Hadassah Weekend Update  
September 6, 2019

Co-Presidents  
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Liz Salston  
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Editor  
Chris Sullivan  
732-238-1749

From the Editor  
We hope you all enjoyed a wonderful summer, but it’s back to work now and time for you to RSVP before Sept. 12th deadline to get the price break for our terrific Membership Appreciation Gala on Thursday, September 19th. Bring cash or checks.

FUNDRAISING - GALA  
Eatin’ Healthy in the Garden of Vegan

Join us at the gala on Thursday, Sept. 19th, at EBJC from 6:00 – 9:30 pm for an amazing Vegan feast catered by Veggie Heaven of Teaneck. Learn about the extraordinary health benefits of ancient Ayurveda, now recognized by modern science, and the medicinal arboretum in Nevatim, Israel by keynote speaker, Ruth Greenfield.

Enjoy raffles, Tricky Tray, goodie bags, fun photo booth, henna tattoos, chair yoga, Jewelry sale, and Judaica sale. Cost is $40 by Sept. 12 FIRM or $45 at the door. Proceeds to HMO. Bring your friends—men, too! For our neighbors in need please donate a can of food.

See attached for details.
**Sept. 10**  
Mah Jongg  
Chelsea 1:00 pm

**Sept. 17**  
Knit & Nosh  
Barnes & Noble  
10:30 am

**Sept. 20**  
Lunch Bunch  
Rosalitas  
Roadside Cantina  
Englishtown  
12:30 pm

**Sept. 22**  
EB Community Day at  
Community Arts Center  
721 Cranbury Rd.  
12 – 5 pm  
Call Liz  
732-390-0064

**Sept. 23**  
Hadassah Month Proclamation  
Given at Township Municipal Center  
8 pm

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**From the Co-President**

Hello everyone! I hope this message finds you enjoying the last days of a restful and rejuvenating summer!

To streamline communications, we no longer provide a “Shofar” and will publish the “Weekend Update” monthly supplemented by emails as needed.

Our “Famous Female Comedians” event was a huge success. It was a PowerPoint presentation given by Loretta Brooks, a friend of Chris Sullivan. It was held at Temple B’Nai Shalom during the day and attended by well over forty members and friends. You asked and we answered. You wanted a program during the day and we provided one. Based on this, we will continue with more daytime programming.

Our Gala Committee is gearing up for our paid-up membership appreciation gala. It is sure to be an amazing evening. Come and learn about ayurvedic wellness and what Israel is doing to promote this ancient practice that is still followed by more and more people today. Come and do some chair yoga, get a temporary henna tattoo, try your luck at the tricky tray, listen to Ruth Greenfield and Yvette Schlussel talk about ayurvedic medicine and its connection to Israel, and of course, dine on delicious cuisine provided by Veggie Heaven of Teaneck. Save the date... September 19. You should have received a blue tri-fold brochure with all the information. I hope to see you all there.

East Brunswick Hadassah is a vibrant and active chapter doing well and doing good. Unfortunately, this will not be the case if we don't get more members to take leadership positions. All we are asking is for some volunteers to take small positions on the board. I know we all have busy lives but with everyone doing a little, it adds up to a lot. Please, consider it.

Be well,  
Elaine
### SAVE THE DATE!
**Myrtle Wreath Luncheon**  
November 3rd at the Grand Marquis

We are proud to announce our chapter’s outstanding Myrtle Wreath honorees Ilene Ralsky and Linda Lidor for their outstanding contributions to our chapter.

Ilene has led and sustained our chapter’s Lunch Bunch and Knit & Nosh groups. Her unmatched warmth and enthusiasm have grown many members and created fund raisers such as our highly successful Super Sale. She has gathered volunteers to assist at our mailing parties, which have resulted in thousands of dollars for HMO.

Linda Lidor, Co VP of Programming, has brought excellent programs to our chapter and community. This has resulted in significant knowledge and appreciation of health, history and education for the public. Linda’s ability to work well with others and assist in many events has made her an invaluable member of our board.

### LUNCH BUNCH  
Don’t miss another fun get together at Rosalita’s Roadside Cantina  
180 Rt. 9 North, Englishtown  
Sept. 20th at 12:30 pm

****PLEASE RSVP to any committee member by Sept. 17th.  
Cash only. 20% gratuity.  
A two-dollar donation to benefit Hadassah will be collected.

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<tr>
<th>Name</th>
<th>Email</th>
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<tbody>
<tr>
<td>Ida Cohen</td>
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<td>732 887 8222(c)</td>
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<td>732 254 9120(h)</td>
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<td>Ilene Ralsky</td>
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<td>732 536 5556(H) (732)995</td>
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<td>Carole Yablonowitz</td>
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<td>609) 642- 8252 H</td>
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Oct. 25
Lunch Bunch
Ponte Vecchio
Old Bridge
12:30 pm

Oct. 29
Knit & Nosh
Barnes & Noble
10:30 am

Nov. 3
Myrtle Wreath Luncheon
The Grand Marquis
Old Bridge
10:30 am

Nov. 5
Mah Jongg
Chelsea 1:00 pm

Nov. 7
Book Club
*The Road from Coorain* by Jill Ker Comway

Nov. 12
Knit & Nosh
Barnes & Noble
10:30 am

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**Hadassah Cards and Certificates**

For all occasions

- Michele Finkelstein 732-254-5638
- Linda Jacobson 732-257-7915

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To plant a tree in Israel, call Cindy Rollman at 732-257-1018.

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**Treasurer’s Report**

Our new chapter goal is $45,000 and 360-degree goal is $1800. Our food demo, super sale, Splash Bash and Female Comedians program made well over $1850. We have now reached over 35% of our goals.

**Outreach** Celebrate Community Day with Hadassah Sunday, Sept. 22 at the Community Arts Center 721 Cranbury Rd. from 12 – 5 pm. We will have giveaways, games, and good info at our booth. This is a great way to get our good name out there and attract prospective members. To sign up for coverage call Liz at 732-390-0064. As October is “Hadassah Month”, we are scheduled to receive a proclamation at the Monday, Sept. 23rd Township Council Meeting at 8 pm at Municipal Center. This is a great photo op! The proclamation will be presented at 8 pm, come early. Civic Center Dr. will be changed to Hadassah Drive on the first week in October. To continue our outreach to our neighbors in need please bring a can of food to our gala for the Food Pantry at JFS ‘because we are Jews’.
<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>Nov. 19</td>
<td>Mah Jongg</td>
<td>1:00 pm</td>
<td>Chelsea</td>
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<td>Nov. 21</td>
<td>Lunch Bunch</td>
<td>12:30 pm</td>
<td>Fred &amp; Murry’s Deli Freehold</td>
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<td></td>
<td>Chanukah Sale!</td>
<td></td>
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<tr>
<td></td>
<td>All proceeds benefit Hadassah</td>
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<tr>
<td>Nov. 21</td>
<td>Growing Up Jewish in Apartheid South Africa with Michele Cheslow</td>
<td>7:30 pm</td>
<td>19 Autumn Lane EB</td>
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<td>Nov. 26</td>
<td>Knit &amp; Nosh</td>
<td>10:30 am</td>
<td>Barnes &amp; Noble</td>
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**Education & Program**

**What You Need to Know About Hereditary Cancer Risk at EB Library Oct. 23rd 7:00 pm**

Knowledge is power. Since the discovery of the BRCA mutations that increase the risk of certain cancers in men and women, our knowledge of hereditary cancer has grown exponentially. In this informative program, medical and genetics experts from the Rutgers Cancer Institute of NJ along with a BRCA-positive “previvor,” will discuss how you can understand, determine and reduce hereditary cancer risk for you and your family. Information also will be available from organizations that provide education and support on hereditary cancers. Hadassah member Sandra Lanman coordinated this program in memory of her daughter, Sheryl Lanman Nichols who died of breast cancer at the age of 34. Registration is recommended. Go to ebpl.org/calendar or call 732-390-6767.

**Social Media**

**OUR WEBSITE**

Webmaster Barry Shapiro gives us all the latest in chapter, region and National news. Go to our new website at [www.hadassah.org/eastbrunswick](http://www.hadassah.org/eastbrunswick). Click on Register and see our flyers. Note the calendar with monthly events.
Dec. 3
Mah Jongg
Chelsea 1:00 pm

Dec. 10
Knit & Nosh
Chanukah Party
Members Only
Time & Place
TBD

Dec. 17
Mah Jongg
Chelsea 1:00 pm

Dec. 19
Lunch Bunch
12:30 pm
MJ’s
Spotswood

Dec. 20
Knit & Nosh
Special Event
Meeting
Members Only
EB Library
11:00 – 1 pm

Dec. 31
Mah Jongg
Chelsea 1:00 pm

WANT TO SEE MORE PIX FROM FAMOUS FEMALE COMEDIANS?

A big shout out to our speaker, Loretta Brooks for her SRO afternoon presentation on famous female comedians at B’nai Shalom. Her well researched program, with the best quotes from the funny women, was great fun.

Just type East Brunswick Hadassah and see all the great things going on in our chapter. Like us, share us, help us grow.
Neighborhood News

Share your simchas and sorrows. We are happy to print all your news, but you must send it to Chris at sullicr@comcast.net or call 732-238-1749 by Tuesday. Please email to me news of events such as weddings and anniversaries after they occurred.

**Speedy Recovery** is wished for Chris Sullivan’s husband, Rob, who is recovering from knee surgery.

**Deepest Condolences** to Cindy Rabinowitz on the loss of her mother.

**Deepest Condolences** to Debra Bermann and family on the loss of her daughter Dina.

**Mazel Tov** to Sherryl Kaufman on the birth of her granddaughter Dylan Jacqueline Fahey

**Mazel Tov** to Maris Chavenson on the marriage of her son Josh Raffel to Nicole Wasilus

**Mazel Tov** to Amy Zelka on the marriage of her son Aaron

**Mazel Tov** to Linda Lidor on the birth of her grandchild Dylan Avery

**Mazel Tov** to Lori Noah on the marriage of her son, Jonathan Noah to Rebecca Gale

**Mazel Tov** to Shelly Talmud on the engagement of her son Jesse.

**Mazel Tov** to Gloria Jaslow on the birth of her granddaughter Mischa.

**Congratulations** to Lisa Mason on her marriage to Stan Pearlman on July 14th
HELP WANTED

CO-PRESIDENT

The position of Hadassah President is prestigious, challenging, demanding, exciting and incredibly rewarding! You set the tone for your Chapter and develop standards and procedures for Board and membership to emulate. Call Liz Salston at 732-238-1749.

As a Co-President you will split this with your Co-Chair.

Chair all board and general meetings. Plan written agendas for board, general and executive board meetings. Contact Vice Presidents in advance and discuss their specific input for the meetings. Attend all committee meetings (when possible) Follow up on delegated assignments Talk to Vice Presidents and treasurer frequently Delegate responsibility consistently Allow and encourage free discussion of ideas, issues and concerns while guiding the group with knowledge and experience. Groom new leaders Approve all contracts, flyers, invitations, etc. Provide a President's message for the bulletin Arrange for a board briefing with Area Vice Presidents or Liaison Attend Region meetings, Region Conferences and National Convention Follow up to see that all reports are filled with Region for awards Make sure that all events and decisions are within the framework of Hadassah policy Keep accurate records to be turned over to your successor Planning meetings for the year's events. Fill all board positions Work with Treasurer to send in money to National Be aware of quotas and goal.

TREASURER

Afraid this job might be too daunting? Not to worry, Hadassah now uses centralized banking. The treasurer’s job involves no records. All she has to do is collect money from events and deposit it in our new account at Bank of America. Call Elise for details – 732-613-0827.
Our Friends at EBJC

EBJC is throwing an OPEN HOUSE BLOCK PARTY AND BBQ Sunday, September 8th from 11 – 2 pm for a free and fun summer bash. Refreshments for all, games, music, events and prizes.

RSVP 732-257-7070

See flyer at Hadassah’s website --

www.hadassah.org/eastbrunswick

See attachment for details