRUARY Shaliyah,  
Email your copy as a word document to  
[rsnsnewsletter@gmail.com](mailto:rsnsnewsletter@gmail.com)



**Parenting ♦ Caregiving ♦ Marital Concerns ♦ Separation/Divorce ♦ Bereavement  
Geriatric Care ♦ Cancer Wellness ♦ Career ♦ Legal ♦ Financial**

Have you, a friend or a loved one experienced a life changing event as the result of marital conflict, death of a loved one, caregiving responsibilities, or other similarly impactful occurrence?

If so, we are here to provide care, support and guidance to assist you on your journey. Please contact us so that we may help you to address these challenges in one of our professionally led support groups. You will be supported by peers who are navigating similar challenges, within an atmosphere of mutual support. For more information, please contact our Support Group Coordinator, Audrey Bernstein, LMSW at 516-484-1545, ext. 211.

**PARTNERS IN CARING STAFF**

Randy Hight, LCSW  
Audrey J. Bernstein, LMSW  
Michelle Laser, LCSW, Director of Social Services  
Margy Ringelheim, LMSW  
Chana Topek Diamond, LCSW

**Our Warm Line is staffed by your caring, professional social workers.**

**CALL 516.484.1545, ext. 196**

Phone calls are always free and confidential.

## RABBI LEE

Dear Friends,

Our Sages taught: “A bit of light pushes much of the darkness aside.” My Canadian friends, Phyllis and Joel Greenberg, are living this aphorism along with many others in their country. A year ago the Greenbergs learned about a program whereby Canadian citizens can sponsor Syrian refugee families. They worked through their synagogue, our Reconstructionist affiliate in Toronto. They needed sixty people with \$500 and a commitment to help settle and guide their family. The money collected would pay for housing, furnishings, and clothing to be purchased by synagogue participants. In addition, synagogue members would find employment for the parents, help them with government forms, and connect them to utilities, to banking services and to ESL classes. Others would help integrate the family’s children into schools and extracurricular activities. A representative from the Canadian Government will be at the airport to greet the family when they arrive, and to present them with their social and medical insurance cards. The Greenbergs expect their family to arrive by the end of the month. Having far too many people and too much money in response to the synagogue’s initial call, the congregation will sponsor a second family in the spring. Darchei Noam, the Greenberg’s congregation, is but one of many communities that are sponsoring the settlement of refugee families. The embrace of Syrian refugees has been widespread throughout Canada’s provinces.

Four million Syrians have been forced to leave their country since 2011. Canada will receive 25,000 of these refugees this year. Greeting the first group who arrived in Toronto two weeks ago, Prime Minister Justin Trudeau welcomed them

with winter coats and the words “You’re safe at home now. You step off the plane as refugees, but you walk out of this terminal as permanent residents of Canada.” Then he directed his remarks to his fellow Canadians: “This is a wonderful night where we get to show not just a planeload of new Canadians what Canada is all about, but we get to show the world how to open our hearts and welcome people who are fleeing extraordinary difficult straights.”

While we in America cannot see our way to take in even those 10,000 refugees we promised we would, the least we can do is give a gift in the form of tribute to our northern neighbors. I know a statue that now rests in New York Harbor that given present circumstances, might better stand in Lake Ontario. Its pedestal bears the legend of Jewish immigrant, Emma Lazarus: “Give me your tired, your poor, / your huddled masses yearning to breathe free, / the wretched refuse of your teeming shore. / Send these, the homeless, the tempest-tost to me, / I lift my lamp beside the golden door!”

In Canada, the light of compassion and generosity will dispel the darkness for at least 25,000 of the “tempest-tost” and for the tens of thousands more who will help bring them to that safe harbor. May we, too, be worthy of Lady Liberty – not for our own sake, but for the sake of the “huddled masses yearning to breathe free.”

Warmly,

*Lee*

## YOUTH PROGRAMS

### PJ LIBRARY

Join us on **January 27<sup>th</sup>** for our next PJ Library event. We will be celebrating Tu B'Shevat with crafts, books, music and dinner. Not a PJ Library member yet? It's never too late for your child to start receiving these free Jewish books each month. Visit [www.pjlibrary.org](http://www.pjlibrary.org) and sign up.

### OR HADASH For grades 4 - 6

Join us for our second Or Hadash program of the year - Saturday Night at the Movies on **January 9<sup>th</sup>**! 7:00-9:30 p.m. Including Sundaes and Havdala . . . BYO pillows . . . To sign up for all of the events, call the RSNS office or email Sharon at [sharonrsns@optonline.net](mailto:sharonrsns@optonline.net)

PLEASE . . . let us know if you will be attending. Even if you registered for the year, we need a head count for each event, so we have enough snacks! RSVP to Sharon at [sharonrsns@optonline.net](mailto:sharonrsns@optonline.net) .

### KADIMA – seventh grade

6:00 – 8:00 p.m.

- Kadima class with parents - January 5<sup>th</sup>

- Kadima class (students only) –  
January 12<sup>th</sup>, 19<sup>th</sup> and 26<sup>th</sup>.

**MADRICHIM** grades 8-12  
Our next meeting is Tuesday,  
**January 26<sup>th</sup> 6:30 – 7:30 p.m.**

## TEENS: grades 8-12

### ADOPT A SURVIVOR

Post Kadima class 2015 -- meeting Wednesdays from 5:30 –7:00 p.m.

Jan. 13, Feb. 10, March 9

- Wednesday, March 30, 6:00 - 8:00 p.m. debriefing - no dinner
- Wednesday, April 13, 7:00 - 8:00 p.m. rehearsal – no dinner
- Tuesday, May 3, 4:30 - 6:15 p.m. Presentation during Synagogue School and Yom HaShoah school service
- Wednesday, May 4, 7:00 p.m. Presentation during Congregational Yom HaShoah service

### KESHER HADASH

Are you an RSNS teen? Then join us online!

Follow us on instagram:

[instagram.com/rsnsteens/](https://www.instagram.com/rsnsteens/)

Join our Facebook group:

[www.facebook.com/groups/kesherhadash/](http://www.facebook.com/groups/kesherhadash/)

### Boy's Group – Bros' Hodesh

Next meeting **January 19<sup>th</sup> 6:30 – 8:00 p.m.**

If you're a boy in grades 8-12, please RSVP to Cantor Eric, or join our Facebook group!

<http://www.facebook.com/groups/187609124592536/>

**Girl's Rosh Hodesh** – draws on the tradition of Rosh Hodesh celebrations to build self-esteem, leadership skills, and satisfying Jewish identities for adolescent girls. We intend the program to demonstrate to teenage girls Judaism's commitment to their growth and well-being. 8-10<sup>th</sup> grade girls may join this special "girls only" group. Our next meeting will be on **January 12<sup>th</sup> from 6:30 – 8:00 p.m.**

# SYNAGOGUE SCHOOL NEWS

The 2015-2016 [School Calendar](#) is posted on the RSNS website.

## **ASHOKAN TRIP – February 5<sup>th</sup> – 7<sup>th</sup>**

Once again this year we are asking the children in our school to participate in a weekend retreat we call **ASHOKAN**. This wonderful program was designed in response to a report of the Bureau of Jewish Education, which found that weekend programs of this nature, away from home and synagogue, provide a unique opportunity for significant Jewish learning and community. The children in our school have found their Ashokan experience a way to bond with other students and our staff. Part of the cost of this program is underwritten by a member family of the congregation who found the experience most meaningful to their children.

On Friday, February 5, 2016 the **gimmel, daled, hay and vav** classes will be going to Ashokan Field Campus, near the Ashokan Reservoir in upstate New York for a wonderful weekend. We leave the synagogue at 2:00 p.m. on Friday and are due to arrive at Ashokan before *Shabbat* dinner. We will return to RSNS on Sunday February 7<sup>th</sup> around 3 p.m. Space is limited and we will take paid reservations on a first-come-first-served basis. Call the RSNS office for permission forms and answers to any of your questions. **We need your paid registration by January 14, 2016.**

## **SPECIAL DATES – ALL STUDENTS ATTEND WITH PARENTS**

January 24, 2016	Tu B'Shevat Seder 5:00 – 7:00 p.m.
March 6	Heritage Trip
March 23	Purim Megillah reading, 6:00 p.m. – Play 6:30 p.m.

## **SPECIAL PROGRAMS HELD DURING REGULAR CLASS TIME – ALL DATES ARE TUESDAYS**

February 23	Shabbat Day	May 3	Yom HaShoah
April 19	Pesah Day	May 17	Zimria & Slide Show

**Shabbat Services:** Family services are held one Friday of each month at 7:30 p.m. There are many different ways for families to participate. We work with each class to enable parents to provide Jewish role models for their children as well as expand their knowledge of Jewish liturgy and texts. You may sign up to help with a Family Service oneg. The *B'Yahad* Saturday morning family service and education program act as reinforcement for our *tefilla* program.

## **FRIDAY EVENING FAMILY SERVICE STUDENT PARTICIPATION**

**All families are encouraged to join us at all family services regardless of your student's grade.**

January 8, 2016	Hay
February 26	Daled
March 11	Gimmel
April 11	Kindergarten/Alef
May 6	Shabbat School

## **B'nai Mitzvah Orientation for Vav Students and Parents**

All current vav students and parents are requested at either one of these special b'nai mitzvah orientations. Thursday, January 21, from 7:30-9:00 p.m. OR Saturday, January 23, 11:00-12:30 p.m.

**Attendance at an orientation is a crucial part of the b'nai mitzvah process for every family, even if this is not your first bar/bat mitzvah.**

### **BOTH PARENTS AND VAV STUDENTS NEED TO ATTEND TOGETHER**

- ▶ Explore bar/bat mitzvah as an expression of your family's core values.
- ▶ Receive the latest revised bar/bat mitzvah handbook.
- ▶ Learn how to choose readings, begin a d'var Torah, select participants for your service and deal with the logistical details of planning a bar/bat mitzvah.

Please RSVP by January 6, 2016 with the date of the orientation you will be attending. Email [sharonrsns@optonline.net](mailto:sharonrsns@optonline.net) or call us at [516-627-6274](tel:516-627-6274)



Happy New Year to all! Our Chanukah parties in December were lots of fun. Now that the nursery school children are back at work and play we will be bringing winter into our classrooms with art activities, books and song. We are looking forward to our **annual Nursery School Shabbat Dinner on Friday January 29<sup>th</sup> at 6:15 p.m.**

**Join us for PJ Library on Wednesday January 27<sup>th</sup> at 5:30 PM. We will be celebrating Tu B'Shevat with crafts, books, music and dinner.** Not a PJ Library member yet? See Laura to join to receive free books for your child each month.

Registration continues for the fall and our fun filled seven week summer program.

For 7 weeks this summer, your child can have a wonderful experience at Gan Shalom. Our summer program begins June 29<sup>th</sup> and ends August 16<sup>th</sup>.

This summer we will be offering a 1 or 2 day program for our two year olds and a 4 day or 5 day a week program for our 3 and four year olds.

The two year olds will meet from 9:30 – 11:00 or 9:30 – 11:30. The three year olds will meet from 9:30 to 12:30 and the four year olds will meet from 9:30 to 1:30.

The fours will bring a dairy lunch from home daily. A daily ½ hour lunch extension is available for 3 year olds.

Children will have the opportunity to play indoors in an air-conditioned classroom, and outdoors where **sprinklers** and a **water slide** will be available. Special activities are planned for each week of the program.

Stop by the nursery school office for an application.

Summer fees are as follows:

**Two year old program**

1 day a week – non separating 9:30 – 11:00	Members \$225	Non Members \$250
2 days a week – separating 9:30 – 11:30	Members \$600	Non Members \$650

**Three year old program:**

4 days a week:	Synagogue Members: \$1500	Non-Members: \$1600
5 days a week	Synagogue Members: \$1800	Non-Members: \$1900
Lunch extensions:	4 days a week - \$200; \$225	5 days a week - \$225; \$250

**Four year old program:**

4 days a week	Synagogue Members: \$1900	Non-Members: \$2000
5 days a week	Synagogue Members: \$2300	Non-Members: \$ 2500

*Laura*

## ADULT STUDIES AND SEMINARS

### EAT, READ, TALK

Rabbi Lee will continue his Thursday afternoon programs in this series at **12:30 p.m. on Thursday, January 14<sup>th</sup>**. He will again, present an article “ripped from the headlines” of Jewish relevance. Feel free to bring a dairy lunch and we’ll supply the hot drinks and the article to be discussed.

Rabbi Jodie Siff will continue her Thursday afternoon programs on Thursday, **January 21<sup>st</sup> at 12:30 p.m.** The focus will be the study of Mishnah, the next sacred text written after the Hebrew Bible. You need no previous knowledge to attend her “lunch and learn.” Feel free to bring a dairy lunch and we’ll supply the hot drinks and the article to be discussed.

### BIBLE STUDY

This group has been and continues to be committed to reading every word of the Hebrew Bible (in English translation). After more than a decade and a half, the group has reached the last third of the Bible. We will pick up the reading with the Book of Psalms, which will occupy us for most of the year. This seminar meets biweekly on Thursday nights from 8-9:30 p.m. **Our next meetings are Thursday, January 7<sup>th</sup> and 21<sup>st</sup>.**

### SHABBAT SEMINAR

**The History of Israel: A Documentary Approach.** We began our examination of Zionism seven years ago through the lens of the writings of Zionist and anti-Zionist ideologues. Last year we arrived at the end of the Six Day War and concluded with the Yom Kippur War. We will continue to critically review the development of the State through original political and sociological documents. This seminar meets biweekly on Shabbat afternoons 12-1:30 p.m. **Our next meetings are January 9<sup>th</sup> and 23<sup>rd</sup>.**

### ENGAGING WITH AGING

Our next meeting this year, facilitated by Audrey Bernstein, is set for **Thursday, January 7<sup>th</sup> from 11:30 to 1:00 p.m.** We'll meet in the Blue Room, as usual. Note the following meeting dates, all are Thursdays at 11:30 a.m.: Feb. 4, March 3, April 14, May 5, and June 2. Please encourage other members who may be interested to join us.

## WOMEN’S ROSH HODESH GROUP

Traditional religious ritual was designed, and continues, to meet a variety of needs that relate to life passages: The need for the individual to be acknowledged by community, the need for the community/tribe to read itself into the passages of each member, the need for bonding, which serves both individual and community, the need to (re-)enact dramatically the great stories and messages of the tradition, for the sake of individuals and of the tradition. Through rituals, we create structures that provide an element of predictability and, therefore, safety, around times of insecurity, transition, and/or loss. All women of our congregation are welcome to join us as we continue to study, and learn from each other. **Our next meeting is January 13<sup>th</sup> at 7:30 p.m.**

## MENS GROUP

The Men's Group meets the second Wednesday of each month to discuss topics of interest selected by members. While the discussion starts off with a selected topic the meetings move in many directions and are a wonderful way for members to get to know one another. All men in the congregation are invited to attend. The next meeting is on **Wednesday, January 13<sup>th</sup> at 7:30 p.m.** Coffee and some snacks will be available.

*What was the most interesting trip you've ever taken?*

## CANTOR’S DINNER

**Friday, January 15<sup>th</sup> 6:30 – 8:00 p.m.**

Join Cantor Eric for a wonderful discussion and dinner as we explore the topic of the year “**JEWES ON THE FRINGES - EXPLORE THE UNIQUE SMALLER JEWISH COMMUNITIES IN EXOTIC PLACES AROUND THE WORLD.**” \$12 for dairy dinner, or come for FREE just for the discussion at 7:00 p.m. Please RSVP to Cantor Eric ([rsnscantor@gmail.com](mailto:rsnscantor@gmail.com)) (whether you’re coming to the dinner OR just the discussion!) by **Monday, January 11<sup>th</sup>**. **AND WHY NOT BRING A FRIEND.**

## YIDDISH READING CIRCLE

We meet on average, every other week on a Friday morning at 10:00 a.m. in the RSNS Library. For more information and a schedule contact Jerry Bloom at 516-466-2519.

**TU B'SHEVAT POT LUCK  
DINNER AND SEDER**

**JANUARY 24<sup>TH</sup> 5:00 – 7:00 p.m.**

Join us for a pot-luck dinner followed by a Tu B'Shevav Seder featuring fruits, songs and readings, with a special focus on fair-trade chocolate (as in fondue!) We need everyone's help making this pot-luck dinner a success!

This program is appropriate for adults, and also fun for the whole family!



**ART SHOWS AT RSNS**

So many RSNS members are involved with the arts. It's time to continue our ongoing art shows in the Social Hall. All works are for sale and 25% of the sale is a tax deductible contribution to the synagogue.

We schedule a few months in advance of a show and can accommodate paintings, photographs and another media that can be mounted on walls. Artists can be members, family and friends of members and/or those whose works contain Jewish themes. No nudes as we want all ages to be comfortable.

For additional information, call Dave Eckert at 516-456-1507 or Email [davepage@optonline.net](mailto:davepage@optonline.net) or call Emily Klass at 516-484-9154 or Email [wepkaplan@gmail.com](mailto:wepkaplan@gmail.com)

**SUNDAY, JANUARY 31<sup>ST</sup> 1:00 – 6:00 P.M.  
NEW YORK RECONSTRUCTIONIST  
DAY OF LEARNING**

Additional details about this event are on the RSNS website.

**CONGREGATION WIDE  
PROGRAMS**

**For all ages!! All are welcome.**

**SHABBAT DINNER PROGRAM**

6:30-6:45 p.m. Challah Making  
6:45-7:15 p.m. Ice Breaker & Shabbat Rituals  
7:15 p.m. Dinner

Adults \$10 Children – free

Fridays January 22, and March 18

Dinner is diary Italian. Gluten-free option only if requested in advance. Please RSVP to [rsns@optonline.net](mailto:rsns@optonline.net) or call the office by the Wednesday just before the program.

**SANDWICH MAKING**

**SUNDAYS at 10:00 a.m.**

Prepare bag lunches, peanut butter and jelly sandwiches, for clients of the INN (Interfaith Nutrition Network). January 10, February 28, March 13, April 17

**SAVE THE DATE!**

**FEBRUARY 5<sup>TH</sup>**

**SAVE MONEY, THE PLANET,  
AND YOUR SWEATERS**

On Friday, February 5<sup>th</sup>, RSNS will welcome special guest speaker Ryan Madden, Sustainability Organizer for the Long Island Progressive Coalition, who will speak to us about PowerUp Communities: an energy efficiency initiative that allows homeowners to take advantage of low cost energy assessments, as well as grants and financing to receive energy improvements with zero out-of-pocket expenses. PowerUp Communities educates homeowners about the attainability and affordability of energy efficiency improvements, guiding them through the entire process while simultaneously sparking local job creation. And it's good for the community, too: PowerUp contractors abide by a Community Benefits Agreement, agreeing to hire locally when possible and to pay family supporting wages with money provided for health care. To Learn More About PowerUp Communities contact [516-541-1006 x 15](tel:516-541-1006) or e-mail [PowerUp@lipc.org](mailto:PowerUp@lipc.org). You can also visit them online at [www.PowerUpCommunities.com](http://www.PowerUpCommunities.com).

## Community Corner

*This new column is an outshoot of the Engaging with Aging meetings Carol Blumenthal has been running for the past year, which itself is an outgrowth of our community's CBCO efforts that Carol, Alice, Harriet and others spearheaded over the past several years. We found that so much valuable information and so many powerful personal stories bubbled up during the meetings that we needed a way to share what we've learned with the larger RSNS community. Over time, we hope that this column will grow into a place for members from every pocket of the RSNS community to share their stories.*

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### Opiate Addiction in Seniors By Rachel Mankowitz

One of the seniors in our congregation has an important story to tell, but she wishes to remain anonymous. I will do my best to tell her story the way she would want it told.

"I have a spine that needs a spine transplant. Every vertebrae has a problem," she says with a playful glint in her eye. She had her first back surgery about sixteen years ago, but then, two and a half years ago, her left leg became weak from an impingement in her spine. The nerve leading down the left leg was yelling and screaming, and she couldn't tolerate NSAIDs (nonsteroidal anti-inflammatory drugs), so nothing relieved the pain. She tried epidural shots but they didn't really help: the nerve woke back up after a while and said, *you can't fool me with those steroids!*

She was conscientious about interviewing different surgeons until she found a neurosurgeon she could trust, whose method seemed the least invasive. She spent three days in the hospital after the surgery, on a morphine drip, and her daughter has told her about incidents from those three days, but it's all a blank. The surgery itself was successful, though, and after those three days in the hospital she went to a rehabilitation center nearby.

Her surgeon was involved with medication decisions early on, but then the rehab staff took over, and they weren't attuned to her individual needs. The staff would come around every four hours or so and ask, "Do you want one pain pill or two?" Their goal was to make sure the patients had no pain at all, so that they could make the most of their twice daily physical therapy sessions, and our senior wanted to shine in physical therapy, so she did what she thought she was supposed to do and took the larger dose, even when she wasn't sure she needed it. At the hospital they'd had pain charts to help patients judge how much pain they were in, but at the rehab, they never even asked. "I was completely naive about those drugs," she says.

After three weeks she went home, and even though she wasn't really in pain from the surgery anymore, they gave her a prescription for 90 pain pills (Oxycodone) and told her to take one every six hours. She wanted to do one better and take a pill only every seven hours, but she noticed that at the end of four hours she started to feel nauseated and irritable. The headaches and nausea became worse, and her body shook and shivered, until she finally took a pill at hour six and the symptoms abated, but only for a little while.

At first, her surgeon said that it was impossible to get addicted to an opiate so quickly, but he was clearly wrong. In fact, overuse of opiates is one of the biggest problems in medicine today, especially in geriatric care. Doctors know that pain has a negative impact on recuperation and therefore they overmedicate to be safe, without ever thinking about the addiction problems that could result. It's even more of an issue for seniors who are sent to rehabilitation facilities, because they are covered by Medicare and adequate home care is not. When our senior had her first back surgery, she was sent home to her husband's care with a few pain pills, and never developed an addiction to the pills.

When the surgeon finally took the addiction issue seriously, he sent our senior to a pain management specialist, who switched her to a less addictive opiate, and guided her through gradually weaning herself off of the pills. Her children traveled in to stay with her, and she hired people to keep her company during the worst of the symptoms, but it still took two months to get off the pills, even though they hadn't been necessary for the back pain for a long time by then. She has had no lingering impact from the withdrawal process, except for dread of ever having to go through it again. She won't go near those pills again, even if she's in a lot of pain. Her back is still arthritic and walking is difficult, but the pain she experiences is, in her words, manageable. The small amount of pain relief those pills could offer her is just not worth the risk.

The moral of the story is: if someone comes around asking if you want one pain pill or two, call your doctor and have an in-depth conversation about the amount of pain you can tolerate and the risks and benefits of these drugs. Whenever possible, err on the side of taking fewer pills, for a shorter period of time, or ask if you can switch to a less addictive pain relief option. No two people will respond the same way to the same amount of medication, and your treatment should be tailored to fit exactly who you are.

*If you have a story you would like to share with the RSNS community, contact Rachel Mankowitz at [rachelmank@earthlink.net](mailto:rachelmank@earthlink.net).*

## **Todah . . . RSNS' Way of Saying Thanks**

In honor of Bob Wolff's special birthday  
Joan and Marty Adickman  
Judith and John Miodownik  
Wally Buchband  
Paula and Marvin Silverman  
Doris and Mike Starr  
Alice and Milt Leist  
Doris and Hans Grunwald

In honor of our Synagogue School faculty and Staff  
Susan, Tom and Benjamin Hicks

In honor of Zoe Lefkowitz becoming a bat mitzvah  
Paula and Steven Lefkowitz

In memory of Sylvia Reisman, mother of Sy Reisman  
and grandmother of Nancy Reisman  
Nathalie Solzberg  
Betty and Mike Shaffet

In memory of Bob Dubner  
Roma Connable

In memory of Arthur Levine  
Eva Yarett  
Toby Gross

In memory of Cele Gorelick, mother of Karen  
Reisman  
Alex Rosenblum  
Marilyn Harrison  
Ronnie and Jay Baimel  
Marion and Howie Gold  
Karen Reisman and family

In memory of David Wallis, brother of Anita Bloom  
Alice and Milt Leist

In memory of Rita Paleschuck, wife of Mo Paleschuck  
Joan Haberman  
Friends of Cory Frank

## **YARTZEIT**

In observance of the yarzeit of Bernard Aroesty  
Susan and Tom Hicks

In observance of the yarzeit of Elias Gole  
Sara Gole, Dinah Kramer and Eve Nebenhaus

In observance of the yarzeit of her father,  
Saul Goldstein  
Wally Buchband

In observance of the yarzeit of her father, Otto Rath  
Jessica and Arthur Leibowitz

In observance of the yarzeit of Alan Cohen  
Lilly Cohen

## **MAZEL TOV**

Happy Birthday to Bob Wolff

## **CONDOLENCES**

Condolences to Mo (Polly) Paleschuck on the death  
of his wife, Rita Frank Paleschuck

Condolences to Anita Bloom on the death of her  
brother, David Wallis

### **DONATE OR MAKE A PAYMENT ON OUR WEBSITE**

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# Dinner with Dershowitz and Ross

Alan Dershowitz and Dennis Ross

with Ethan Bonner:

The U.S.-Israel Relationship and  
What's Next for the Middle East.

Filmed live at the 92<sup>nd</sup> St Y, on October 18, 2015.



**Friday, January 29, 2016**

**Dinner at 6:00 p.m.**

**“Take-out” from Ben’s Deli**

*We will provide beverages.*

All orders must be placed thru Barbara Schaffer  
at 516 375-3559 or [baysmusic51@yahoo.com](mailto:baysmusic51@yahoo.com) from the menu at this link:  
<http://www.bensdeli.net/content/queens-long-island-takeout-menu>

*Barbara will confirm your order and cost. Payment directly to RSNS.*

**FIRM deadline of Tuesday, Jan 26 for all dinner orders.**



**Screening at 6:30 p.m. Free!**

**Stay for services.**

**Top experts discuss how the U.S. relationship with Israel has evolved,  
and where we are now in the quest for peace in the Middle East.**

Find out how the controversial Iran nuclear deal has affected our relationship with Israel. With the current unrest and recent violence in Israel, West Bank and Gaza, what are the prospects for renewed negotiations? When will the conflict end and what steps need to be taken to begin face-to-face negotiation with the Palestinians and Israelis?

Dennis Ross, who has been a direct participant in shaping US policy towards Israel and the Middle East for nearly 30 years—first in the George H. W. Bush administration, then as Bill Clinton’s Middle East Peace envoy and then as a special assistant to the president under Barack Obama. His new book is *Doomed to Succeed: The U.S.- Israel Relationship from Truman to Obama*. Alan Dershowitz has been a consultant to several presidential commissions and has advised presidents, UN officials, prime ministers, governors, senators and members of Congress. His latest book is *Abraham: The First (But Certainly Not Last) Jewish Lawyer*, a survey of Jewish lawyers throughout history. Ethan Bronner, senior editor for international news at Bloomberg, moderates.

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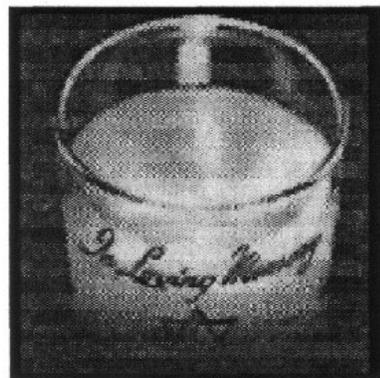
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