



Letting Go of “Used To”: A Special Program on October 1

Are you still competing with the person you used to be? Does any of this sound familiar: “I used to shoot in the 70s and walk 18 holes ... ski every day ... make a lot of money ... wake up every morning without a single ache ... ”? Are you just trying to make peace with aging and the person you are today, or have you found ways to look forward to what each day brings?

On October 1 at 7:00 pm, moderator Sherri Alper, psychotherapist and co-founder of the Spicer Centers, will touch on what our traditions have to say about aging and loss. Our panelists, all of whom have successfully come to grips with many “used-tos,” will speak about their own journeys into their later years. The list includes Doris Bass, retired publishing executive; Robert Davidson, singer, actor, and athlete; Paula McCann, attorney; and Annie Schlesinger, social worker and author.

Time will be reserved for a question-and-answer session. For further information, please email Doris Bass at doribass@comcast.net.

Malcolm Gladwell: “When Underdogs Break the Rules”

Why are we so surprised when the “underdogs” win? Do Goliaths make mistakes in spite of their strength — or because of it? Why are the childhoods of people at the top of so many professions marked by deprivation? On October 23 at 5:00 pm, we will uncover the hidden rules that shape the balance between the weak and the mighty with a screening of Malcolm Gladwell’s October 1 talk at the 92nd Street Y.

Malcolm Gladwell has been a staff writer for the New Yorker magazine since 1996. He is the author of several books, including *The Tipping Point: How Little Things Make a Big Difference* (2000), *Blink: The Power of Thinking Without Thinking* (2005), and *Outliers: The Story of Success* (2008).

This program is co-sponsored with Green Mountain Academy for Lifelong Learning and is the first in a series of three such programs.

Volunteers Needed To Staff Community Food Cupboard

October is the month for ICM to volunteer at the Community Food Cupboard, and we need your help! We volunteer on Tuesday mornings from 9:45 am to 12:00 pm, Tuesday afternoons from 1:45 to 4:00 pm, and Wednesday afternoons from 1:45 to 4:00 pm. It is a very positive and worthwhile experience, and we hope you can help us!

For more information and to volunteer, please contact Judy Hirschberg (297-2356 or judyhirschberg@yahoo.com) or Micki Lisman (362-4332 or msloane.esq@mindspring.com). We look forward to hearing from you.

Rosh Chodesh Group Re-Forming: This very special Jewish women’s group, held on the first day of each month, will be re-established at ICM — but only if we find a few enthusiastic leaders to help get the ball rolling. Curious about what’s involved? Go to www.ritualwell.org/ritual/starting-and-growing-rosh-chodesh-group, or call Cookie Mac at 802-773-3842.

Your Comments Wanted: The Lifelong Learning Committee would like your feedback regarding the four programs of Summer 2013. The programs were:

Dr. Michael Grodin | Rabbi Elie Kaunfer

Tzofim - Israel Scouts | Dr. Jack Mayer, *Life in a Jar*

Please send all comments, including which programs you attended and specific information, to Carol Goldsmith at cgoldsmith251@gmail.com.

INSIDE THIS ISSUE

Ma’aser Sheni — page 2

Calendar of Events — page 3

New ICM Book Club — page 3

Tikkun HaNefesh is still looking for volunteers to help with Vermont Reading Partners. You can help by tutoring or by helping set up books for donations taking them to specific locations. Both Vermont Reading Partners and our other project, the Habitat for Humanity house on Jennifer Lane, are great ways for ICM to help our community. For more information or to volunteer, please contact Cathy Rano at 917-838-1540 or cathyrano@gmail.com.

MA'ASER SHENI

Thank you for your generous donations!

RABBI'S DISCRETIONARY FUND

Marion Mueller in memory of William Mueller • **Carole Silverstein** in memory of Tzvi Sela
Lila Weissman in memory of Tzvi Sela • **Betty and Martin Welt** in memory of Ilse Fuchs

GENERAL OPERATING FUND

Anonymous • **Michael and Judith Adler** in memory of Edith Adler • **Frances and Mark Aronowitz** in honor of Doris Bass's 85th birthday • **Ann Barbrove Knell** in memory of James Chase
Catherine Beadles in memory of Jim Chase and in honor of his "considerate and caring son" David Chase
Anita and Morton Bunis in honor of Doris Bass's birthday, Carol and Paul Miller's speedy recovery, and Carol Goldsmith for her Lifelong Learning work • **Carole and Mel Cohen** in memory of Carole's father, Louis Moncher, and of wonderful friend Bob Topchik with thanks to Rabbi Novak for his support of Phyllis and family • **Barbara and Martin Donner** in memory of Roz Miller • **Ruthie and Norman Ellenbogen** in memory of Ruthie's mother, Mildred Roth, and in honor of Carol and Paul Miller's speedy recovery
Susan and Sydney Katz • **Mickey Kent** with thanks to Marisa and Allan Eisemann and Norma Rosenblatt • **Catherine and Saul Kimmel** in honor of the special birthday of Doris Bass and in memory of Steve Greene's sister • **Janet Kleinberg and Harvey Flaxman** in memory of Joseph Flaxman
Sandford Mailman in memory of Lorraine Mailman • **Marcia and Robert Mayoh** in honor of Doris Bass's birthday • **Leslie Merkelson and Marvin Friedlander** • **Abby Ross** in memory of Josephine Rosenblum
Barbara Snyder • **Norma and Paul Waters** in memory of Paul's cousin Florence Zigler

MUSIC FUND

Irene and Edward Glazer in honor of Doris Bass's birthday and Carol and Paul Miller's speedy recovery
Nancy Landis with thanks to Ed Glazer

CHILDREN'S EDUCATION FUND

Sara Dolsky in memory of Solomon Dolsky and Rebeca Ferezy
Ruthie and Norman Ellenbogen in honor of Helena and Neil Davidoff's special anniversary
Joyce and Robert Stoll with thanks for Tot Shabbat

TIKKUN OLAM FUND

Vicki and Stephen Greene in memory of Emmanuel Lewinstein • **Susan and Michael Kreitzer** in honor of the Wexlers' daughter's marriage • **Sandy Sheppard** in memory of John Sheppard
Marilyn and Raymond Starker in memory of Ann Reiter
Laurette and Jeffrey Sullivan in memory of Ruth Schindler and of Jeanette and Irving Schnapper
Marjorie and Michael Weiss in memory of Louis Fried

SHABBAT DINNER FUND

Anonymous • **Ann Cole** in memory of Deborah Mann Brawerman • **Rebecca and Gary Fishkin** in memory of Jim Chase • **Vicki and David Halpern** • **Ina and Al Rubin** in memory of Robert Rubin
Laurette and Jeffrey Sullivan in memory of Ruth Schindler and of Jeanette and Irving Schnapper

CULTURAL AFFAIRS FUND

Frances and Mark Aronowitz • **Carol and Philip Goldsmith** in memory of Nancy Landis's mother, Beatrice Hahn; in honor of the naming of Laney and Larry Davis's great-granddaughter; and with mazel to Patricia and Jerry Kreitzer on the marriage of Patricia's daughter and to the Wexlers on the occasion of Eric and Rachel's marriage • **Nancy Landis** in honor of Carol Goldsmith

GOLDSMITH PRAYERBOOK FUND

Marlene and David Skulnik in honor of Doris Bass's birthday

MARILYN GLATT LINGLEY FUND

Deborah Peretz in memory of Mary Peretz
Laurette and Jeffrey Sullivan in memory of Ruth Schindler and of Jeanette and Irving Schnapper

MERKADO LIBRARY FUND

Norman and Ruthie Ellenbogen in honor of Doris Bass's birthday • **Carol and Philip Goldsmith** in honor of Doris Bass's birthday • **Jeanne and Lee Nemlich** in honor of the amazing Doris Bass's birthday

LYON/ANDREEN FUND

Lynne Andreen and David Lyon in honor of Doris Bass's birthday and with best wishes to Michael Cobb

Donations received after September 6 will appear in the November edition of the Shofar.

OCTOBER CALENDAR OF EVENTS

- September 30 **Beginning Mah Jongg Class**, 10:00 am
 October 1 **Letting Go of "Used To,"** 7:00 pm
 October 4 Shabbat Evening Services, 6:30 pm
 Communal Table Dinner
 October 5 Shabbat Morning Services, 9:30 am
Parashat Noach
 October 7 Beginning Mah Jongg Class, 10:00 am
 October 9 Programming Committee Meeting, 7:00 pm
 October 10 **Board of Directors Meeting**, 7:00 pm
 October 11 Shabbat Evening Services, 6:30 pm
 Communal Table Dinner
 October 12 **Tot Shabbat**, 9:00 am
 Shabbat Morning Services, 10:15 am
Parashat Lech-Lecha
 October 14 Beginning Mah Jongg Class, 10:00 am
 October 18 Shabbat Evening Services, 6:30 pm
 Communal Table Dinner
 October 19 Shabbat Morning Services, 9:30 am
Parashat Vayera
 October 21 Beginning Mah Jongg Class, 10:00 am
 October 23 Malcolm Gladwell, 5:00 pm
 October 25 Shabbat Evening Services, 6:30 pm
 Communal Table Dinner
 October 26 Shabbat Morning Services, 9:30 am
Parashat Chayei Sara
 October 28 Beginning Mah Jongg Class, 10:00 am

Book Lovers, Save the Date: New ICM Book Club

The Library Committee and the Program Committee announce the first meeting of a new ICM Book Club on Wednesday evening, November 13, at 6 pm. A light supper will be served, followed by a discussion of *Bee Season* by Myla Goldberg.

This is an open meeting for everyone interested in establishing a book club — even if you are unable to read the first book. All we ask is that you bring your ideas about how often and when the group should meet, as well as book titles that you want to suggest for the next meeting.

Bee Season is available in libraries and for purchase in the ICM office. The New York Times said: "Myla Goldberg's first novel ... is a dispassionate, fervidly intelligent book — she explores class, linguistics and religious extremism with the confidence of a born essayist — that comes by its emotion honestly."

Remember: RSVP to the office so that there will be enough food!

Help us save money and the environment!
 If you are receiving this publication by mail, call Lisa, our administrator, at 362-4578 to be added to our email list.

special thanks —

I am truly humbled by the outpouring of affection from this congregation upon my 85th birthday. To the friends who planned it, and those who contributed to it, and those who attended and shared the fun... my sincerest thanks.

Doris "the crone" Bass

condolences

Nancy Landis on the death of her mother, Beatrice Hahn

DO JEWS LIKE TO EAT? Yes, we do! Some Friday nights, our Shabbat dinner table overflows with delicacies for all to enjoy. Other nights, the "cupboard" is nearly bare and we have to scramble to put together a meal. So continue to come to our joyous "common table" on Friday nights ... and help us put the "luck" back into "potluck." If it's impossible for you to bring something to share every now and then, don't worry; simply make a donation to ICM earmarked for the Shabbat dinner fund.

Beginning Mah Jongg Classes

Interested in this fascinating ancient game? In this six-week class you will learn mah jongg fundamentals — the tiles, their function, the "Charleston," and critical basic strategies of the game. With the help of these lessons, handouts, and the National Mah Jongg League card, discover the fun and excitement of declaring your first "mah jongg."

Classes will be held on Mondays, September 30 through November 5, at the synagogue from 10:00 am – 12:00 pm. The cost is \$80, half of which will be donated to ICM. A 2013 National Mah Jongg League card is required. Class size will be limited.

For more info or to register, please contact the instructor, Merrily Lewis, at 362-3810 or the office at 362-4578.

Israel Congregation has about 180 member units from diverse Jewish backgrounds, both full-time and part-time residents of southern Vermont. We provide Shabbat and holiday services, a religious school, adult education, life-cycle events, and cultural and social programming in a warm and welcoming environment.

An integral part of Jewish life in the Northshire for almost 90 years, Israel Congregation has been at its current location on Rte 7A, 1.2 miles north of Rte 11/30, since 1985. Our building is ADA accessible.

Office: 802.362.4578
Website: www.icmvt.org
Email: office@icmvt.org
Rabbi's cell phone: 802.688.3555
Rabbi's email: rabbi@icmvt.org
6025 Main Street / P.O. Box 1050
Manchester Center, Vermont 05255

Friday Evening Shabbat Services, 6:30 pm
Preneg at 5:45 pm; services are followed by a Communal Dinner
Saturday Morning Shabbat Services, 9:30 am
Tot Shabbat: 9:00 am, second monthly Shabbat morning; services begin at 10:15 am

Rabbi David Novak, Rabbi
Rabbi Michael Cohen, *Rabbi Emeritus*

Board of Directors
Ed Glazer, *President*
Mark Aronowitz, *Vice President*
David Sischy, *Vice President*
Marlene Skulnik, *Treasurer*
Marisa Eisemann, *Corresponding Secretary*
Mindy Bloom, *Recording Secretary*
Cathy Kimmel, *Immediate Past President*

Directors
Lynne Abcug, Morty Bunis, Sandy Castelbaum,
Al Feldan, Rebecca Fishkin, Carol Goldsmith,
Sheila Mills

Shofar Editorial Board
Doris Bass, Laurie Sullivan, Cheryl Ullman



P.O. Box 1050
Manchester Center, Vermont 05255

802-362-4578 — www.icmvt.org