Temple Beth Shalom Polk



Israel at war

Israel has declared war on the Hamas militant group after surprise multifront terror attacks by Hamas from Gaza on October 7. The current conflict has already claimed thousands of Israeli and Palestinian lives.

Israel-Hamas war sees US Jewish, Muslim communities on edge

Hamas' terror attacks in Israel and ongoing strikes on Gaza have seen tensions rise in Jewish and Palestinian communities in the United States, where the number of antisemitic and Islamophobic incidents are rising.

Campus demonstrations and displays of hate globally continue as you are reading this. Jew hate is obvious and blatantly obvious.

Americans here in the US are struggling to support Israel both politically and financially. We try to make sense of why and how Hamas attacked Israel on October 7th.

I encourage you to talk about what is happening and listen to others. Call out the inaccuracies. Lies are being spread. History is being challenged. Hope is being crushed.

- URJ and ARZA are participating in the Israel campaign launched by the Jewish Federations of North America. One should go to its website: www.jewishfederations.org. Then scroll down to "We Stand with Israel" and hit the "Donate Now" link there.
- <u>Donate to the Jewish Federations of North America's (JFNA) Operation: Swords of Iron campaign.</u> JFNA is working with the URJ and our partners to support victims of terror, rebuild damaged infrastructure, and address the unprecedented levels of trauma caused by these horrific attacks. You can give through your local federation or <u>directly to JFNA</u>.
- Wear your blue ribbon. Share a photo of your tribute or the below graphic on social media with the
 hashtags #ShineYourLight #BlueRibbonsforIsrael #BringThemHome. Visit our partner, <u>Blue Ribbons for
 Israel</u>, to download additional social media graphics and banners that feature the names and faces of
 the hostages, as well as printable postcards to distribute in your community or congregation.
- Take steps to ensure the safety of your community by following these <u>tips from Secure Community</u>
 <u>Network (SCN)</u>, the official safety and security organization of the Jewish community in North America,
 and the URJ.
- The URJ has compiled resources to help parents talk with their children about the current situation in Israel in an authentic, age-appropriate manner.
- Pray for the State of Israel, the Israel Defense Forces, the civilians held captive, and for peace.

~

Dinner with the Rabbi

Enjoy a meal with Rabbi Herzfeld, take the opportunity to chat with the Hosts and the Rabbi. Contact Lorraine Mixter at: lorrainemixter@aol.com for your opportunity to host the Rabbi.

You do not have to be a member to join us for dinner. Take the time to meet the Rabbi and speak to members in a casual atmosphere.

Please contact Lorraine if you would like to host the Rabbi on January 19th, 2024 .





Chanukah Dinner preparations are in the works!

Want to help?

Contact Lorraine Mixter: lorrainemixter@aol.com or Sandi Grinker: sandigrinker@gmail.com

President's Musings

by Lorraine Mixter

Chai Lites this month is spotlighting Senior Living with a piece sent to me by Donna Murray, Community Outreach and Senior Advocate at Caring.com, as well as a piece by Barbara Diamond on dementia.

Why, you ask when there are so many conflicts in the world, am I focusing on aging? Well, Michael and I will be celebrating our first wedding anniversary this month. As a married couple with melded families, we both needed to update our final wishes and wills.

We wanted to make sure our families know how much we love and care for them and want them to be able to move on if and when the time comes for end-of-life care or death of either of us.

We talked about assisted living. I would prefer a Jewish facility. We wondered what would the cost be when it was finally needed? Would we both need a facility at the same time? Would we stay in the US or would it be easier to go to Canada, where the cost would be less expensive?

We never want to impose care for an aging parent totally on a child, but so many people want to stay in their own home. Assisted living offers housekeeping, meals, activities, interaction with others and healthcare. For many, the move to assisted living is a welcome adjustment as living home alone offers none of the above.

I hope the articles offer you some insight into where to begin to look and what to look for if you are caring for someone, or are just looking ahead for yourself.

See you on Zoom!

Lorraine Mixter
TBS Board President
lorrainemixter@aol.com
863-409-8509

Tips for Finding a Jewish Senior Living Community



Chances are there's at least one Jewish-affiliated senior living community in your area. You may have even more options if you live in a state with a <u>large percentage of Jewish residents</u>, such as New York, New Jersey, Massachusetts and Maryland. Connecticut, California, Florida and Nevada are also strongholds for the Jewish community. If you're looking for personal recommendations, check the following sources:

- For a list of senior living communities in your area, contact the <u>Association of Jewish</u>
 <u>Aging Services</u>. This nonprofit association represents nearly 100 long-term care
 providers and community organizations that adhere to Jewish values.
- Reach out to your rabbi, Jewish community center or family services agency for advice.
 Synagogues and Jewish federations often provide funding that helps to provide affordable housing and sustain senior living communities, so they should be familiar with local options.
- Your doctors may have some ideas about which faith-based long-term care providers are located in the area. They may be able to suggest a high-quality option that has benefited other patients.
- Check with friends or relatives, especially those in the Jewish faith. They may be aware
 of a facility you haven't heard of, and they can provide insight into the services and
 lifestyle offered at different properties.
- State licensing boards are another way to locate qualified long-term care providers based on the level of assistance they provide. In most cases, you can request inspection reports through <u>Medicare.gov</u>.
- Online searches and sites, such as <u>Caring.com</u>, can give you an inside look at the
 amenities and services offered at individual facilities. You can also get a better feel for
 the community's offerings by reading reviews from residents, family and folks who have
 visited these facilities.
- Once you have a list of candidates, reach out to communities individually to schedule a tour. You'll have a chance to see the facility, meet the residents and learn more about the activities. Don't forget to try a meal to see if you enjoy the food.

Questions to Ask When Looking for a Jewish Senior Living Community

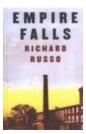
Choosing a senior living community is a personal decision because everyone is different. However, there are a few things you should check, regardless of your needs or personal preferences:

- Staffing requirements
- Activities
- Meal plans
- Physical therapy options
- On-site medical care
- Medication management
- Pricing options
- Transportation
- Pet policies



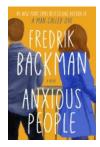
The Book Club will meet at 11:00 a.m. on Tuesday, November 14th.

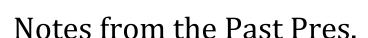
The November choice is Empire Falls by Richard Russo



The December choice is

Anxious people by Frederik Backman





by Joseph Rodriguez

November 2023 Chai Lites

"Let me tell you something that we Israelis have against Moses.

He took us 40 years through the desert in order to bring us to the one spot in the Middle East that has no oil."

~ Golda Meir – 4th Prime Minister of Israel

Shalom Aleichem!

Known as *Israel's Iron Lady* she stated that "Not being beautiful was the true blessing. Not being beautiful forced me to develop my inner resources. The pretty girl has a handicap to overcome".

Golda Meir is best remembered as one of the first female world leaders in human history. She viewed her greatest accomplishment as her role in the creation of the State of Israel having moved from Milwaukee to Mandatory Palestine in 1921. Golda became Prime Minister on March 17, 1969.

Thinking that the IDF would not be able to defend Israel on the holiest day of the Jewish year, the Arab states coordinated a surprise attack on Saturday, October 6, 1973, Yom Kippur. The war ended 18 days later, on October 24, 1973, when a ceasefire was declared. I am writing this on the 18th day of the current war.

History repeats itself. In a meeting in September of 1973 with Senator Joe Biden, Meir said "don't look so sad, Senator, we have a secret weapon in our battle against the Arabs. Senator, we have no place else to go." What are you going to do now President Joe Biden?



"To be or not to be is not a question of compromise. Either you be or you don't be."

"A leader who doesn't hesitate before he sends his nation into battle is not fit to be a leader." At this writing, we see Israel waiting to enter Gaza.

Henry Kissinger wrote Golda that he was 'an American first, Secretary of State second, and a Jew third' Golda replied "In Israel, we read from right to left."

"Peace will come when the Arabs will love their children more than they hate us." It appears that this has not changed in 50 years.

Before I left for Georgia, Jeff Goldblatt and I went to Disney Springs and saw the movie *GOLDA* with Helen Mirren. We learned that Golda was secretly having cancer treatments during the Yom Kippur War. This was due to her smoking up to 70 cigarettes per day. Golda also drank 30 black coffees per day.

The one connection I have with Golda is that I graduated from the same college in Milwaukee as she did 50 years before me.

Aleichem Shalom - May Peace Be with You!

Joseph Rodriguez, Past President

JrodTBS2021@gmail.com

See us on Facebook or our Website: TempleBethShalomPolk.org



Broken Cookies by Barbara Diamond

It is not healthy to have a serious relationship with a cookie. Not just any cookie, a ginger snap. And not just any ginger snap. Not the ones sold at Ikea which are thin and fall apart when you dunk them in your coffee. Not the amazing Walker's Ginger shortbread cookies which probably have 110 + calories in each one. Hubby will only accept two ginger cookies... either the Ginger Nuts variety from McVite's if he is in Europe, or the Stauffer's ginger snaps which are sold in brown bags with orange/red writing on them produced in the United States. This is not a joke. This is serious.

Hubby begins his morning with fresh hot coffee and six ginger snaps. He counts them to be sure that he is not being short-changed. These crispy critters do not usually fall into his coffee when he dunks them, so they pass the test of approval. This is of course before breakfast. I also indulge. I have two, but they must be kept apart from Hubby's stash or he will eat mine as well.

Hubby's dementia has made the ginger snaps a very important part of his regime. For a very long time now, he has refused to eat them if they were broken, convinced that mice had been nibbling on them, before they were served. It did not matter that we explained that these cookies had come from the United States, a minimum of 5,660 miles, and were broken in shipping from being jostled about. Hubby was adamant, and trained us to save the broken bits for ourselves while he ate only the whole "biscuits" (he is English you know, where this is the proper word to use.)

Only recently did I realize that Hubby's aversion to broken cookies was deeper than even he could admit. Growing up in the East End of London during WWII, there was a shortage of everything. His family lived from paycheck to paycheck and there were coupons allotted for the amount of butter, sugar, chocolate etc. that each family was allowed. Hubby often told me that when he and his little brother Lionel were given a half penny to buy themselves a treat, they would go to the neighborhood bakery where the broken cookies were bagged up and sold for exactly that amount of money. The two little boys were delighted to have a bag of cookies, all their own, broken or not.

Hubby spent his entire life ensuring that he and his loved ones would never know that kind of poverty again. I now suspect that his aversion to broken cookies comes from a much deeper place, than the fear of something nibbling in the cookie jar. As a side comment, I have always loved quoting a comedienne who used to say that "It is a fact that broken cookies have no calories." I am quite content to eat the rejected bits of ginger snaps knowing that they are calorie-free. Hubby and I were a perfect match. This is the undeniable proof.

This morning's serving of coffee and ginger snaps was followed up with a trip to the local hospital to double-check that Hubby's pacemaker is working properly. By the time we returned home it was lunchtime. Hubby required hot coffee once again, this time accompanied by four ginger snaps. Not bad, 10 cookies at 30 calories

each means that he has ingested 300 calories so far. Calories equal energy, so while you and I might stop at a few cookies, it is fine that Hubby eats something (anything) with gusto.

It is time for lunch and Hubby once again asks for hot coffee. It is prepared for him, but when served there were no accompanying cookies, and his reaction was similar to hearing that the family fortune had just disappeared. We brought him a plate of pizza and fresh fruit for lunch which was rejected amidst a flurry of four-letter words. How dare we NOT allow him to have his cookies??? Much like a three-year-old throwing a temper tantrum, the pizza was rejected. As was the glass full of Ensure which has extra vitamins and calories.

It was just a matter of time before Hubby would realize that he was indeed hungry. He asked for his breakfast (having forgotten that he had finished the first one and rejected lunch as well.) We said not a word. He was given fresh coffee and his usual breakfast meal, minus the ginger snaps. Sometimes there is a benefit to someone being unable to remember what has transpired only a few minutes ago!

Stauffer's ginger snaps are a very inexpensive cookie in the USA. By the time it is shipped across the ocean, its price triples. Because my brain is wired slightly differently than the average human, I decided to count the number of cookies in each bag. Of course, they are actually sold by weight, but there are roughly 50 cookies per bag. Hubby eats at least ten per day, and I did the math. Even at the inflated imported, gouging price, it costs \$1.60 per day to support Hubby's addiction. Add to that the fact that both Violet and I like these cookies as well so we have 4-5 backup bags in the pantry awaiting any emergency — like a glitch in the supply chain.

The additional 350 calories per day that Hubby ingests in ginger snaps are probably keeping him alive, so we will place it in the essentials category along with his extensive list of medications and be vigilant on his behalf. One's priorities in life definitely change as unanticipated challenges present themselves at your doorstep!

Barbara Diamond is a journalist living in Jerusalem, Israel. She has been a political activist on behalf of Israel and the Jewish people for over fifty years, having participated in political and humanitarian missions to Ethiopia, the former Soviet Union, China, and Europe to meet with world leaders on matters of concern. She has written over 100 articles for the Jerusalem Post and on her blog at The Times of Israel, hosted an English radio talk show in Jerusalem and continues mentoring others to pass on the torch of responsibility. You can reach her at barbara@thedementiadiary.com and visit her site at thedementiadiary.com.

Did you know?

We have Hebrew Lessons! Learn the Aleph, Bet or dig deeper into sentence structure or vocabulary...

Contact us at:

863-292-0722 or web@templebethshalompolk.org for future dates.

2024 Purse-a-Palooza Mad Hatter Tea Party

Your gently used purses are needed for our April 7th event. We are also looking for tea cups and saucers.

Bring your purses and tea cups to the Temple library.

Have you ever experienced Afternoon Tea?

Come dressed in your favorite hat! Don't have a hat? Join us to decorate hats and fascinators (date to be announced).



Sit, sip and remember to keep those pinkies in the air while you bid on our purses.

Each purse comes with a mystery surprise inside! Catering by: The Catering Co. of Central Florida





If you have questions regarding the presence of a service dog, please contact me: lorrainemixter@aol.com or 863-409-8509.



Are you the Son or Daughter of a Holocaust Survivor?

We are an active group who share a common heritage and are partnered with the Florida Holocaust Museum. With our monthly (zoom) Book Club and Movie programs, we have all become enriched with the depth and breadth of our history. For those seeking to broaden their friendships, we also have monthly In-Person lunches and other social functions.

For more information, please contact Susan Nolan at 954.592.1992 or srnolan318@gmail.com





The Mah Jong ladies meet every Tuesday at noon. Feel free to bring your lunch and eat with them before they play. If you would like learn how to play Mah Jong, we will teach you.

For more information sandigrinker@gmail.com 863-207-7440.

Good Cheer Committee

Our resident artist, Polly Weinmann is our new Chairperson of the "Good Cheer Committee".

Please share your name and date if you wish to receive greetings on your birthday, anniversary or at times when you just need an uplifting note.

Email: mom2furkids1@gmail.com

NAME	ADDRESS	PHONE	BIRTHDATE (NO YEAR)	ANNIVERSARY
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November Calendar

Nov 3	7:30 p.m.	Religious Services with Rabbi Herzfeld in person	
Nov 4	9:30 a.m.	Torah Study via Zoom	
Nov 5	12:00 p.m.	Brotherhood/Sisterhood at Angie's Restaurant in the Hamptons Clubhouse	
Nov 7	10:30 a.m.	Chair Yoga with Joyce Preston	
Nov 7	12:00 p.m.	Maj Jong	
Nov 12	9:30 a.m.	TBS Board Meeting	
Nov 14	10:00 a.m.	Chair Yoga with Joyce Preston	
Nov 14	11:00 a.m.	Book Club	
Nov 14	12:00 p.m.	Maj Jong	
Nov 17	7:30 p.m.	Religious Services with Rabbi Herzfeld via Zoom	
Nov 18	9:30 a.m.	Torah Study via Zoom	
Nov 21	10:30 a.m.	Chair Yoga with Joyce Preston	
Nov 21	12:00 p.m.	Maj Jong	
Nov 28	10:30 a.m.	Chair Yoga with Joyce Preston	
Nov 28	12:00 p.m.	Maj Jong	

For more information, please email: web@templebethshalompolk.org

or call: 863-292-0722



The Brotherhood/Sisterhood membership is open to all TBS members and their spouses.

Membership dues are \$25 per person annually.

Checks should be sent to: Joseph Rodriguez, 3210 Great Heron Loop

Polk City, Florida, 33868

Brotherhood/Sisterhood will meet:
Sunday, November 5th at 9:30 a.m.
at Angie's Restaurant in The Hamptons Clubhouse.
Come early to enjoy breakfast and conversation with other caring people.

SAMUEL BAK



PAINTER OF QUESTIONS

Join us on November 19th, 2023, 3 p.m.
Temple Beth Shalom Brotherhood/Sisterhood
"Remembering Vilna: The Holocaust and the Art of Samuel Bak"

Polk Museum of Art at Florida Southern College 800 East Palmetto Street Lakeland, Florida 33801-5529

The Museum is located in Downtown Lakeland just two blocks north of the Florida Southern College campus across from the Lakeland Public Library on Lake Morton.

Limited spots are available for this session.

Please RSVP to: Beverly Lerner at: bevlerner@aol.com
Parking is FREE!

No payment is necessary, but donations are accepted by the museum.





Onegs (also known as Kiddush)

The mitzvah of sponsoring an Oneg is a great way to celebrate any milestone from a birth, birthday, bar/bat mitzvah, anniversary, graduation, or a loved one's yahrzeit.

A Congregational Oneg not only provides a meaningful tribute to a loved one with an acknowledgement in Chai Lites and a charitable donation receipt, it more importantly provides blessings to the family with the words spoken by friends, members, and attendees to the sponsoring family. Kiddush/Oneg sponsorship helps strengthen your connection to the community while enhancing our community's Shabbat experience.

To celebrate your milestone with an Oneg, please contact Arlene Greenberg.

Arlene Greenberg, our Oneg Coordinator is retiring. She is looking for a person to take over coordinating sign ups as host or hostess for Onegs.

Please contact Arlene to reserve your Oneg spot or to volunteer to take over this responsibility at: arlenegreenberg@gmail.com

November 3	Margo Fleisher
December 8	Chanukah Dinner
January 19	Meryl Crews
February 16	Sandi & Phil Grinker

Thank You's: there is always something to be thankful for!

- Thank you to Bobby Baum for baking challah for our Onegs.
- Thank you to Arlene Greenberg for organizing our Onegs.
- Thank you to our Soloist Meryl Crews for her musical performance during our services.
- Thank you to Margo Fleisher for her photography and directing skills during our Zoom Services and our Board meetings as well as her secretarial skills.
- A huge Thank you to Meryl Crews for helping with picking up the mail and banking responsibilities while our Treasurer was out of the country.
- Thank you to Sandy Grinker for taking on the responsibility of coordinating dinners and the Break the Fast while our President was out of the country.

Donations

- The Maj Jong Ladies have made donations to help cover the increase in air conditioning cost and supplies.
- Baron Krisher has made a donation in support of the Jewish Nation.
- Randy and David Kaplan have made a High Holiday donation.
- Deanna Schwartz has made a High Holiday donation.

Temple Beth Shalom Committees

Do you want to be an integral part of our temple community? Join one of the volunteer committees below.

Contact Beverly Lerner for more information on how to become a member at: bevlerner@aol.com
Executive Committee

Pulpit

Publicity
Directory, Chai Lites
Book Club – New members are welcome
House – Volunteer needed
Membership
Onegs – Volunteer needed
Social Action – Contact Brotherhood/Sisterhood
Dinner with the Rabbi – Volunteer needed
Special Projects





A great action photo of the Tuesday morning Yoga practice.
From Left to Right: Joyce Preston (yogi), Sybil Weiss, Arlene Greenberg, Beverly Lerner, Judy Richter and Sandi Grinker.

Chair Yoga at the Temple

See the October calendar for dates and times.

Join us for chair yoga at the Temple. Temple member and certified yoga instructor Joyce Preston guides us through this gentle, beneficial activity using simple props, music and clear directions. Joyce makes it fun and easy while still challenging for even our more advanced participants.

Come join us. \$5 per session.

Contact Beverly Lerner for more information. 863-294-6042 (home)

Bevlerner@aol.com

Mishaberach List

For those of you who do not plan to worship in person, you may add names to the Mishaberach list that is read at each service.

Please send names to: lorrainemixter@aol.com

Temple Beth Shalom introduces:

Chai Lites Boosters, a Wish List for much needed upgrades for our building.

By donating Chai, \$18 your name will be published as a "Chai Lites Booster" in our monthly newsletter for a period of one year.

Yes, I want to be a Chai Lites "Booster"

Enclosed is my check in the amount of \$_____

for _____years.

Please show my name as: _____

Please indicate Chai Lites Booster on your check.
Please mail your check to: Temple Beth Shalom

Attn: Boosters

P.O. Box 313, Winter Haven, Fl 33882

Chai Lites Boosters

Donor Name Month Expiration Donor Name Month Expiration 2024 Joseph Rodriguez August 13 2026 Korina Masters June 7 May 16 2024 Beverly Lerner June 9 Herb LeShay 2028 Brotherhood/Sisterhood 2031 Jeffrey Goldblatt June 13 May 4 2026 Aug 4 Ken Triester 2024 Bobby Baum May 16 2024 2026 Jerry Kosten July 19 2026 Jerry Heyman June 16 Clint & Barbara Brooks Aug 28 2024 Korina Masters Aug 18 2025 Arlene Greenberg June 13 2025 Your name here Janis Koike Jan 26 2027 Jackie Korn **Nov 15** 2023

November Yahrzeits

Yahrzeit Date	Deceased	Relationship
Nov	Helen Seligman	grandmother of Michelle Chain
11/2	Lina Cohen	mother of Bev Lerner
11/4	Robert Smith	father of Vincent Smith
11/12	Max Goldstein	father of Jacqueline Korn
11/12	Marjorie Myers	mother of Rhonda Bedsole
11/13	Lillian Sonnenschein	grandmother of Phil Grinker & Diana Glockner
11/13	Jacob Bovarsky	grandfather of Sandi Grinker
11/13	Ida Eisenberg	grandmother of Renee Cohen
11/13	Gertrude Peckman	mother of Renee Cohen
11/15	Joseph M. Cohen	Uncle of Brenda Poller
11/15	Joe Bronstein	perpetual yahrzeit
11/15	Heather Morris	daughter of Melissa and Dan Morris
11/15	Florence Kerner	mother of Howard Kerner
11/16	William Landesman	father of Deanna Schwartz

11/17	Ruth Wolfe	perpetual yarhzeit
11/16	Masuo John Koike	husband of Janis Koike
11/19	Theresa Poller-Bendon	aunt of Robert Poller
11/21	Anne Feder	mother of Art Feder
11/22	Elliott Fleisher	father of Margo Fleisher
11/22	Max Silverman	father of Myrna Soberman
11/24	Julia Ann Weinmann	mother of Jan Weinmann
11/24	Sheila Fendler	grandmother of Brian Fendler
11/28	Gladys Lowy	perpetual yarhzeit
11/28	Beatrice Briklod	mother of Meryl Chayt
11/29	Dora Zulver	grandmother of Steven Chayt
11/30	Martin W. Lerner	father of Rob Lerner

Yahrzeit Reminders - May their memories be a Blessing A candle should be lit the night before at sundown.

You may say Kaddish with the Temple Beth Shalom community during Friday services.

It is customary at this time to give tzedakah in memory of your loved one.

To make a donation to any Temple Beth Shalom fund or to purchase a yahrzeit plaque, please contact us at: 863-292-0722.

Do you have a question and don't know who to ask, contact our Board members.....

Our 2023 – 2024 Temple Board of Directors

President: Lorraine Mixter (lorrainemixter@aol.com)

Vice President: Bert Devorsetz (bertdevorsetz@gmail.com)

Treasurer: Michael Craig (michaelcraig179@gmail.com)

Secretary: Margo Fleisher (margosfb@hotmail.com)

Past President: Joseph Rodriguez (<u>jrodtbs2021@gmail.com</u>)

<u>Trustees</u>

Meryl Crews
Lee Ann Martinez
Arlene Greenberg
Sandi Grinker
Judy Richter
Beverly Lerner

Thank you to all the members and families who donated and thank you to our 2023 Advertisers:

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Joyce Preston

Crews Transportation