

Plainview Jewish Center





The Voice of Men's Club





Volume XXXXV Number 10

Sivan - Tammuz 5780

June 2020





Hakol (USPS 014482) is published monthly from September to June for \$1.00 per annum by the Plainview Jewish Center (a religious corporation under the laws of the State of New York). 95 Floral Drive West, Plainview, New York 11803-2899. Telephone: (516-938-8610. Periodicals postage paid at Hicksville, New York 11801. POSTMASTER: Send address changes to HAKOL. Plainview Jewish Center. 95 Floral Drive West. Plainview, New York 11803-2899.

Men's Club is affiliated with ACHIM, The Federation of Jewish Men's Clubs.

Subscription: \$1.00 per year Circulation: Approximately 440 per issue

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Copy for the **SEPTEMBER HAKOL** is due **NO LATER THAN AUGUST 15**

Mail artwork & copy with your check made out to:

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Message from the President



Well that went fast, one down one to go as president of the Men's Club. I guess that means I am now officially a lame-duck president. Does that mean I have less responsibly now or more? I'm not sure. In either case September seems like a million years ago with all that has gone on recently, but at the same time it, seems like yesterday. For me at least, the nervousness, apprehension and the realization of responsibility I had for guiding our club forward seemed a daunting task back then, but now as was back in July of last year, it truly was an honor for me. I will never admit this in public if asked,

but yes I actually enjoyed myself this past year. I only hope that each of you are comfortable in knowing that your president will do anything possible for the good name of our Men's Club. On a personal level I am grateful that over the past year, there are quite a few folks from the synagogue who were previously acquaintances are now friends. PJC seemed like a second home to me before. It now feels like a big old comfortable living room.

You may have heard we are no longer mailing Hakol. It will now be distributed online and via email only. Since we now have an unlimited amount of space within the Hakol, I thought a "Year to Remember" themed issue might be just what the doctor ordered right about now. Please enjoy the pictures. I hope when we look back we don't fixate on how we ended things in the 2020, but how we started and continued throughout the year. I hope we can remember all the good things we accomplished. We improved upon our staple programs and even squeezed one or two new ones into our already busy schedule. We worked more closely with the Sisterhood than in years past. We responded to our synagogue's needs whenever asked. We started new traditions such as showing off your favorite team colors during Men's Club/Sisterhood Shabbat and the World Wide Wrap to celebrate Super Bowl weekend. We gave each family as well as every child a Hanukah gift at our yearly Men's Club Hanukah Party. We accomplished all this and we were just getting started when disaster struck.

As we go forward into next year, we all know it is going to be a very interesting and different year to say the least. Challenging no doubt and, no question there will be change. Out-of-the-box thinking will be required and a lot of hard work will move us and our synagogue forward. The landscape of our programs will probably look much different than we are accustom to as well. I feel with the new requirements placed on us, we have a golden opportunity to further revamp our programs. This is not just to ease everyone's psyche on safety and health concerns, but continue to make our programs exciting and enjoyable and headshaking awesome to our membership and synagogue. To be honest, I am so excited to see what this next year has in store for us. I am really looking forward to seeing our Executive Board and Board seize the opportunities that come our way to make us a stronger and more vibrant club. I just can't wait to get started. Change is hard and most don't like it. Change just to change is never good, but change to survive for the better is where we sit.

Our very first program of the year will be our first test. As most of you know by now we combined both our June Award Dinner and our Welcome Back BBQ into one special evening in Sep-

tember unofficially (by me) dubbed the "Welcome Back Award Dinner Soiree". I think by the time September rolls around we are all going to need a good "break" night away from working at home, ZOOM Meeting this and ZOOM Meeting that, to just regroup, enjoy a cocktail and dinner with friends and remember this past year.

The one thing I am so upset about is having to wait until September to be able to fully acknowledge each person who made this year a special year for the Men's Club. I have been so looking forward to naming our "Man of the Year" and the recipient of our "Life Time Achievement Award". I know, I'll get to do it in September, but that is one tradition that needs to stay in June. For the record, I am in possession of all of our Wall Plaques and the engravings are up to date including this year's recipients. I will do everything in my power to get these plaques hung on the synagogue walls again before the High Holidays, even if I have to sneak into the temple in the middle of the night to do it.

I know we have one more Board Meeting and General Meeting via ZOOM, but I would like to take a minute and thank each and every Board Member, General Member or non-Member for the unselfish help each of you have contributed or program you may have participated within this year's Men's Club. I want to thank all the committee heads for their hard work and my constant phone calls. I want to especially thank the Executive Board who in the beginning of the year I mentioned are my close and personal friends and after a year of my tyranny, still are. Thank you for lending an ear, thank you for putting up with my nonsense, but most important thank you each for your support and confidence in me. I would also like to thank Michael Portnoy for his support of the Men's Club, his open line of communication and his friendship. Lastly I want to thank both the synagogue's Executive Board and Board of Directors for making a newcomer feel at home and for the wisdom of all the upcoming decisions that will need to be made in very short time.

Lastly, as we break for the summer and where our next year's Budget stands, please take some time and think about new and maybe innovative fundraising ideas. With the possibility of not having a full-on Patio Player's Production this coming year as we are accustomed to, I feel several smaller fundraisers sprinkled throughout the year will be the key to getting us back to our normal "FREE, UNINTERRUPTED PROGRAMING". Remember the only bad idea is the idea that is not mentioned to anyone. As always, my cell number is down below for a reason. Call me anytime with any idea. No fundraiser is too small or not important enough to explore.

Enjoy you summer with friends and family and please stay safe. I look forward to seeing everyone back here in September healthy, happy and with your sleeves rolled up and ready to go.

As Always, In Brotherhood, Steven 516-382-1681

The following information is being shared courtesy of: jewishtreats@njop.org



The Importance of Dad

Where does a child learn to be a *mensch* (a good person)? From his/her parents! Indeed, in the Talmud (*Sukkot* 56b) it even notes that a child repeats in the streets what he/she hears at home.

According to Dr. David Pelcovitz (author of *Balanced Parenting*), research studies have found that the active involvement of both parents in a child's moral education is the strongest predictor of children's moral reasoning and empathy as they grow older.s

In the traditional family model, in which mom tends to have the central role in parenting (i.e. spends a lot more time with the kids), it is important to note that these studies have found particular importance in dad's involvement.

The father is often seen as the enforcer of the rules laid down by the mother. However, far more important than being involved in discipline is dad's actual involvement in teaching his child(ren) how to live a Jewish life (i.e. being a *mensch*), which has an incredibly positive influence on the child's future. As King Solomon wrote in Proverbs (22:6), "Educate a child in the way he should go, and even when he is old, he will not depart from it."

According to the sages of the Talmud, after circumcision and Pidyon Haben (redemption of the first born son), a father's primary responsibilities are to teach the child Torah, to find him/her a spouse, and to teach the child a trade. Some say, to teach him/her to swim too (*Kiddushin* 29a). At the bare minimum, his fatherly obligations are to make certain that the basic necessities of child-rearing are attended to (by a third party if necessary). But, the best child-rearing includes dad sharing his time, knowledge and wisdom, and truly leaving a lasting and meaningful impression on his children.

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Fall BBQ - September 10









- 1-Bruce Elowsky, Michael Prospect, Gene Brickman, Alan Hauser, David Dender, Bruce Hymowitz, Michael Portnoy, Alan Hodes, Steve Guttman, Rob Cohen, Rabbi Conn, Alan Gurwitz and Len Peltzman
- 2-Ron Freilich, Arthur Freilich and Marty Leibowitz 3-Seated (I-r): Bob Vitriol, Mark Hochberg and Steve Taub. Standing (I-r): Andy Bader, Phil Trugman, Tom Atlas, Ted Bank and Alan Hodes
- 4-Allan Furman, Howard Kleinman, Shea Lerner and Bruce Elowsky

Fall BBQ - September 10

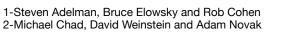












3-Gene Brickman, Michael Prospect, Barry Smuckler and Mark Kilmnick



4-Mo Nelson and Hal Mouallem 5-Rich Golden, Mark Hochberg, Michael Portnoy, Tom Atlas and Phil Trugman 6-Jeff Kaden, Bruce Hymowitz, Stuart Wolf, Michael Chad and Alan Hauser

The following information is being shared courtesy of: jewishtreats@njop.org



The Story of Lenny Kravitz

On March 6, 1951, a platoon of American soldiers serving in the Korean War came under heavy fire by the Chinese Army near Yangpyong, Korea. When the platoon's Machine Gunner was wounded, Private First Class Leonard Kravitz took over for his injured comrade. Shortly thereafter, the platoon was ordered to retreat. PFC Kravitz refused to withdraw, because he knew that if he left his position, the Chinese would take the advantage. His protective fire enabled a safe retreat for his comrades, but cost him his life. When the American troops retook the area, they found Kravitz's body slumped over the gun, the majority of ammunition expended, and numerous enemy dead before him. Posthumously, he was awarded the Distinguished Service Cross, the second highest military award accorded to members of the United States Army.

PFC Leonard Kravitz (the uncle of the musician of the same name) was 20 years old when he was killed in action. His heroism may have remained just one of the many stories of fallen soldiers cherished by the surviving family, if not for Kravitz's close friend from his Brooklyn childhood, and fellow Korean War veteran, Mitchel Libman.

Libman was bothered that Kravitz had not received the Medal of Honor, the most prestigious American military award. He noticed that Kravitz and numerous other deserving Jewish heroes had been given lesser honors for similar acts of valor by non-Jewish servicemen who had received the Medal of Honor. In fact, not one of the 136 Medals of Honor awarded during the Korean War was given to a member of the Jewish faith.

Libman's findings turned into a multi-decade campaign that was later taken up by Congressman Robert Wexler of Florida. In 2001, Representative Wexler introduced the Jewish War Veterans Act (informally called the "Leonard Kravitz Jewish War Veterans Act"), which called for a review of Jewish veterans awarded the Distinguished Service Cross to determine if the more distinguished Medal of Honor should have been given.

On March 18, 2014, U.S. President Barack Obama awarded the Medal of Honor to Leonard Kravitz, and 23 other veterans, including 17 Latinos, one African American and one Jew (Kravitz). In rectifying a national injustice, Obama stated: "Here in America, we confront our imperfections and face a sometimes painful past, including the truth that some of these soldiers fought and died for a country that did not always see them as equal." The president also honored Libman, 83 at the time, for his life-long work that made the new awards possible.

Mitchell Libman passed away in Davie, Florida, on June 24, 2017.



PJC Men's Club would like to recognize the Bar Mitzvah of Spencer Horowitz June 13 and wish him and his family a heartfelt Mazel tov!

Monthly Sandwich Making



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Men's Club Board Meeting

June 23@8:30 pm

Building the Sukkah • October 13









1-Kneeling (I-r): Steven Adelman, Michael Brooks, Stu Haimes, Andy Bader and Joe Elowsky. Standing (I-r): Michael Prospect, Rob Cohen, Joel Moskowitz, Rich Golden, Steve Glasser, Bruce Elowsky, David Weinstein, Seth Pollack, Al Karo, Alan Hodes, Allan Furman, Mark Klayman and Larry Abrams

2-Joe Schinz 3-Al Karo and Bruce Elowsky 4-David Weinstein

Photos courtesy of: Emily Weinstein

Steak & Scotch in the Sukkah • October 15











- 1-Steve Glasser

- 2-Kteve Glasser
 2-Kym Newborn, Joe D'Angelo, Bruce Elowsky and Rich Golden
 3-Alan Guthertz, Alan Hauser, Shea Lerner, Len Peltzman, Nadav Klein and Bruce Hymowitz
 4-Stew Wasserman
 5-Fred Moghaddam, Andy Meyerson, Gene Brickman, Sandy Strenger and David Dender

Steak & Scotch in the Sukkah • October 15













- 1-Steven Adelman, Jeff Reis, Allan Furman
- and David Dender
 2-Seth Pollack, Jeff Elman, Jeff Reis,
 Andy Bader and Zach Bader
 3-Jeff Bernstein, Adam Novak, David
 Weinstein and Michael Sussman
- Weinstein and Michael Sussman

 4-Marc Menzies, Brett Cohen, Rob Cohen
 and Jay Steinmetz, President of the
 NY Metro Region Federation of Jewish
 Men's Clubs

 5-Alan Miller, Michael Brooks and
 Sandy Pesner

 6-Bruce Elowsky, Joe D'Angelo, Michael
 Schwartz and Rabbi Steve Conn

 7-Fred Moghaddam and Andy Meyerson

 8-Mark Klayman and Jerry Rothman







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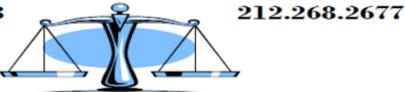
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The Paid-Up Membership Dinner • November 12

- 1-Stu Haimes

- 2-Larry Leventhal and Joe Slater
 3-Michael Brooks and Sandy Pesner
 4-Mark Hochberg, Tom Atlas and Bruce Hymowitz
 5-David Weinstein and entertainer John Pizzi
 6-Harry Weinstein, Rabbi Steve Conn, David Weinstein, Bruce Elowsky and Ted Bank
- 7-Jeff Kaden, Stew Wasserman, Joe Elowsky, Freddy Franco and
- Joel Hauptman
 8-Joel Hauptman, Robert Levinson, Mark Levinson and Steven Adelman
 9-Michael Prospect, Bruce Elowsky, Bruce Hymowitz and Michael
 Portnoy

The Paid-Up Membership Dinner • November 12









- 1-Bob Vitriol, Jeff Miller and Mark Hochberg
- 2-Shea Lerner, Rabbi Steve Conn, Gene Brickman and Alan Hauser
- 3-Alan Hodes
- 4-Andy BAder, Rob Cohen, Shea Lerner, Stu Haimes, Jeff Kaden, Seth Pollack, Michael Brooks, Joel Hauptman and Steven Adelman





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The Month of Av

The months of the Jewish year are called in the Torah by number only (the first month, second month, etc.) Over time, during the exile, the months assumed the names given to them by host cultures and thus "Jewish" months as we know them today are actually Babylonian in origin. These names were so common, that 8 out of 12 are mentioned in the later books of the prophets.

Even though the name Av is Babylonian in origin, one cannot help but take note of the subtle nuance of the name. Av means father, and in the fifth month of the Hebrew year, God's persona of Father is truly demonstrated.

It is stated in the Book of Proverbs (13:24): "One who spares his rod hates his child, but he who loves him, disciplines him in his youth." God warned the Jewish people that their misguided behavior would result in disaster, but they ignored His warnings. Thus the beginning of the month of Av was the time of the destruction of both Holy Temples, disasters which the Jewish community commemorate with an annual day of mourning on the ninth of Av (Tisha B'Av). When He allowed the Babylonians (and then the Romans) to conquer Jerusalem, destroy the Holy Temple(s) and drive the Jewish people into exile, God had one fatherly goal in mind--that the Jewish people should see the error of their ways and correct themselves.

A parent who punishes a child still loves the child and still wishes to share in the child's happiness. Rejoicing is also an important facet of the month of Av. Tu B'Av (literally 15th of Av) is a day of tremendous rejoicing in Israel when, traditionally, unmarried maidens would go out to the field to find a husband. Thus in Av, after God completes the role of disciplinarian, He comes forward to watch, and enjoy, as His children rejoice.

This Month's Tip:

Imagine God as a Parent

Parents dispatch discipline with unconditional love. If we treat each other similarly, all will benefit.





We are very proud to announce that the "Walk for a Cause" which was held on Sunday, November 17th was a tremendous success! Thanks to all those who participated we raised \$962 for the Long Island Connection. These funds are earmarked for the sandwich-making program which takes place once a month at Plainview Jewish Center.

The 2-mile, 45-minute walk culminated with a healthy breakfast at PJC. The cold weather did not deter the 40-plus men, women and children from participating. Despite the lack of hot chocolate, everyone had a great time. Yasher Koach to all!



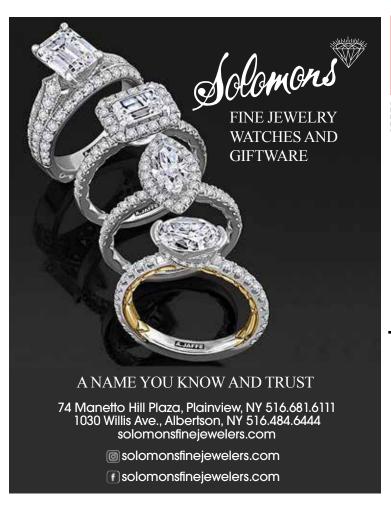


- 1-Men's Club and Sisterhood walkers.
- 2-Steven Adelman.
- 3-Rear (I-r): Ryan Novak, Emily Novak, David Weinstein and Adam Novak. Front (I-r): Lauren Weinstein, Bonnie Novak and Emily Weinstein.
- 4-Seated (I-r): Emily Weinstein and Emily Novak.



- Standing (I-r): David Weinstein, Bonnie Novak, Adam Novak, Ryan Novak, Lauren Weinstein and Justin Weinstein.
- 5-Seated (I-r): Louise Pollack, Gail Kaden, Jeff Kaden and Seth Pollack. Standing (I-r) Bruce Elowsky, Margie Richter, Rose Weiner, Rhonnie Diener, Steven Adelman and Linda Adelman.

Photos 1-3 courtesy of Linda Adelman; 4&5 Kym Newborn





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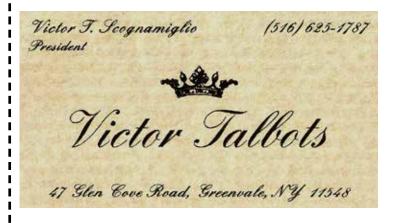
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HAKOL

PJC Men's Club Chanukah Party • December 15









- 1-(l-r): Mark Klayman, Jeff Miller, Stew Wasserman, Stu Haimes and Jeff Reis
- 2- Men's Club President Steven Adelman and Hakol Art Director Merry Lewin
- 3-Rabbi Conn lighting the menorah accompanied by Cantor Berkson and Hebrew school students
- 4-Magic Vinnie, Jeff Miller, the magician's assistants and Michael Prospect
- 5-Everyone is listening intently to Magic Vinnie



PJC Men's Club Chanukah Party • December 15



















The Raffle Winners:

- 1-Madison Rice
- 2-Sebastian Miller (Jeff Miller's grandson)
- 3-William Klaff
- 4-Emily Weinstein
- 5-Noah Haghighi
- 6-Julia Doerr (Carol and Mel Breshins' granddaughter)
- 7-Alia Haghighi
- 8-Sam Moghaddam
- 9-Lucy Wilensky
- 10-Ben Goodman
- 11-Jordana Handburger













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World-wide Wrap ■ February 2













- 1-Front (I-r): Kym Newborn, Rebecca Blumberg, Mia Bernstein, Brea Bloom, Evan Eisenberg, Branden Harris, Madison Rice, Emily Eisenberg, Lindsay Greenberg, Matilda Saltiel, Hannah Rice, Marshall Bank, Emily Weinstein and Rabbi Conn. Middle: Samantha Witz, Ella Kunis, Brandon Sherriff, Eric Stolack, Cody Peltzman, Sean Bank, Jacob Wayne and Matthew Stolack. Standing: Marty Leibowitz, Steve Saltzman, Jeff Kammerman, Rob Cohen, Steven Adelman, Joel Moskowitz, Steve Taub, Alan Greenberg and Adam Greenberg.
- 2-Rabbi Conn helping Mia Bernstein put on tefillin 3-Tefillin All-Stars
- 4-Joel Moskowitz helping Cody Peltzman put on tefillin
- 5-Marshall Bank and Eric Stolack (center)
- 6- Steven Saltzman wearing tefillin

World-wide Wrap ■ February 2









- 1-Sean Bank, Jacob Wayne, Eric Stolack and Marshall Bank
- 2-Mia Bernstein (center) and Samantha Witz
- 3-Top row (I-r): Brea Bloom, Samantha Witz, Ella Kunis, Brandon Sherriff, Eric Stolack, Cody Peltzman and Sean Bank.
- Bottom row (I-r): Hannah Rice, Evan Eisenberg, Marshall Bank and Emily Weinstein
- 4-Steve Taub, Marty Leibowitz, Bruce Elowsky and Steven Adelman

Sudoku Puzzle

Why Play Sudoku

Preliminary evidence suggest that staying mentally active may be associated with preservation of cognitive function. Science tells us that children and young adults may build up brain "reserves" by reading and undertaking mental challenges, and older adults can continue to build these brain connections through stimulating activities. In fact, building these cognitive reserves is a lifelong process in which some nerve cells (neurons) form, some die, and others interconnect. For more information, please visit brightfocus.org/ADR

		3				8		
1	6							9
			9		5		7	
	1			9				3
3			8	1	6	2		
6						9		
9		1	7		3			
	7	6		8			9	5
		8		2			6	

Last Month's Answers

3	9	6	2	4	8	5	7	1
7	4	1	9	3	5	2	8	6
5	2	8	6	7	1	4	3	9
6	8	3	7	5	2	9	1	4
9	1	4	3	8	6	7	5	2
2	5	7	4	1	9	3	6	8
1	7	5	8	2	4	6	9	3
8	6	2	5	9	3	1	4	7
4	3	9	1	6	7	8	2	5

Here's How It Works

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a Sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. the more numbers you name, the easier it gets to solve the puzzle! For tips on how to solve Sudoku puzzles go to: https://www.howcast.com/videos/202656-how-to-solve-a-sudoku-game



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Sunday Schmooze" 2/16 Bagels at 10 film at

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Stand-up Comedy: Mary Beth Barone 2/28 at 9:30 PM

1 (631) 423-7610

Cinemaartscentre.org





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Special Events at the Cinema

Casablanca

Valentine's Day!

February 14th at 7:30 PM

With champagne & Chocolate covered sweets "Of all the gin joints, in all the towns, in all the world, she walks into mine."

Crown Heights

February 26th at 7:30 PM With Colin Warner, Antoinette Warner, and Carl 'KC' King in person.

An incredible true story an 18-year-old Crown Heights resident who is wrongfully convicted of murder and sentenced to life in prison.

> For 46 years Cinema Centre has remained dedicated to our mission of shining a light on the important issues and ideas that shape the world we live in; and to provide a culturally rich community hub for all people to share their own voices, and learn from others.









- 1-Patio Players producers Rob Cohen, Stu Haimes and Steven Adelman
 2-Mitchell Kessler
 3-Sage Moghaddam, Steven Saltzman, Adriana Aloueta,
 Joseph Massimillo and Gabrielle Mellioux
 4-Adriana Aloueta, Joseph Massimillo, Sage Moghaddam and Steven Saltzman
 5-Carly Paris, Isabella Valente and Michelle Brickman





Meet Me In St. Louis • March 7 & 8











- 1-Adriana Aloueta, Carly Paris
 (foreground); Gabrielle Mellioux and
 Robert Hayman (background)
 2-Gabrielle Mellioux and Robert Hayman
 3-Matthew Miniero and Carly Paris
 4-Molly Meyerson, Cali Alvarez and
 Tessa McCain
 5-(Left-right) Faith Bartolo, Ed Solinger,
 Linda Tondovsy-Swartz, Carly Paris,
 Gabrielle Mellioux, Joesph Massimillo
 and Bob Schaarschmidt
 6-Sage Moghaddam and Adriana Aloueta
- 6-Sage Moghaddam and Adriana Aloueta



Meet Me In St. Louis • March 7 & 8













- 1-Matthew Miniero, Patrick McEwan, Joseph Massimillo, Mitchell Kessler, Robert Hayman, Steven Saltzman, Andy MacAskill, Ed Solinger, Michael Ruggiere and Bob Schaarschmidt
- 2-Gracie Greenberg, Ed Solinger, Linda Tondovsy-Swartz and Andy MacAskill 3-Tessa McCain, Isabella Valenti, Joseph Massimillo, Gracie Greenberg, Molly Meyerson, Alyssa Calabrese and Julia Solinger
- 4-Matthew Miniero, Isabella Valenti, Alyssa Calabrese and Julia Solinger
- 5-Cali Alvarez, Joseph Massimillo, Gabrielle Mellioux and Robert Hayman 6-Molly Meyerson, Gracie Greenberg, Terry Hochler, Mitchell Kessler and Ed Solinger

It's Mitzvah Time

In order to help our Jewish poor and elderly, please make a donation to *Hatzilu*. A volunteer from Men's Club will send a certificate to honor the name and the occasion you want. This is an ideal way to express a "Simcha" or "Sympathy" and help *Hatzilu* in their mission to help our fellow Jews and others in our community. Please e-mail Steve Glasser at: stevetg@aol.com or call him at: 516.938.3069 to order a certificate.



Hatzilu

An organization devoted to aiding the Jewish poor and aged.
A contribution has been made to honor the name of:



By_

Sponsored by the Plainview Jewish Center Men's Club 95 Floral Drive West, Plainview, NY 11803



Make a Mishaberach, It's a Mitzvah!

Someone under-the-weather and you can't get to the Temple to make a Mishaberach? We've made it simple! Just complete this form and either call in the information to the Temple at 516.938.8610 or fax it to the Temple at 516.938.2737 before 4p.m., Monday-Thursday or Friday before 3 p.m. and we will make sure the Mishaberach is made that evening. Kindly provide the Hebrew names if possible.

Ν	lis	ha	ber	ach	Int	forr	nati	on	F	OI	'n	n

Date of request:_____

Person's Name (M/F) Hebrew:

English:

Their Mother's Name:

Your Name:

Mishaberach Donation: ____

The Mishaberach will be said for a period of 2 weeks. If you want it to be said longer you need to call the Temple office to update the request form. Follow up your request, by mail or bring this form & your donation to the Temple office: Plainview Jewish Center, 95 Floral Drive West, Plainview, NY 11803-2899. Please make checks payable to: Plainview Jewish Center.

Note: If you make a Mishaberach at a minyan it is customary to put gelt into the Pishka. It's a Mitzvah!

The PJC Men's Club Board & Members wish to extend a Refuah Shelama to:

Phyllis Bass • Michael Brooks • Hy Brown •
Larry Cohen • Rob Cohen • Margaret Neuman •

To update this list send information to: hakolpjcmc@aol.com. For Hatzilu certificates call/e-mail Steve Glasser (details above)



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- Membership dues
- ☐ The voluntary \$10 additional donation
 - Steak & Scotch in the Sukkah
 - Texas Hold'em

and any other donations such as Hatzilu, Yellow Candle, Holocaust Fund, etc.

The address is pjcmensclub@gmail.com.

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