

THE CONNECTION



October 2018

Volume No. 2



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Congregation Kol Ami
1923-2018 95 Years
252 Soundview Avenue • White Plains, NY 10606



CONGREGATION KOL AMI

CONGREGATION KOL AMI

A REFORM SYNAGOGUE

252 Soundview Avenue ☆ White Plains, New York

914.949.4717 ☆ www.nykolami.org

A Member of the Union for Reform Judaism

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Assistant Executive Director ☆ Emily Campbell

ECP Director ☆ Nan Blank

Interim Religious School Director ☆ Pam Pass

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Maurice Davis ∞

Mark L. Winer

CANTOR EMERITUS

Raymond Smolover ∞

∞ of blessed memory

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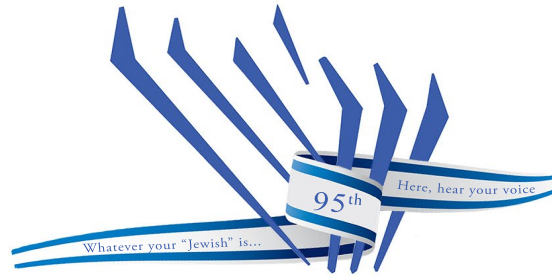
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CONGREGATION KOL AMI

Celebrating our past, living our present, imagining our future

1923-2018 • 95 YEARS

**A Jewish journey is about history.
Where you are going, and where you have been.
It is about times, and places, and people.
It is about quiet moments with oneself and with God.
It is about joyous moments spent with others.**

Congregation Kol Ami's Jewish journey began in 1923 when the Jewish Community Center of White Plains was formed and land was purchased on Sterling Avenue in White Plains to build a religious school and a temple. As the temple and the school expanded, in 1944 7 ½ acres of land were purchased at Soundview Avenue.

In May 1995 the Jewish Community Center of White Plains changed its name to Congregation Kol Ami, meaning "The Voice of My People".

From the start, and continuing today, our purpose has been to nurture the divine spark within, and to connect each of us to a meaningful Jewish journey.

Whatever your "Jewish" is, you'll find it at Kol Ami.

**Here, our members- of every age and with
diverse backgrounds and identities-
are our heartbeat.**

**Here, we cultivate relationships
with family, friends, staff, and clergy.**

**Here, we are rooted in our synagogue, in our community,
in our country, and in Israel.**

**Here, we celebrate Jewish traditions and culture,
nourish our souls through music and arts,
and explore relationships with God.**

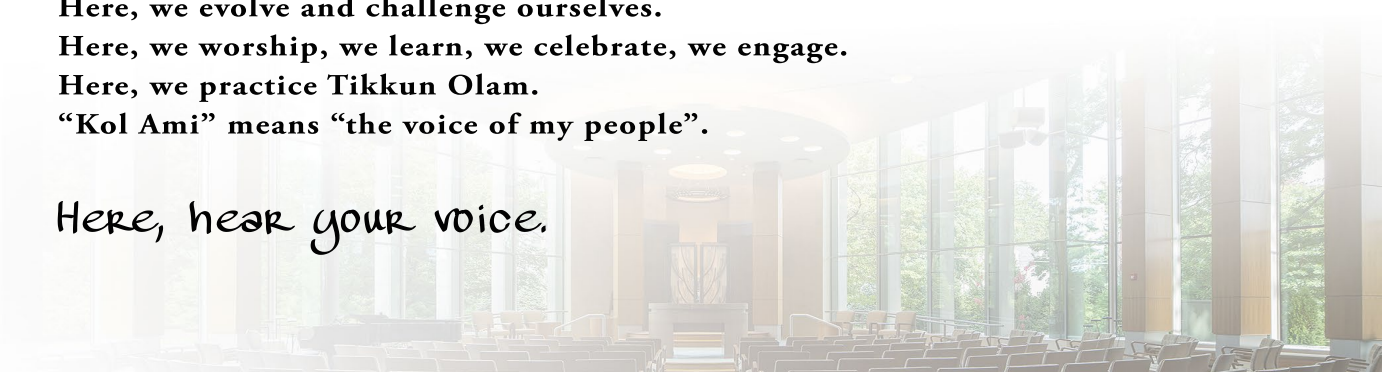
Here, we evolve and challenge ourselves.

Here, we worship, we learn, we celebrate, we engage.

Here, we practice Tikkun Olam.

"Kol Ami" means "the voice of my people".

Here, hear your voice.



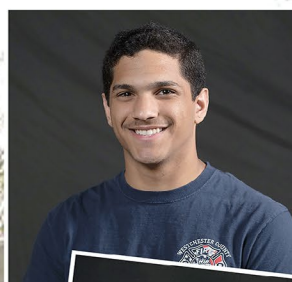


1923-2018 • 95 YEARS
CONGREGATION KOL AMI
Celebrating our past, living our present, imagining our future

WHATEVER YOUR "JEWISH" IS, YOU'LL FIND IT AT KOL AMI

Here, our members - of every age and with
diverse backgrounds and identities -
are our heart beat.

Here, hear your voice!



Photos by:

Todd Shapera
PHOTOGRAPHY

252 Soundview Avenue White Plains, NY 10606 www.nykolami.org

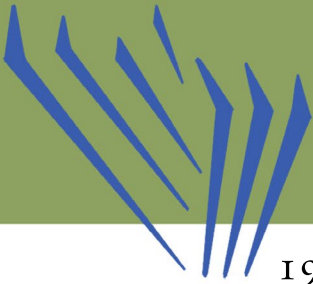
Diversity comes in all forms, and a Jewish Journey takes many steps.

From seniors to newborns, from conversion to inter-faith,

from the High Holy Day worshipper,

to the steadfast participant

We are Kol Ami.



1923-2018 • 95 YEARS

CONGREGATION KOL AMI

Celebrating our past, living our present, imagining our future

We would love for you to join us in our "I am Kol Ami" Campaign. Please fill out the attached questionnaire and return to the Main Temple Office. If you would like to include a photograph please email (an original 300dpi photo) to: emilycampbell@nykolami.org

Name: _____

Profession: _____

The Year You Joined Kol Ami: _____

What You Love Most About Kol Ami: _____

What is Your Favorite Jewish Food: _____

What is the hardest thing you have ever done: _____

What story does your family always tell about you: _____

If You Could Witness Any Event, Past, Present, or Future, What Would It Be:

What else would you like to tell us about your Jewish Journey: _____

Worship Opportunities

Shabbat

"The Original Un-plug"

Before family vacations, and get-away weekends,
there was Shabbat.

Before therapy, crisis intervention, and stress management,
there was Shabbat.

Before television, cell phones, the gym, and the internet
there was Shabbat.

Before late night hockey games, play dates, and date nights,
there was Shabbat.

Time set aside for rest
and quiet, for joy, and
for family and friends.
A deep breathe at the
end of a hectic week.

**Shabbat offers each of
us the gift of a fresh
perspective with which
to view our lives,
our world,
and ourselves.**

Join us for our many Friday Shabbat
opportunities at Congregation Kol Ami

5:30pm Shabbat in the Woods

6:15pm Kabbalat Shabbat Services

6:15-7:15pm Childcare and Crafts

11:00am Saturday Morning Lift

1st of the Month

Shabbat Book Share & Shabbat Sheli

Monthly Special Synaplex Shabbats
including Guest Speakers, Catered Dinner,
and Children &
Teen Programming



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www.nykolami.org 914-949-4717

Worship Opportunities



Shabbat in the Woods



The Spirit



of



Shabbat

CONGREGATION KOL AMI WELCOMES YOU TO
JOIN US EVERY FRIDAY NIGHT

*A Shabbat Service in Story and Song for Families with
Young Children from 5:30 - 6:00pm all year round.*

*In the Kol Ami Gallery
Followed by our Festive Oneg!*

Parents can join in our 6:15pm
Kol Ami Service while your preschooler
can stay with us and enjoy crafts, games,
and a light supper!

The first Friday of every month is also our
Book Share Evening sponsored by temple
families. Each family who attends will go
home with a book as our gift to you.

Everyone is welcome!

Worship Opportunities



Join us for Shabbat Sheli
"My Shabbat"
a time for families with
elementary aged children

The 1st Friday of every month

Stories, songs, Torah study,
prayer exploration, sanctuary tour,
mitzvah projects, and more!
Led each week by one of
our rabbis, cantor,
and staff.

Parents are invited to enjoy a
glass of wine together, join for
Shabbat Sheli, or stay with younger
siblings at our Shabbat in the Woods.
Come as you are!

For a full
Shabbat Evening
enjoy our
Family Oneg
at 6:00pm
or bring your
own dinner
and stay for our
6:15pm Shabbat services
in the Main Sanctuary

**The 1st Shabbat of the Month
is also**

Shabbat in the Woods
Book Share Night!
Take home a book as our gift.

Worship Opportunities

lift your shabbat

*Saturday Morning Torah Study
With Rabbi Shira*

Join Rabbi Shira and fellow congregants in our beautiful Chapel in the Woods on Saturday mornings. Step away from the chaos of the week and bring in the warmth and reflection of Shabbat that Torah Study can offer for the week ahead.

9:00am coffee & community

9:30am torah study

11:00am shabbat services

Come for all, or part, of the morning, Bring your curiosity!





Weekly Torah Portions for October

Week ending October 6, 2018

Parashat B'reishit Genesis 1:1-6:8

B'reishit, our first parashah in the Torah cycle, begins with the creation of the world. God creates the world in seven days, concluding with the first Shabbat. In a second version of the creation story, Adam is created from the dust of the earth rather than as a result of a divine breath. Adam and Eve are expelled from the Garden of Eden for eating from the tree of knowledge of good and evil. Their son Cain kills his brother Abel. Adam and Eve have another son named Seth, from whom Noah descends.

Week ending October 13, 2018

Parashat Noach Genesis 6:9-11:32

In this parashah God expresses disappointment with human corruption and decides to destroy all life on earth in a flood. God finds favor in Noah's character and spares his family. God commands Noah to build an ark for himself, his family, and the pairs of animals who will join Noah and his family on the ark. A rainbow symbolizes the first covenant between God and the people.

Week ending October 20, 2018

Parashat Lech L'cha Genesis 12:1-17:27

The story of our ancestors begins in earnest in Lech L'cha. Abram is promised he will be the father of a great multitude if he follows God's call. Abram and Sarai leave their home in Haran for Canaan, along with Abram's nephew Lot. As a sign of God's covenant, Abram and Sarai receive new names, Abraham and Sarah. When it seems Sarah is unable to conceive a child, Sarah gives her handmaid, Hagar, to Abraham to bear a son for him. Then, sensing Hagar's arrogance at becoming pregnant, Sarah asks Abraham to send Hagar away. Abraham is ninety-nine years of age when God promises him (and Sarah) a son of their own. It is through this son, Isaac, that the covenant will be fulfilled.

Week ending October 27, 2018

Parashat Vayera Genesis 18:1-22:24

Parashat Vayera opens with Abraham receiving a visit from messengers who bring predictions of Isaac's birth. When God threatens to destroy the settlements of Sodom and Gomorrah because of the wicked behaviors occurring there, Abraham stands up to God to protest that annihilation. This parashah also includes the long-awaited birth of Sarah's and Abraham's son, Isaac. The final scene in this parashah tells the story of the "Binding of Isaac" where God tests Abraham, instructing him to sacrifice his son Isaac.

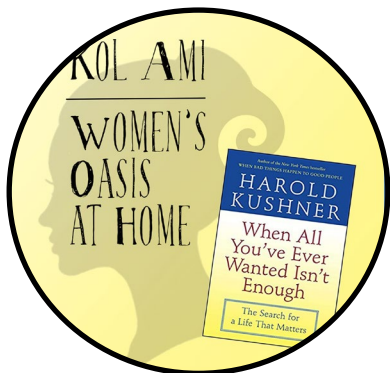
October Calendar



Monday, October 1st
Simchat Torah, Yizkor Service



Shabbat Sheli for
Elementary Aged Children:
1st Shabbat of Every Month



Tuesday, October 9th
Oasis at Home

Monday	1	Offices and ECP Closed for Simchat Torah 10:00-12:00pm Simchat Torach & Yizkor Service in the Chapel 12:00-1:00pm Congregational Oneg
Tuesday	2	5:45pm AA in the Chapel
Wednesday	3	7:45-9:00am Women's Roundtable Breakfast 9:00-10:30am KA Reads Book Club 10:00-2:00pm Mah Jongg 3:00-4:00pm Religious School Canteen 4:00-6:00pm 4-6th Grade Religious School 6:00-6:30pm Youth Pizza Dinner 6:30-8:30pm 7-12th Grade Religious School
Thursday	4	9:30-11:00am Jewish Meditation in the Chapel 11:00-12:00pm Wisdom of the Sages 12:00-2:00pm Parenting Teens Workshop 5:45pm AA Meeting in the Chapel 7:30pm Al-Anon Meeting in the Chapel 7:30-9:00pm ECP Parent-Teacher Open House
Friday	5	5:30pm Shabbat in the Woods for Families 5:30pm Shabbat Sheli for Elementary Aged Children 6:00-7:15pm Crafts, Light Supper, and Babysitting for Children 6:15pm Kabbalat Shabbat Services in the Sanctuary
Saturday	6	<i>Lift Your Shabbat in the Chapel</i> 9:00am Coffee and Conversation 9:30am Torah Study 11:00am Shabbat Services 10:30am Bar Mitzvah for Andrew Lewis 5:30pm Bat Mitzvah for Zoe Schuldenfrei
Sunday	7	9:00-11:00am K-6th Grade Religious School 11:00-11:30am Or Chadash Children's Choir with Cantor David
Monday	8	Offices and Building Closed for Columbus Day
Tuesday	9	11:30-1:00pm Women in Transition 5:45pm AA in the Chapel 7:30-9:30pm Oasis at Home at Rabbi Shira Milgrom's 7:30-8:45pm Israel in the News
Wednesday	10	10:00-2:00pm Mah Jongg 3:00-4:00pm Religious School Canteen 4:00-6:00pm 4-6th Grade Religious School 6:00-6:30pm Youth Pizza Dinner 6:30-8:30pm 7-12th Grade Religious School

October Calendar



Thursday, October 11th
Dr. David Elcott: Advocating for Israel



Saturday, October 13th
Sisterhood Wine & Wisdom



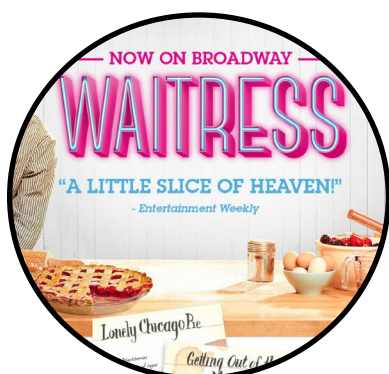
Sunday, October 14th
K-3rd Grade Religious School
Open House

Thursday	11	9:30-11:00am	Jewish Meditation in the Chapel
		11:00-12:00pm	Wisdom of the Sages
		5:45pm	AA Meeting in the Chapel
		7:30pm	Al-Anon Meeting in the Chapel
		7:30pm	Choir Rehearsal in the Main Sanctuary
		7:30-9:00pm	Don't Walk Out on Israel: Advocating when it is Complicated. An Interactive Training with Dr. David Elcott
Friday	12	5:30pm	Shabbat in the Woods for Families with Young Children
		6:00-7:15pm	Crafts, Light Supper, and Babysitting for Children
		6:15pm	Kabbalat Shabbat Services in the Sanctuary with an Auf Ruf for Genna Farley and Matt Fleming
Saturday	13	<i>Lift Your Shabbat in the Chapel</i>	
		9:00am	Coffee and Conversation
		9:30am	Torah Study
		11:00am	Shabbat Services
		10:30am	Bar Mitzvah for Gabriel Garibaldi
		4:00pm	Sisterhood Wine & Wisdom Evening
Sunday	14	9:00-11:00am	K-6th Grade Religious School
		9:00-11:00am	K-3 Religious School OPEN HOUSE
		11:00-11:30am	Or Chadash Children's Choir with Cantor David
		11:00-2:00pm	Rosh Chodesh in the Chapel
		11:00-1:00pm	Cooking for the Homeless
Monday	15	11:00-12:30pm	Current Events with Beth Kava
		12:30-2:00pm	Mussar Class with Rabbi Pam Wax
		6:00-7:00pm	12 Step Recovery Group
		7:30-9:00pm	Judaism, Real and Imagined with Paul Davis
Tuesday	16	10:30-12:30pm	Brandeis Group Presentation in the Chapel
		5:45pm	AA in the Chapel
		7:30-9:00pm	Poetry Salon at Rabbi Shira Milgrom's
Wednesday	17	10:00-2:00pm	Mah Jongg
		12:00-2:00pm	Lunch and Study in the City with Cantor David, NYC
		3:00-4:00pm	Religious School Canteen
		4:00-6:00pm	4-6th Grade Religious School
		6:00-6:30pm	Youth Pizza Dinner
		6:30-8:30pm	7-12th Grade Religious School

October Calendar



Friday, October 19th
Synplex Shabbat!:
Addressing Gun Violence



Tuesday, October 23rd
Kol Ami Goes to Broadway
to see Waitress



Thursday, October 25th
The Great Challah Bake at TIC

Thursday	18	9:30-11:00am	Jewish Meditation in the Chapel
		11:00-12:00pm	Wisdom of the Sages
		5:45pm	AA Meeting in the Chapel
		7:30pm	Al-Anon Meeting in the Chapel
		7:30pm	Choir Rehearsal in the Main Sanctuary
Friday	19	5:30pm	Shabbat in the Woods for Families with Young Children
		6:00-7:15pm	Crafts, Light Supper, and Babysitting for Children
		6:15pm	Kabbalat Shabbat Services in the Sanctuary
			Synplex Shabbat!: Panel Discussion on Addressing Gun Violence
			Dinner Catered by Caperberry Events. Learn More.
Saturday	20		<i>Lift Your Shabbat in the Chapel</i>
		9:00am	Guest Speaker Anat Hoffman from Israeli Religious Action
		9:30am	Torah Study
		11:00am	Shabbat Services
		5:30pm	Bat Mitzvah for Sabrina Kizer
		7pm-Midnight	Youth Group Midnight Run
Sunday	21	9:00-11:00am	K-6th Grade Religious School
		11:00-11:30am	Or Chadash Children's Choir with Cantor David
Monday	22	6:00pm	12 Step Recovery Group
		7:30-9:00pm	Judaism, Real and Imagined with Paul Davis
Tuesday	23	5:45pm	AA in the Chapel
		7:00pm	Kol Ami Goes to Broadway for Waitress
		7:30-8:45pm	Israel in the News
Wednesday	24	10:00-2:00pm	Mah Jongg
		3:00-4:00pm	Religious School Canteen
		4:00-6:00pm	4-6th Grade Religious School
		6:00-6:30pm	Youth Pizza Dinner
		6:30-8:30pm	7-12th Grade Religious School
Thursday	25	9:00-10:00am	ECP Parents Morning Coffee with Nan and Cantor David
		9:30-11:00am	Jewish Meditation in the Chapel
		11:00-12:00pm	Wisdom of the Sages
		11:00-2:00pm	Wise Aging
		5:45pm	AA Meeting in the Chapel
		7:00-9:00pm	The Great Challah Bake at TIC
		7:30-8:45pm	Choir Rehearsal
		7:30pm	Al-Anon Meeting in the Chapel

October Calendar



Sunday, October 28th
Westmed Health Day at Kol Ami



Sunday, October 28th
4-6th Grade Religious School
Open House

Friday	26	5:30pm 6:00-7:15pm 6:15pm	Shabbat in the Woods for Families with Young Children Crafts, Light Supper, and Babysitting for Children Kabbalat Shabbat Services in the Sanctuary
Saturday	27	<i>Lift Your Shabbat in the Chapel</i> 9:00am 9:30am 11:00am 10:30am 5:30pm	Coffee and Conversation Torah Study Shabbat Services B'nai Mitzvah for Noa Shiloach and Julia Handel Bar Mitzvah for Aaron Larit
Sunday	28	9:00-11:00am 9:00-11:00am 9:00-12:00pm 11:00-11:30am 3:00-6:00pm	K-6th Grade Religious School 4th-6th Grade Religious School OPEN HOUSE WestMed Health Day at Kol Ami Or Chadash Children's Choir with Cantor David URJ Day of Learning in the Chapel
Monday	29	1:00-3:00pm 6:00-7:00pm 7:30-9:00pm	Brandeis Group Presentation in the the Chapel 12 Step Recovery Group Judaism, Real and Imagined with Paul Davis
Tuesday	30	5:45pm 7:30-8:45pm	AA in the Chapel Israel in the News in Room 20
Wednesday	31	10:00-2:00pm	Mah Jongg Religious School Closed for Halloween

LOOKING AHEAD TO NOVEMBER

Nov. 4-14th	Congregational Trip to Israel with Rabbi Shira
Nov. 5th	Kol Ami at the Movies
Nov. 7th	Lunch and Study in the City with Rabbi Tom, White Plains
Nov. 13-16th	ECP Book Fair
Nov. 17th	Coachman Thanksgiving Celebration
Nov. 18th	Sisterhood Holiday Boutique
Nov. 18th	5th Grade Trip to the Museum of Jewish Heritage
Nov. 20th	Poetry Salon at Rabbi Shira Milgrom's

October B'nai Mitzvah



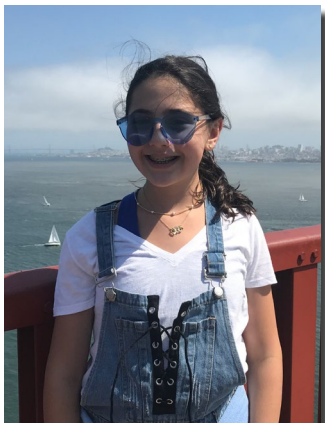
Andrew Lewis, son of Maren and Scott Lewis and brother to Javin, will be called to the Torah as a Bar Mitzvah on October 6, 2018. He is in 8th grade at Scarsdale Middle School. During the school year, Andrew is involved in science and technology programs, stage crew, golf, tennis and singing in addition to his school work. Andrew also enjoys rocketry, astronomy, chemistry and coin collecting. For his Mitzvah project, Andrew has been collecting kids' new and gently used winter coats that will be donated to Kids' Klostet in White Plains, a non-profit organization that distributes clothing items to local kids in need. Andrew set a goal of 54 coats and is happy to report that he has collected 90 coats and counting. If interested in donating new or gently used coats (sizes newborn through kids' XXL), there will be a bin set up in the Kol Ami lobby. Andrew is very excited to share his special day with family and friends.



Zoe Schuldenfrei, daughter of Lesley and Jon, sister to Hillary, will be called to the Torah as a Bat Mitzvah on October 6th. She is in 8th Grade at Edgemont Junior High School. During the school year, Zoe participates on the tennis team, plays the trumpet for band and jazz band, sings in the chorus, and acts in school musicals. In her free time, Zoe loves reading and baking all kinds of sweets. Zoe is also looking forward to working with the students at Kol Ami as a madrichim this school year. For her Mitzvah project, Zoe ran a snack drive to benefit the children of Lifting up Westchester. Lifting Up Westchester is a non-profit organization that helps restore hope to Westchester County's men, women and children in need by providing them with food, shelter and support by lifting them to greater self-sufficiency with dignity and respect. The snacks and gift cards Zoe collected went directly to the mentoring program so that children and teenagers would be nourished during their mentoring or after school programs.



Gabriel Garibaldi, son of Juan and Elise, and younger brother to Sebastian, will be called to the Torah as a Bar Mitzvah on October 13, 2018. He is in the 8th grade at Highlands Middle School. During the year, he is involved in performances as a drummer for different rock bands, and is a dedicated wrestler. For his Mitzvah project, he worked with Habitat for Humanity to help build and restore homes for the less fortunate in Westchester County. He also attended a Midnight Run where he distributed food and toiletries to NYC's homeless. Gabriel is very excited to share his special day with family and friends.



Sabrina Gabriella Kizer, born on October 6th, 2005, will be called to the Torah as a Bat Mitzvah on October 20th, 2018. She will be joined by her friends and family as we celebrate this joyous event. Sabrina and her family recently moved to Kentfield, CA because her father has taken a position at the UCSF VA hospital. Before living in CA, Sabrina attended Edgemont Schools and Kol Ami Religious School. For her Mitzvah Project, Sabrina held a bake sale to raise money to host a Coachman Center Birthday Party. At the Coachman Birthday Party, Sabrina taught approximately 30 kids from the Center to make slime and all kids then got to take the slime home with them. Sabrina will continue doing community service in and around Marin County, CA, under the auspices of Kent Middle School. Sabrina and her family will never forget Congregation Kol Ami and the warm sense of Community we felt there. Shana Tova.

October B'nai Mitzvah



Julia Handel, daughter of Richard and Susanne Handel and sister of Genna Handel, will be called to the Torah on Saturday, October 27, 2018 as a Bat Mitzvah. Julia is an 8th grader at Eastchester Middle School. She is an avid soccer player, playing for a premier team as well as her school team. In addition, Julia plays the flute in the school band, takes private piano lessons, and has been actively involved with the Girl Scouts since kindergarten. Julia's real passion is animals, particularly dogs. Since March 2017, she has been baking and selling homemade dog treats and donating all the money to NY Pet Rescue of Harrison. Pet Rescue is an organization that helps mistreated animals find their forever homes. To date, Julia has raised over \$1700 and continues to bake and sell in hopes of reaching her goal of \$2000. As a result, Julia was honored in March 2018 by Pet Rescue at their annual gala for her extraordinary volunteer efforts. Julia is very excited to share her special day with her friends and family.



Noa Shiloach, daughter of Ruth Berkowitz and Doron Shiloach and sister to Ariella Shiloach, will be called to the Torah as a Bat Mitzvah on October 27, 2018, 2 days after her 13th birthday. Noa is in 8th grade at Scarsdale Middle School, where she is involved in cheerleading and plays the clarinet in band. She also enjoys skiing, attending summer camp at Cedar Lake, and Kol Ami Religious School. For her Mitzvah project, Noa is knitting a baby blanket to donate to a new family in need. She is very excited to share her special day with family and friends.



Aaron Walker Larit, son of Nadine and Jeremy Larit and brother of Jenna Larit, will be called to the Torah as a Bar Mitzvah on October 27, 2018. Aaron is an 8th grade student at Edgemont Junior High School. He plays soccer and basketball, and is an enthusiastic musician. For his Mitzvah Project Aaron has been volunteering at Gigi's Playhouse, a center that educates and supports children with Down Syndrome and their families. He spends time with the children playing soccer and helping in music and movement classes. Aaron is very excited to share his special day with family and friends.



A Message from Rabbi Milgrom

The Most Important Jewish Holiday

As we emerge from the very high High Holidays - in all their spiritual power and magnificence and intensity - it's quite amazing to be reminded of a different source of spiritual power and magnificence and intensity. It is Shabbat. We don't have to wait it for a whole year. It's there for us week in and week out.

Years ago, a Kol Ami congregant was shopping with her kids during December. The sales person leaned over the counter and asked her little one, "What do you want for Christmas?" The child answered, "I don't celebrate Christmas; I celebrate Shabbat." That child got it! Neither Rosh Hashanah, nor Yom Kippur, nor Hanukkah, top the list of the one most important Jewish holiday.

Your children need and deserve to be blessed - at least once a week.
Your partner or spouse needs to be hugged and reminded that you love them - at least once a week.
And you need it, too.

We are all so busy - with jobs, with work, with emails, with deadlines, with carpools, with house repairs, with homework, with schedules. And life is so precious.

Shabbat makes sure that we put a hard stop to all that other stuff that we have to do - even for one dinner, or one evening. Shabbat makes sure that we can count on our kids being home for one dinner; that our kids can count on us for being home for one dinner.

Shabbat is making sure that what is really most important to us actually does happen in our lives; it's where the rubber meets the road for love.

You can make joy-filled services at Kol Ami a part of it - or you can make Shabbat at home with friends or family. We can help you make it happen.

With wishes for a year of more love and more joy,

Rabbi Shira Milgrom

A Message from Rabbi Weiner



Gratitude for the Civility of our Community

Dear Friends,

I am so appreciative for all of you who disagreed with some of the thoughts that I presented in sermons on the High Holidays. I have a good number of colleagues who feel they are unable to present any ideas that are at all controversial. In some cases, questions central to the Jewish community are left unaddressed.

Let me thank you for the ways in which you made clear that we have a unique and healthy community:

1) I'm very glad that we have a synagogue in which folks are comfortable calling, e-mailing and writing letters in which you expressed your disagreement with some of the ideas I shared.

2) Each of those letters was thoughtful, polite, thorough, and clear.

3) All of your reaching out was beautifully civil and polite.

4) In each case, good and healthy conversation ensued.

5) And, I learned a lot!

So, even in the midst of difficult times, when difficult conversations need to take place, thank you all again for sharing in a way we can all be proud of here at Kol Ami.

Sweet thoughts for this new year,

Rabbi Tom Weiner



A Message from Cantor Rosen

Freekeh—The Middle Eastern Alternative to Quinoa

On my family's recent trip to Israel, I was reacquainted with a food that I had completely forgotten about, Freekeh. What is Freekeh you ask?

Freekeh, pronounced "free-kah" is a grain. The word is arabic in nature and means "coming from that which is rubbed," referring to the technique in which it is harvested.

Essentially it is a grain of wheat that is harvested while young and green. After being roasted over an open fire, the straw and chaff are burned and rubbed off. Because the grain on the inside is too young and moist to burn, you end up with a firm, slightly chewy grain with a distinct flavor that's earthy, nutty, and slightly smoky. It is harvested early in the spring, making it an ideal grain-food for that time of year, when stores of grains from the previous season have been used up during winter.

Freekeh is first mentioned as early as the 13th century in a Baghdad cook book as "farikiyya." It is said to have roots in ancient Egypt and Syria. There is a legend or story that is told that in 2300 B.C. a nation in the Eastern Mediterranean was anticipating an attack on their city. Worried about losing their crop, they picked the early green heads of wheat and stored them. When their city was attacked and came under fire, they discovered the process for making freekeh despite the disastrous destruction of the country. Freekeh is widely used now in the middle east and is making a comeback on the food scene in North America.

Aside from being super delicious, Freekeh also comes with tremendous health benefits that rival its superfood counterpart, Quinoa. Packed with vitamins like iron, calcium and zinc, Freekeh also functions as a prebiotic by promoting the growth of good bacteria in your gut. It is lower on the glycemic index than Quinoa and contains more protein than Quinoa as well as twice as much fiber. Unfortunately, if you are gluten free, freekeh will not be in your repertoire of grains...Freekeh is traditionally served with meat or fish, but it is such a delicious grain that can be added to salads, used as a side dish or even added to your favorite soup or yogurt.

Here is a recipe from the Food Network to try. By the way, if you are wondering where to buy the supergrain, check out Yarramush on Central Avenue in White Plains....

Happy Eating, Cantor David Rosen

Triple-Herb Freekeh Ingredients

1 cup cracked freekeh
1/2 a small red onion, finely diced (about 1/2 cup)
2 tablespoons chopped fresh basil
2 tablespoons chopped fresh dill
2 tablespoons chopped fresh parsley
2 tablespoons extra-virgin olive oil
Juice of 1 medium lemon (about 2 tablespoons)
Kosher salt and freshly ground black pepper

Directions

• Add 8 cups water and freekeh to medium saucepan. Boil until tender, about 20 minutes. Strain.
• Meanwhile, soak the onions in ice water in a small bowl for 10 minutes. Strain well.
• Whisk together the onions, basil, dill, parsley, oil, 1 tablespoon of the lemon juice, 1 teaspoon salt and 1/4 teaspoon pepper in a large bowl. Add the cooked freekeh and toss to coat. Season with salt and pepper if needed. Transfer to a serving bowl and add the remaining 1 tablespoon lemon juice. Serve warm or at room temperature. (Alternatively, serve chilled, adding an additional tablespoon of lemon juice just before serving.)

A Message from our Co-President

Reflection and Renewal

Shana tova. It's hard to put in words the tremendously positive feedback Susan and I received regarding Kol Ami's High Holiday Services - from the inspiring music to the meaningful liturgy to the thought provoking sermons. And I know I speak for Susan when I say what a privilege and honor it is to sit on the Bima and look out at this caring and committed Congregation. A special word of gratitude to our Clergy, Jess, Emily, Susan, our custodial staff, all those who participated in our services, our doctors who were on standby and the entire Kol Ami staff. It's difficult to imagine all the hard work that goes into making our services as special as they are. This also marks a time when we get back into full swing. Religious school and the ECP are off to great starts and we are excited for all this year — our 95th year — has to bring.



This time of reflection and renewal also got me thinking. Recently, my wife Cindy and I decided it was time to have our swing-set in the backyard taken down and removed. After all, our oldest is in college and the other two are in high school and the wood set was starting to really show its age. After a short discussion, I hadn't really even given it much thought. Then shortly before the holidays, I looked out the back windows and saw a crew dismantling the play-set and carting it off. I just stared and realized my eyes were beginning to well with tears. A slew of memories came flooding back of pushing the girls on the swings or, as they grew, watching them do the monkey bars by themselves or seeing them climb into the fort and slide down. I started to regret the decision. Why not just leave it?

But then I realized, leaving a decaying swing-set wouldn't allow me to push the girls in the swing or watch them gain their independence and grow. Those were great times and I have the fondest memories but retaining a decaying swing-set will never allow us to recreate them. Instead, we need to evolve and create new memories. Who knows — maybe we will replace it with a pool or a garden or just a spot to have a picnic. Whatever we choose will come along with new and exciting memories without erasing the old ones.

Similarly, we strive for that at Kol Ami. We are continually evolving while maintaining our core traditions and values. This is especially true where certain ways of doing things are no longer attracting or serving our Kol Ami community. We could hang on just to savor the memories, or we could make changes... thus, making new memories while remembering and honoring the old ones.

L'Shalom

Scott Musoff

A Message from our Executive Director



You Are Invited!

This past summer Dave and I were visiting long-time friends when I was telling our friend Connie Zuckerman about our *“I am Kol Ami... Diversity is our Heartbeat”* campaign. I went into detail about some of the wonderful congregants featured in the initial launch of the campaign. I found myself focusing on some of the older women in our congregation and talking about them with great respect and admiration. Did you know...?

- Diana Munder, one of the first female certified public accountants in New York State in 1943, is a regular attendee at our Friday night Kabbalat Shabbat service.
- Lilly Port, who at the age of 105 continues to experience incredible travels around the world, and consistently attends our Kabbalat Shabbat service, too.
- Jo Landau recently celebrated her 99th birthday and graces us with her presence in our sanctuary on Friday nights as a dedicated worshipper.
- Harley Lewis, who joined us in the 1950s, is a regular member of our Saturday morning study group at *The Lift*, and has been involved in social justice activities for decades and continues to challenge Kol Ami to do “good”.

I told my friend Connie that these women are just a few examples of amazing aging congregants, and added that there are so many others at Kol Ami like: Ellen Bittner who became a champion powerlifter after retiring from teaching; and Julie Carran who has been recognized for her social justice work, who are role models for living a full and meaningful life post-career, and that I hope to age like them!

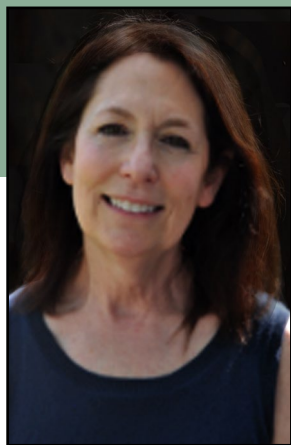
Connie then told me about a website that she recently launched called agebuzz (<http://www.agebuzz.com/>). Agebuzz is devoted to news, information, research, opinion, and other articles of interest on all aspects of aging. Connie is proud to state that she and her team study everything available to read about aging, and then curate what they believe to be the most useful, interesting or inspiring info! In addition to the website, Connie offers a free weekly newsletter about aging, which Dave and I have been reading for a while. As with most journals, we choose which articles we read carefully and which articles we just skim. Considering the significant number of congregants at Kol Ami who continue to be vibrant and active, Connie and I contemplated whether their involvement at Kol Ami was a factor for a long and meaningful life. So, I am pleased to extend two invitations to you.

The first invitation pertains to everyone and our *“I am Kol Ami” campaign*. You may have seen our “Whatever your ‘Jewish’ is, You’ll Find it at Kol Ami” display in the Atrium on your way to or from services during the last few weeks. We understand that diversity comes in many forms and a Jewish Journey has many stages. We would like to know more about you and your Jewish Journey. Thus, I invite you to add yourself and your family to our campaign by completing the questionnaire on page 5 and sending a photograph (an original 300dpi photo) to: emilycampbell@nykolami.org.

The second invitation is to participate in the *Aging & Amazing campaign* Connie is developing. In the next few weeks Connie will be visiting Kol Ami to meet some of the amazing Kol Ami women that I’ve already told Connie about. Please check This Week for more information if you are interested in being part of this conversation. I invite all women to participate. After discussing it further, Connie decided she wanted to meet some of Kol Ami’s “senior” women and feature them in a future agebuzz campaign.

I look forward to learning more about you, your Jewish journey, and your “secrets” for healthy aging, and encourage you to accept one or both of these invitations.

Fondly, Jess



A Message from our ECP Director

October ECP Dates:

- 10/1 ECP Closed Shemini Atzeret/Simchat Torah
- 10/4 Open School Night for Parents and Teachers 7:30pm
- 10/5 Shabbat in the Woods Book Share 5:30pm
- 10/8 ECP Closed for Columbus Day
- 10/9 Parents Cocktail Party 8:00pm, Location to be announced
- 10/23 First Friends Begins
- 10/25 School wide Parent Breakfast with Nan & Cantor David

CONGREGATION KOL AMI

ECP PARENT TEACHER EVENING FOR 2'S, 3'S, 4'S AND PRE-K'S

THURSDAY, OCTOBER 4, AT 7:30PM



Enjoy an Informative Evening with Us!

- Meet with your new teachers and ECP staff
- Tour your child's classroom
- Learn about a day in the life of your preschooler
- Meet the parents of your child's friends
- Enjoy coffee and cake with friends

Hear what's
happening
in our school

Bring your
questions and
learn about
what's ahead
for 2s, 3s,
4s, and 5s!

See old friends,
and meet new
friends!

Join Nan and Cantor David for Breakfast & Conversation

Thursday, October 25th
at 9:15am

featuring breakfast cooked
by Cantor David Rosen



in the Gallery at Kol Ami
at 9:15am

Please Join Us!

Building a Community of Friends, One Family at a Time

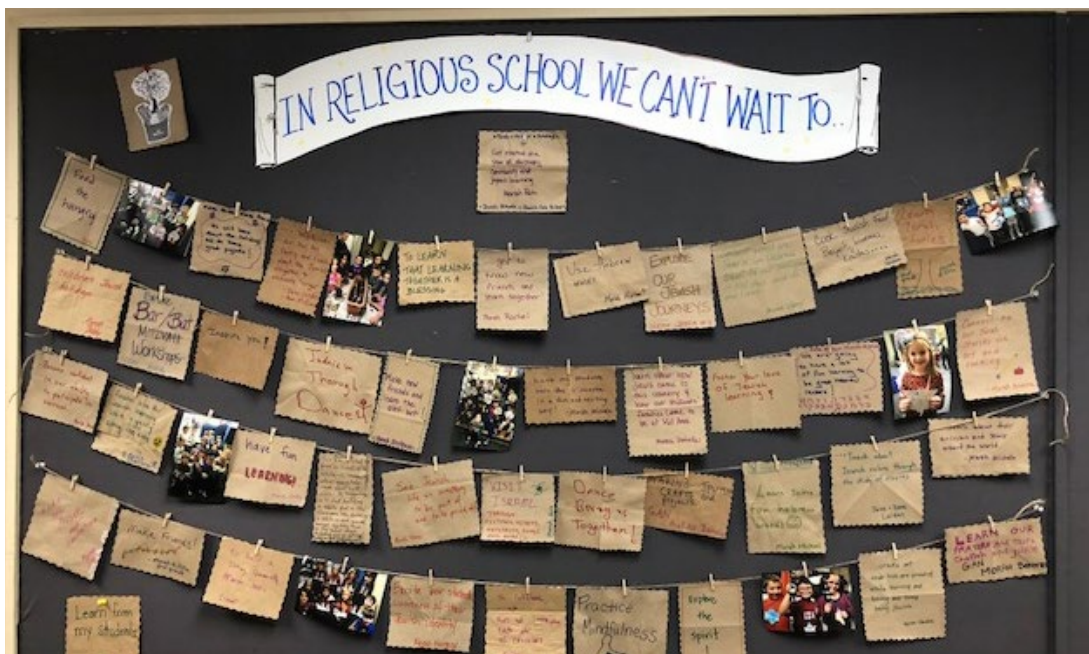


Building a community of friends' one family at a time!

*Be well,
Nan*

Building a Community of Friends, One Family at a Time

A Message from our Religious School



Chag Sameach! What a great time of year - a time of new beginnings and contemplations but also a time of continuations. Welcome back to those of you who have already begun your Kol Ami Religious School journey and welcome (ברוכים הבאים) to our new students and families.

As I begin my 8th year here, I am excited for both my continued role and my new adventure as Interim Director. Our school is thriving, not only because it is filled with wonderful families who continue to offer their help and support, but also because there is a sense of commitment to one another. I am so energized about the year ahead. We remain steadfast in our commitment to running an excellent school that both enriches and nourishes your children.

Our remarkable teachers are geared up to have another exceptional year. Listed below is a sampling of their thoughts and goals when asked, "In Religious School, we can't wait to..."

- ...get to know new friends and learn together" – Morah Rachel
- ...excite our students' awareness of their Jewish identity" – Morah Margery
- ...connect to our Torah stories via art and cooking" – Morah Andrea
- ...have a lot of fun learning to be great Hebrew readers" – Morah Elaine
- ...foster love for Jewish learning while giggling along the way" – Morah Charlene
- ...visit Israel through pictures, videos, artifacts and more" – Morah Mira
- ...see Jewish life as something to be a part of and to be proud of" – Moreh Steve
- ...teach Jewish values through the study of movies" – Jess & Dave Lorden
- ...create art that kids are proud of while learning and loving and living being Jewish" – Morah Candice
- ...build a strong community through music" – Itamar
- ...learn from my students" – Morah Karen

Looking ahead with sure vision and clear intent. "In Religious School, I can't wait to get started on a year of discovery, community and joyous learning." May this year bring us all closer in celebration, study, prayer, and community.

Pam Pass



A Message from our Director of Youth Engagement

Dear friends,

Now that year has officially started I would like to tell you a bit more about a few of our youth programs. Important Date: October 20th Midnight Run

Teen Leadership in Action

Our elected Vaad (Youth Group leadership) this year is comprised of a dedicated and enthusiastic group of teens. They are excited to carry on existing traditions, like *Shul Ins*, *Midnight Runs*, etc. and they are thrilled to bring back some old traditions like the *Car Wash Fundraiser* for our trip to Israel. They are also creatively and imaginatively establishing new traditions like having a fish in the Youth Lounge! Naturally the fish's name is Doug (Hebrew for Fish). It gets better, his Hebrew name is Little Idan and I am happy to report that not only can he chant the Torah Blessings perfectl, but he is also making lots of bubbles. At first I thought that was bad, but it turns out bubbles are good! It's an indication that the fish is happy. Happy fish, happy everything...

Our teens did a fantastic job during the High Holidays. Together they prepared and led the activities in the Gym, as well as helped Itamar in the Chapel. They sorted medical equipment during Rosh Hashanah thanks to Barbara Wexler who connected us to AFYA and partnered with us for this fun and important Tzedakah project. The sorting continued on Yom Kippur, this time with the food our community collected during the ten days of Teshuvah. A big thanks to Rachel Eckhaus for making this possible through The Feeding Westchester Organization. Additionally, our teens helped build a Sukkah at the Elizabeth Seton Pediatric Center in Yonkers. Thank you Michael and Matthew Welling for this wonderful connection. I am proud of our teen community for all they have done so far, and know they are about to have a meaningful and fun year.

Music

Kol Ami has a brand new teen led rock band, named Kol Ami Rocks. Together with a professional guitarist, two teen age brothers from the community and myself (I was attempting to play the Bass guitar) have shaken the chapel with some heavy Metal music! My goal is that by the end of the year we will be playing Debbie Friedman's Mi Sheberach in all 12 keys. Acoustic version of course. I am excited about this because this band has the potential to engage more of our teens, doing what they love, here in Temple. More to come from this new initiative.

Israel

My 3 weeks in Israel this summer were great. Eating Humus all day long helped me gain a few extra pounds that I have been fighting ever since I came back. While in Israel I participated in a week long seminar as part of a year long fellowship. The fellowship is called Qushiot and it is part of the Jewish Agency. I am honored to give an introduction to the program on Saturday October 6 here at Kol Ami (time TBA). Please consider joining me for the presentation. I am also looking forward to co- leading with Cantor David our teen trip to Israel in December. Our Shinshinim (Israeli emissaries) are Lior and Carmel. Lior will join our Vaad for all our meetings and Carmel will be with us on Tuesdays at the ECP and Wednesdays at Religious School. I hope that you get the chance to meet them. I am looking forward to seeing the interaction and all the learning that they bring to us and we bring to them.

Garden

Our Garden has produced a lot of vegetables: string beans, tomatoes, lettuce, squash, pappalo, jicama and more. In addition to housing a family of Rabbits (*Arnavim* in Hebrew), the garden brings much life that is worth seeing. I do not refer to the multitude of fruit flies that have occupied the compost bin in recent days, but rather to the beautiful butterflies I often spot enjoying the colorful marigolds. While this season is rapidly ending, I hope that even more people will participate in maintaining the Garden next spring/summer. Thank you to everyone who has helped so far!

As always, I invite everyone to visit me and the fish, at my desk in the Youth Lounge.

Around Kol Ami....

#nykolami



Fun was
had by all
ages at our
Sisterhood
Sukkah
Decorating
Afternoon!



Enjoying a
glass of wine
together
during
Shabbat
Sheli while
the children
were in Rabbi
Tom's Study

Congregants were
busy this High Holy
Day season, baking
for our Erev Rosh
Hashanah Dessert
Oneg, participating
in the Sisterhood
Staplefest and
registering with the
League of Women
Voters to vote this
November!



Around Kol Ami....

#nykolami



We celebrated
Sukkot in so
many meaningful
and wonderful ways!!

We Point With Pride to.....

Madiha Tubman and Shira Adler!!



Kol Ami Controller, Madiha Tubman, has spent the last two years becoming trained and certified as a *Dream Builder Coach*, followed by certification as a *Life Mastery Consultant* through the Life Mastery Institute: The Premier Training Center for Transformational Coaching.

Just recently Madiha was appointed as a Mentor for the Mandela Washington Fellowship for Young African Leaders. This prestigious program was established by President Obama to support young African leaders as they spur growth

and prosperity, strengthen democratic governance, and enhance peace and security across Africa. With Madiha's mentorship, these Fellows will have a path to reflect on their visions, and to plan and achieve their goals as they grow as leaders and professionals.

Asst. High Holy Day Cantor, Shira Adler, the author of the recently released book, *The ABCs of CBD: The Essential Guide for Parents (and regular folks too)* has received rave reviews nationally.

Following the High Holy Days Shira flew to California to speak at the CBD Expo West, and to begin her California book tour. Accessible for any reader, *The ABC's of CBD* is a practical, educational, and comprehensive guide — alternatively humorous and hard hitting when it needs to be, answering all the things you've ever wanted to know about cannabinoids, but were afraid to ask. Shira was also recently a guest on the Empowered Spirit podcast which you can listen to here.

The links to the author chat and podcast are below:

[Author Chat](#) [Podcast](#)





Friday, October 19th, 2018

Join Us for An Important Panel Discussion

How does the issue of guns or gun violence interface with your life?

What changes can you imagine that would change the landscape of gun violence?

Amy Ellenbogen, *Director of the Crown Heights Community Mediation Center*

Eric Tirschwell, *Director, Litigation and National Enforcement Policy*

Reverend Troy P DeCohen, *Senior Pastor of the Mount Vernon Heights Congregational Church*

Captain David R. Burpee, *Retired Captain from White Plains Police Department of Public Safety*

Jack McEvoy, *Kol Ami Congregant and 11th Grader at Scarsdale High School*

Philip Colbran, *Kol Ami Congregant*

Evening Events Begin at 5pm with Musical Explorations

Followed by Hors d'oeuvres, Shabbat Services, Catered Dinner,

Children and Teen Activities, and Keynote Panel Speakers.

Come for some, or all of the evening! (Reservations only required for dinner)

Dinner catered by
Caperberry
 Events X Catering

Clip and return this dinner reservation form NO LATER THAN WEDNESDAY, October 10th
 Congregation Kol Ami 252 Soundview Avenue, WP, NY 10606 or go online at: www.NYKolAmi.org/Synaplex.

Adult Names: _____

Children's Names and Ages: _____

Phone Number: _____

Email Address: _____

Shabbat Family Dinner

#Adults ____ x\$25 = \$ _____

#Children/Teens ____ x\$15 = \$ _____

#Children 5 and Under ____ = N/C

Total Enclosed: \$ _____

Please make checks out to: Congregation Kol Ami

****Please add \$5 additional per person after October 10th****

****We are sorry, but we can not accommodate walk-ins****

[Click here to reserve a spot at any of our 2018-19 Synaplex Shabbats now!](#)

KOL AMI WOMEN'S OASIS AT HOME

Guided by the powerfully spiritual, best-selling book,
**"When All You've Ever Wanted Isn't Enough:
The Search for a Life That Matters"** by Harold S. Kushner...

Living a Meaningful Life--Finding Your Happiness

Tuesday, October 9, 2018

7:30-9:30p.m.

at the Home of Rabbi Shira Milgrom

Rabbi Shira Milgrom

Thursday, December 13, 2018

7:30-9:30pm. (location to be determined)

Rabbi Fredda Cohen, Westchester Chaplain for the
New York Board of Rabbis,
and educator at Bet Am Shalom Synagogue

Wednesday, February 6, 2019

7:30-9:30pm (location to be determined)

Rabbi Pamela Wax, Spiritual Care Coordinator, WJCS

Tuesday, April 2, 2019

7:30-9:30pm (location to be determined)

Rabbi Shira Milgrom

Register for the Oasis at Home Series today ● Refreshments will be served at each session.

Please print this flyer and return it with a check payable to Kol Ami.

Mail to: Congregation Kol Ami 252 Soundview Avenue White Plains, NY 10606

Name _____ Address _____

Email Address _____ Phone _____

☐ Four sessions \$60 (Individual sessions \$18)

☐ Session 1: Tuesday, October 9, 2018

☐ Session 3: Wednesday, February 6, 2019

☐ Session 2: Thursday, December 13, 2018

☐ Session 4 Tuesday, April 2, 2019

For further information contact

Jill Abraham 472-5806 or jill.sa2@verizon.net Lauri Carey 472-8076 or lauricarey@hotmail.com

High Holy Day Honors and Thanks

It is with great appreciation, and sincere thanks, that we take a moment to thank those whose participation made our High Holy Days even more meaningful.

Co Presidents

Susan Kohn
Scott Musoff

Charlotte Blotner
Sara Blotner
Sheryl Brady
Steve Brady
Judi Brown

Itamar Gov-Ari
David Gravitz
Pat Grossman
Bonnie Hagen
Lisa Hochman

Stacey Matusow
Paul Mauro
Liz Mayeri
Michael Mayeri
Betsy McCormack

David Seif
Hilary Seif
Mia Shapiro
Murray Shapiro
Andy Sommers

Past Presidents

Lisa Borowitz
Ronnie Cohn
David Lee
Hank Rouda
Mark Seiden
Neil Tucker

Emily Campbell
Melissa Cohen
David Cole
Paul Davis
Susan Davis
Rachel Eckhaus

Ben Hostetter
Adam Hutter
Liz Ilberg
Ben Jeske
Martin Kahn
Erik Klein

Jack McEvoy
Judy McEvoy
Jeanne McIntosh
Nancy Merahn
Pam Milian
Diana Munder

Rebecca Sparer
Jill Staffin
Julia Staffin
Randy Stein
Noah Tirschwell
Oren Tirschwell

Congregants:

Lori Abrams
Alison Adler
Elliot Adler
Micah Arenstein
Alex Arovas
Melanie Barest
Matthew Barotz
Myrna Barzelatto
Jack Berger
Ellen Bittner
Nan Blank
Barbara Block

Michael Elkin
Sara Elkin
Lenora Eve
Genna Farley
Anna Feldstein
Ellen Flaks
Linda Forman
Rachel Freedman
Danielle Gecht
Jeff Gelfand
Jenna Ginsberg
Melanie Gluck
Jenny Goldban

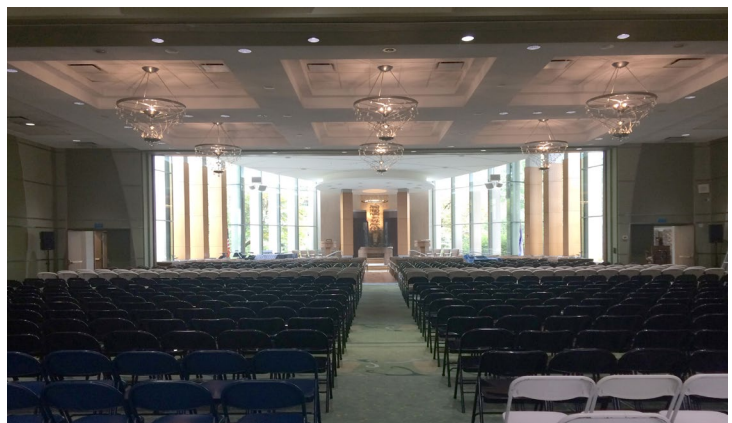
Eugene Klein
Sam Kroin
Ellen Kurtz
Jen Labovitz
Victor Landau
Jennifer Lemberg
Tom Lent
Joele Levenson
Talia Levenson
Margie Lewis
Jonathan Litt
Rayna Litt
Jessica Lorden
Carmel Lowenthal
Debbi Marcus

David Okun
Myra Oltsik
Gary Orentlicher
Pam Pass
Scott Pollak
Adrianne Pollak
Lilly Port
Courtney Rabb
Debbie Rothschild
Talia Rothschild
Idan Santhaus
Judy Sarch
Audrey Schonfeld
Paul Schwartz
Alice Seidman

Greg Tyng
Ellen Umansky
Mike Vujnovich
Cate Ward
Elizabeth Ward
Maggy Weber
Michael Welling
Leslie Wiesen
Bert Wohl
Patti Wohl
Eli Worth
Gail Young
Gillian Zitrin
Michael Zoberman
Michael Zweig



And a special thanks to Paul Mauro and our entire custodial staff, for working tirelessly to create our beautiful sacred spaces for the High Holy Days.



Sisterhood



Kol Ami Sisterhood

Co-Presidents Sheryl Brady, Rachel Eckhaus, Stacey Matusow

“Many hands lighten the load” which was certainly the case at our StapleFest recently, when we prepared shopping bags for our High Holy Day food drive. We were delighted at such a great turnout – almost 40 women strong! – and we continue to attract members new to Sisterhood as well as our veterans. The efficiency with which we were able to complete our task allowed for ample schmoozing and snacking and even allowed some of us to help with a holiday mailing to our college students.

As I write this, it is now Sukkot, when we celebrate the bounty of the earth and the harvest which provides for us and allows us to share with others. We are proud that the food drive resulted in 5180 lbs. (34 bins filled!) of food being collected, 968 lbs. more than last year’s number, for Feeding Westchester. We hope that many of you are able to spend time on our patio in the Sukkah that was lovingly and beautifully decorated by our Sisterhood (along with some of our Sisters’ children and an adult son).

The Kol Ami Sisterhood is proud to serve our Congregation and community as well as to create an opportunity for women to learn, to share, and to celebrate Temple life, their families, and themselves. If you come to worship during the High Holidays, participate in Friday night services, celebrate life cycle events, or attend our educational programs, then you have shared in Kol Ami experiences that are supported by Sisterhood.

We continue to increase our social and philanthropic activities, creating a myriad of opportunities for members to become involved, to make new friends, to have fun, and to help make the world a better place! We strive to offer something for everyone, and we are always open to new ideas. Our social events such as the Havdalah series, Wine and Wisdom, Latkes and Lattes, Ladies Night Out, Passover tasting, and Membership Dinner, just to name a few, continue to attract an ever-growing group of Kol Ami women, and we are thrilled to count new members among our ranks!

Our Sisterhood Holiday Shopping Spree in time for Chanukah will be better than ever, and the proceeds of this fundraiser will allow us to continue our support of Kol Ami. Our Purim baskets initiative, while fostering a sense of community, also produces increased revenue. And please visit our Judaica Shop. These projects help us fund a variety of Kol Ami and broader Sisterhood causes including underwriting events shared with the Coachman Family Center, providing financial support for musical programs, Shabbat and High Holy Day Onegs, Sukkah decorations, Early Childhood Program holiday celebrations, the Religious School, scholarships for high school students, adult education programs, and so much more.

We are blessed to be able to do as much as we do because of wonderful volunteers as well as the dues-paying members of WRJ Kol Ami Sisterhood. Whether you are a long-time member of the Sisterhood or new to our organization, we hope you will take this opportunity to formally (re)join Sisterhood in the new year. With your dues payment of \$40, you will enjoy discounted or free admission to events we sponsor while helping to deliver all the services provided by the Kol Ami Sisterhood for our Congregation. And of course we hope that you will become an active participant as well; we promise you’ll make some new friends!

On behalf of Kol Ami Sisterhood, we thank all of you for your past and continued support and wish you and your families much joy and blessing in the New Year.



CONGREGATION
Kol Ami



Join Kol Ami's Youth Group for our **Midnight Run**

Saturday, October 20th at 7:00pm

The midnight run can't happen without your help! We're soliciting the following items for those experiencing homelessness:

Food (non-perishable)

Juice boxes, Granola Bars, Bottled Water, Coffee Cups (with lids), Spoons,
Peanut butter, Jelly, Fruit cups, Ziploc Bags

Clothing (large sizes) *ESPECIALLY WINTER CLOTHES*

Sleeping bags, Winter Jackets, Jeans, Tube Socks, Women's briefs,
Long underwear Shoes (hiking boots & sneakers), New Socks, Sweatshirts, Sweaters,
T-shirts, Gloves, Hats, Scarves, Belts, Backpacks

Toiletries (travel size)

Soap, Toothbrush, Toothpaste, Shampoo, Washcloth, Razors, Shaving Cream,
Deodorant, Lip Balm, Moisturizer, Feminine Hygiene Products

Donations may be placed in the collection bin by the Youth Lounge.

***Teens' parents need to fill out a permission slip Contact Idan at
idansanhaus@nykolami.org for more details***

Social Action Tikkun Olam

Coachman Corner

Spreading Tikum Olam
in our Community



Tennis Clinic: Natalie Schonfeld, with some help from her friends, organized and led a tennis clinic in the Kol Ami gym in August. The gym was transformed into a tennis court, complete with all the nets and equipment needed for a fun-filled afternoon of play. With these girls' mentorship and support, the Coachman kids had a blast learning the fundamentals of tennis and practicing their new skills. Natalie looks forward to making this a monthly workshop for the Coachman youth.

School Supplies: Our school supply drive was a huge success. Thanks to the generosity of our community we delivered many backpacks, notebooks, folders, and assorted other essentials the Coachman children needed for the start of school.

Upcoming Initiatives:

DRIVES – We will be collecting the following items to meet the needs of the families residing at the Coachman Family Center as we move into the winter months:

- Cold weather accessories such as gloves, hats & scarves
- Toys and games to be distributed as holiday gifts for the children in December

PARTIES –Throughout the year, we'll also throw parties for the Coachman children. Parties will take place on Sundays from 12:00 – 2:00 PM at the Coachman Center and are scheduled on the following dates: October 14, December 15, February 10 and March 10.

Please let us know if you are interested in donating to and/or participating in projects to benefit the Coachman Family Center. Together, WE CAN MAKE A DIFFERENCE!!

Alison Adler – alisonadler@nykolami.org
Lisa Hochman – lisahochman@mac.com

Social Action

Tikkun Olam

Hi everyone,

As we come to the end of the 16th month since the arrival of the Shatlo family in the United States and as the need for our involvement lessens, we wanted to give those of you who contributed to the family's resettlement a final update on how they're doing. It is really a testament to your dedication and hard work along with the ongoing efforts of the Shatlos that they are as settled as they are at this time.

Salam continues to work at Elcan Industries Inc. in Tuckahoe. He has been there for about 5 months and will soon be eligible for health care benefits for his family and for a raise. As of the last conversation with him, he is happy there, his boss is "very kind" and he feels good about his job. Amina is hard at work sewing for her own customers as well as for Scott who has his own mobile cleaning and alterations business bringing Amina many fancy dresses to be altered, and Iffat whose shop is in Rye. Iffat, who Amina met at an AMWA event, taught her some of the finer points of alterations and calls on Amina for help when she is very busy. Amina has two sewing machines that do a variety of special stitches, but not everything. With help from Wendy she is about to shop for a third machine capable of additional stitches giving her many more options. Amina is very hardworking and ambitious and dreams of her own shop. She has a website. Please do try accessing it. A search with – Amina, White Plains, seamstress – should bring it near the top of the queue.

The children are currently set in their second year at Church Street School in White Plains – 5th grade for Alan, 4th grade for Digar and 1st grade for Layla. They had a great summer at the White Plains Youth Bureau's Bits and Pieces Camp and the YMCA Camp. They are also registered for after school programs courtesy of the Youth Bureau and with the help of Sheryl. All three children will go to PGT Drama program located across the street from their apartment and all three will begin karate on September 19 at Bushido School of Karate. Alan will continue with boxing lessons.

During the summer, in addition to camp, the family attended the Sunday program for refugees at Sarah Lawrence College. Also, available to the family was a pass for the Gardella swimming pool near their camp provided by Lisa and bicycles for the whole family provided by Pam M. Alan and Rena took the family swimming at Scarsdale pool and to the Botanical Gardens.

Currently the Shatlos are on the list for affordable housing in Tuckahoe and White Plains. Meanwhile they are comfortable and able to afford their current apartment, but if they do make it to the top of the list, their rent would be much easier to manage. Accompanied at different times by Erin, Natasha, and Amy, the Shatlos made the necessary trips to the city to apply for their green cards.

Amina's brother who lives in Toronto has visited a couple of times, most recently a couple of weeks ago. It is a great comfort to Amina that there are family members nearby and accessible. Amina has been invited to speak about her refugee and resettlement experience at a September Welcome Week event sponsored by Hearts and Homes for Refugees.

We would like to thank all of you who have helped the Shatlo family resettle in White Plains over the past year and a half. The family would not have progressed in the way they have without your contributions, large and small. We would also like to acknowledge the leadership and support from the folks at HIAS, particularly fabulous Erin who was always there when we needed her. As mentioned in a previous email, although we are no longer officially responsible for the family's resettlement, a few of you have remained in contact with the family and are continuing to help in important ways. Paul and I will also be in touch with the Shatlos periodically, so you can contact us if you have any questions, but feel free to contact the Shatlos directly. And especially feel free to contact Amina if you have anything that needs to be altered – she can do anything.

Warm regards and happy new year,

Susan and Paul Davis

Social Action

Tikkun Olam

KOL AMI COOKS for THE OPEN ARMS MENS SHELTER

Want To Have Fun While Doing Good?

Tuesdays, 11:30am – 1:00pm. To sign up or ask questions, please contact either Myrna at : mbarzel@aol.com, 914-403-7434 or Leslie at : lsw20@earthlink.net, 914-686-9516

Sundays 11:00am-1:00pm
To sign on or ask questions, please contact:
Nancy Marcus at larrymarcus@aol.com

Cooking will take place in the Kol Ami kitchen once a month starting October 23rd.

You don't need to be a "chef", but along with the willingness to have a good time, you will need to bring the following for each session: a sharp knife, a cutting board, a towel and 2 pot holders.

The Cabin Group - Alcoholics Anonymous
Weekly on Tuesday and Thursday closed meetings at 5:45 pm in the Schulman Chapel in the Woods

AL-ANON
Weekly (closed) meetings on Thursdays at 7:30pm in the Schulman Chapel in the Woods



The Kol Ami Singers

Accompanied by Paul Schwarz, we sing at local nursing homes and assisted living facilities. Join us as we bring a little sunshine to the residents and make a difference in their lives. For information, call Murray Shapiro 914-946-7789
Wednesday, October 24th at 2:30pm
The Kensington (4th floor)
Corner Maple & Longview Avenues
White Plains, N.Y.

AFYA at Kol Ami

And the children shall lead....
This past Rosh Hashanah students of all ages worked to sort 14 boxes of medical supplies for AFYA. Under the direction and help from our high school students, younger students sorted, counted and bagged thousands of supplies to be redistributed to those in need.

This project is part of our continuing efforts to support the AFYA foundation, which has its' headquarters in Yonkers.

Our work down at the warehouse starts again on October 10th, when volunteers from Kol Ami come down to the foundation to sort medical supplies on a monthly basis. We meet at 9:30 am in front of the religious school entrance, the second Wednesday of every month.

Please contact **Barbara Wexler:**
wexlerartworks@optonline.net if you would like to participate.

Kol Ami Food Pantry Hours

Kol Ami Food Pantry is open to serve our congregants, staff and guests of both.

The Pantry is located in the entrance of our gymnasium

and is open Tuesdays 9:30am-11:00am, and also

Thursdays 6:00pm - 7:30pm & Sundays 9:30am - 10:30am by appointment

. Gift cards, private ordering and delivery is also available. For information, gift cards, private ordering/delivery contact Jess Lorden, 914-949-4717 ext. 101.

Social Action Tikkun Olam

Kol Ami Cares *Opportunities for Volunteering*



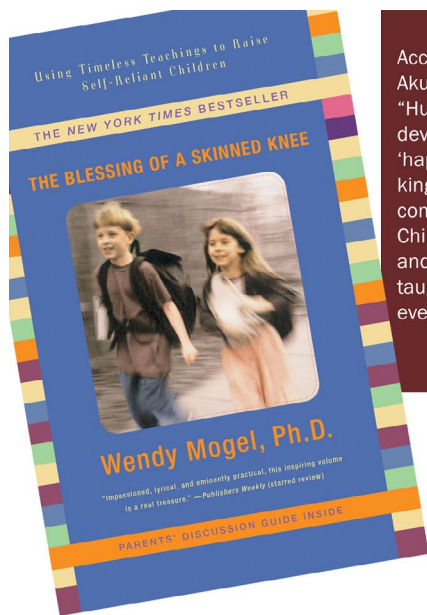
Providing endless opportunities for connection and caring in times of joy and in times of sorrow. We call bereaved families, help, lead or participate in shiva services for families in mourning, visit the sick and connect with the homebound. We also work to support the larger Westchester and world communities by knitting for our troops, preparing food for the hungry and through many other activities of mitzvot.

Several of our congregants no longer drive or have difficulty getting to services and special events. Kol Ami Cares maintains a database of members willing and able to provide transportation as needed. Offering a ride even once in a while is hugely appreciated.

Also, within our Kol Ami community are older congregants who would welcome a visit in their homes. Many do not have family living nearby and would appreciate the company. Please join our growing list of members who spend time with our housebound congregants. (B'nai mitzvah students may choose this activity as a Mitzvah Project.)

In addition, Kol Ami Cares delivers meals to our members recovering from illness or surgery. We welcome anyone who can provide a meal for those unable to shop or cook for themselves or their families.

If you or anyone you know can benefit from our assistance, please contact us immediately. Thank you so much to our wonderful volunteers.



According to psychologists Donald Akutagawa and Terry Whitman, "Humans are the only creatures that devote energy to making their offspring 'happy.' The rest of the animal kingdom is devoted to fostering competence to survive in the world." Children deserve more than our love and devotion. They deserve to be taught how to fend for themselves and eventually contribute to society.

Wendy Mogel
(The Blessing of a Skinned Knee)

Real protection means teaching children to manage risks on their own, not shielding them from every hazard.

Wendy Mogel
(The Blessing of a Skinned Knee)

In addition to giving children a sense of their obligation to other people, doing chores gives them survival skills. By teaching our children a habit of responsibility at an early age, we give them the confidence to take on ever-more complex challenges as they grow older. And helping out at home raises self-esteem: when parents insist that children do their chores, they are letting them know that they're not just loved, they are needed

Wendy Mogel
(The Blessing of a Skinned Knee)

Join us

1st Thursday of the Month

9:30am-11:30am

Beginning November 1st, 2018

"Blessing of a Skinned Knee" Parenting Group

Led by Susan Davis, LCSW

The Blessing of a Skinned Knee points the way to raising self-reliant, exuberant and compassionate children. With warmth and humor, Mogel distills the wisdom of the Torah, the Talmud, and important Jewish teachings, as well as contemporary psychological insights, into nine "blessings" that address key parenting issues including:

- Teaching respect for adults
- Chores
- Keeping expectations in line with your child's temperament
- Meal-time battles
- Coping with frustration
- Avoiding over-scheduling and overindulgence
- Helping your child develop independence and self-control

For interest or
more information

Contact: Susan Davis

susanhopedavis@hotmail.com

"Being part of the original Kol Ami Parenting Group/Class for 20+ years has been a lifeline for me--a safe space to question and learn.

The group is supportive and nonjudgemental, led by the wise and empathetic Susan Davis, who has endless knowledge to guide parents on all child-raising issues.

You may not need this Group/Class today, but you will be glad and relieved to have this supportive resource when you do."

-Congregant Lauri Carey



Study in the City

WISHING YOU HAD
MORE TIME TO ATTEND
KOL AMI EVENTS?

WANTING TO CONNECT
WITH OUR CLERGY AND
OTHER CONGREGANTS?

**TAKE A BREAK DURING THE DAY AND
JOIN US FOR LUNCH AND DISCUSSION TOPICS**

Wednesdays at 12:30pm

October 17th: in NYC with Cantor David Rosen
at the offices of Quad Graphics, 135 W. 50th Street, 8th Floor.

November 7th: in Westchester with Rabbi Tom Weiner
at the Law Offices of Milber Makris Plousadis & Seiden, 709 Westchester Ave, 3rd Floor, White Plains

December 5th: in NYC with Rabbi Shira Milgrom
at the Law Office of McGuire Woods, 1251 Avenue Of The Americas, 20th Floor, NYC

February 6th: in NYC with Rabbi Tom Weiner

March 13th: in Westchester with Rabbi Shira Milgrom

April 10th: in Westchester with Cantor David Rosen
at the Law Offices of Kevin H. Cohen, P.C.
4 Westchester Park Drive, Suite 220, White Plains

**\$18pp/per session
(come for one or all sessions)**

SO WE CAN KNOW YOU ARE COMING, PLEASE RSVP TO GINNY HERRON-LANOIL,
ASSISTANT TO THE CLERGY AT GINNYHERRON-LANOIL@NYKOLAMI.ORG 914-949-4717
PLEASE BRING PAYMENT WITH YOU TO THE SESSIONS.



KOL HAZZANIM & WESTCHESTER JEWISH COUNCIL
Present

A NIGHT OF MUSIC & *Joy*

A Celebration of the Season of Thanksgiving and Dedication

A Westchester-Wide Celebration of Music & Community

Saturday, November 17th @ 7:30 P.M.

Temple Israel of New Rochelle

1000 Pinebrook Boulevard, New Rochelle, NY

Enjoy the music of the talented Cantors of Kol Hazzanim followed by a delicious dairy dessert buffet.

\$20 PER PERSON BY NOV. 8th • \$25 PER PERSON AFTER NOV. 8th

Register online at www.wjcouncil.org or payable by check to Westchester Jewish Council
701 Westchester Avenue, Suite 203E, White Plains, NY 10604

For more information contact:

Donna Bartell at donna@wjcouncil.org • www.wjcouncil.org • 914.268.7001



WESTCHESTER
JEWISH COUNCIL
Connect Here™

The Westchester Jewish Council is a
beneficiary agency of UJA-Federation of New York



A Night of Music & Joy



RANDY HERMAN
Bat Torah



FARID DARDASHTI
Bat Mitzvah Center



HAYLEY KOBILINSKY
Congregation Beth Yisroel



ALEXIS SKLAR
Congregation Kriyas Teraseth Israel



DAVID ROSEN
Congregation Kol Ami



VICKI AXE
Congregation Shalom



JANET LEICHTER
Greenburgh Hebrew Center



TRACEY SCHER
Landmark Temple



SARAH ZEMEL
Chofetz Tzavah



MARGOT GOLDBERG
Temple Beth Abraham



ROBIN JOSEPH
Temple Beth Shalom of Hastings



RANDALL SCHLOSS
Temple Israel of New Rochelle



LAUREN PHILLIPS
Temple Israel of Northern Westchester



SANDY BERNSTEIN
Temple Shalom of Great Neck

At the checkout after you put your credit card number, write "Kol Ami" in Special Instructions. This will ensure you are seated with other Kol Ami Congregants!

JCC Mid-Westchester
invites you to be part of

THE GREAT BIG CHALLAH BAKE

**The
Shabbat
Project**

KEEPING IT TOGETHER

Thursday, October 25th, 2018 • 7 pm

Mix! Knead! Braid! Dance!

Have fun preparing challah and doing a mitzvah alongside 1,000+ cities worldwide. All adults and children over the age of 10 are welcome.

LOCATION: TEMPLE ISRAEL CENTER

280 Old Mamaroneck Road, White Plains, NY

DOORS OPEN: 7:00 pm

CHALLAH BAKE: starts promptly at 7:30 pm, ends at 9:00 pm

TICKETS: Adults \$36, Children (ages 10-17) \$25

REGISTER: at jccmw.org/challah2018 or call 914.472.3300

BOOK NOW! | Pre-Registration Required by October 18th



JCC Mid-Westchester Partners

UJA-Federation of New York • Congregation Kol Ami • Engage Jewish Service Corps •
ESP Productions • Jewish Renaissance Experience • Shames JCC on the Hudson •
Temple Israel Center • Westchester Jewish Council • Young Israel of Harrison

Holiday Shopping Spree!



Congregation Kol Ami

252 Soundview Avenue, White Plains, NY 10606

Sunday, November 18, 2018

9am-3pm

OVER 40 VENDORS!

Jewelry, clothing, handbags, knitwear, accessories,
handmade crafts, skincare, candles,
kitchenware, raffles, food...
and much, much more!

*Take care of all of your holiday shopping needs
while supporting the Kol Ami Sisterhood!*



WOMEN OF REFORM JUDAISM | Stronger Together

Adult Education

Gather and Study

Mussar Classes

This workshop will introduce Mussar practice through tikkun middot (repairing ourselves from the inside out), so that we can act with greater compassion, kindness, and love in our homes, friendships, and work.

Facilitated by Rabbi Pamela Wax, Spiritual Care Coordinator, WJCS. Please contact Rabbi Wax at pwax@wjcs.com or 914-761-0600 x. 149 to register.

Mondays 12:30-2:00pm, next meeting on Oct. 15th

Fee for Kol Ami Members: \$72 Fee for Non-Members \$100

Women in Transition

Are you experiencing/anticipating some of life's changes.

Please join us in an interactive discussion group.

Topics to be discussed include but are not limited to: retirement, aging, down sizing, relationships with adult children, health/well being and other life transitions.

If you are interested in joining the group

please contact Sheila Sturmer at

sturmersheila@gmail.com or 914-391-1227

Meets the 2nd Tuesday of the month 11:30am-1:00pm,

next meeting on October 9th

Women's Oasis at Home

Living a Meaningful Life: Finding Your Happiness

This year our sessions will be guided by the powerfully spiritual, best-selling book by Harold S. Kushner,

When All You've Ever Wanted Isn't Enough

First meeting on October 9th 7:30pm-9:30pm

Wisdom of the Sages

Lively discussions of the world and our lives based on some of the most provocative and fascinating texts of Jewish learning, with Rabbi Tom Weiner.

Meets on Thursdays 11:00am-12:00pm

next meeting on October 4th

Jewish Mindful Meditation

Newcomers are always welcome! Join us in learning mindful meditation, a practice of training the mind and the heart so that we can live with greater clarity, acceptance, and connection. No meditation experience necessary. Led by Ruth Rosenblum, LCSW, certified meditation teacher, and the WJCS Partners-in-Caring clinician for Kol Ami.

Meets Thursdays from 9:30-10:45am

next meeting on October 4th

Ruth Rosenblum, LCSW, is our Partners-in-Caring liaison from Westchester Jewish Community Services, one of the largest social services agencies in Westchester. WJCS, a non-sectarian agency, provides a wide variety of psychosocial programs and services to children, adults, families, and special populations in our Westchester community.

Programs include:

Geriatric Care: management and other senior programs

Jewish Spiritual Healing Center: services for individual and families facing serious illness

The Autism Center: residences for developmentally disabled adults

Center Lane: a center for the LGBT community.... and much, much more

As our congregation's liaison to WJCS, Ruth (an experienced clinical social worker and psychotherapist) can assist synagogue members in assessing and meeting challenging life situations by providing counseling, accessing needed resources and making appropriate referrals. Ruth can be reached at rrosenblum@wjcs.com or at 914-761-0600 ext. 148)

Adult Education

Gather and Study

Women's Roundtable Breakfast

Join Kol Ami's remarkable, multigenerational women for learning and friendship with Rabbi Shira Milgrom.

Next meeting on October 3rd

Israel in the News with David Gravitz

Each session will feature in-depth discussion of news items regarding Israel, both within Israel and regarding Israel's relations with other countries and with diaspora Jewry. History and geography will be featured where appropriate and occasionally guest speakers, both from within and outside Kol Ami, will be invited.

*Meets every other Tuesday from 7:30-8:45pm,
next meeting on October 9th*

Current Events with Beth Kava

Each session will provide participants an opportunity for in-depth examination of a current issue of the day.

Participants will examine issues, through various perspectives, using readings, video, or a guest speaker.

*Meets every other Monday from 11:00am - 12:30pm,
next meeting on October 15th*

Kol Ami Book Club

Meets the first Wednesday of every month throughout the year. Come whether you've read the book or not; the discussion is always lively. For more information contact Doris Dingott 914-289-0869 or DLDingott@gmail.com

*Meets the 1st Wednesday of the month at 9:15am in Room 20
next meeting on October 3rd*

Judaism: Real and Imagined

How Jews and Judaism have been portrayed in literature, arts, cinema, and popular media. Led by Paul Davis and in partnership with the Purchase College Jewish Studies program.

*Meets Mondays 7:30pm,
first meeting on October 15th*

**NEW
CLASS!**

Parenting Teens Workshops

Discussion of a range of parenting issues related to adolescence, including physical and emotional development, trust and control issues, and staying connected in the midst of the turmoil and separation.

*Meets the 1st Thursday of the Month at Noon,
next meeting on October 4th*

Blessing of a Skinned Knee

Discussion of a range of parenting issues accompanied by the NY Times Bestselling Book "Blessing of a Skinned Knee" by Wendy Mogel, Ph.D.

*Meets the 1st Thursday of the Month at 9:30am,
first meeting on November 1st*

**NEW
CLASS!**

Grandparenting Workshops

Exploring inter-generational experience and Jewish wisdom as we share the challenges and opportunities of grandparenting, with Susan Davis, LCSW.

*Meets the 1st Monday of the Month at 9:15am,
next meeting on November 5th*

Fun and Games!

Mah Jongg

Wednesdays at 10:30am in the Kol Ami Atrium

Please email Betsy McCormack

at Betsyrmc@gmail.com for more information

THE OTHER JOSH COHEN

Your new favorite musical*

*Josh's Mom



Join Us

Nov. 8th at 8PM

\$55 per ticket

Only 30 Orchestra Tickets Available

Larry Rogowsky, Congregant Mimi Rogowsky's son, will greet us at the theatre!

Ticket pricing also includes a talk-back session after the show

Josh Cohen just can't get a break. He's single, broke and to top it all off, his apartment's been robbed of everything but a Neil Diamond CD. Soon though, his luck takes a turn when a mysterious envelope arrives that changes his life forever. Nominated for six Drama Desk Awards and the Lortel Award for Outstanding Musical, *The Other Josh Cohen* is a hilarious romantic comedy that the critics call: "Superb... An original musical with a life-affirming message and songs worth remembering... Consistently funny" (*New York Times Critics' Pick*). "Imagine 'Seinfeld' meets Rodgers and Hart... It's hard to know where to start heaping on the praise" (*Backstage*).

Come see your new favorite musical...*The Other Josh Cohen*. Book, Music and Lyrics by David Rossmer and Steve Rosen.
Directed by Hunter Foster.

The New York Times



THE OTHER JOSH COHEN
WESTSIDE THEATRE DOWNSTAIRS
407 WEST 43RD STREET

Name: _____ **Phone #:** _____

Email: _____

\$55 Orchestra Seating: # of tickets: _____ **(x \$55) =** _____

Total Enclosed: _____

Please make checks out to: Congregation Kol Ami

Questions: Please contact Alison Adler at alisonadler@nykolami.org, 914-949-4717



**Only 5
tickets left!**

**Join us to see
“Waitress”**

**at The Brooke Atkinson Theatre
Tuesday, October 23rd at 7pm**

Brought to life by a groundbreaking all-female creative team, this irresistible new hit features original music and lyrics by 6-time Grammy® nominee Sara Bareilles (“Brave,” “Love Song”), a book by acclaimed screenwriter Jessie Nelson (I Am Sam) and direction by Tony Award® winner Diane Paulus (Pippin, Finding Neverland). “It’s an empowering musical of the highest order!” raves the Chicago Tribune. Don’t miss this uplifting musical celebrating friendship, motherhood, and the magic of a well-made pie.

Name: _____ **Phone #:** _____

Email: _____

\$110 Orchestra Seating: # of tickets: _____ **(x \$110)=** _____

Total Enclosed: _____

Please make checks out to: Congregation Kol Ami

Questions: Please contact Alison Adler at alisonadler@nykolami.org, 914-949-4717

BRCA: THE GENETICS OF CANCER

PRESENTED BY THE EXPERTS FROM WESTMED

WHEN: Sunday, October 28 | 9:15 a.m. - 11:00 a.m.

WHERE: Congregation of Kol Ami | 252 Soundview Ave, White Plains, NY

Join us for the next discussion in our new series of **Community Health & Wellness Chats** - "BRCA: The Genetics of Cancer."

In honor of October being Breast Cancer Awareness Month, Westmed providers, **Drs. Bonnie Eilen, Rand Stack** and genetic counselor **Rachel Ratner**, will discuss the BRCA gene associated with breast cancer. All are welcome!



DR. BONNIE EILEN

Dr. Eilen currently practices gynecology at two of Westmed's offices: 210 Westchester Avenue, White Plains, and 171 Huguenot Street, New Rochelle. Before joining Westmed, she worked for five years at Albert Einstein Hospital and for 20 years in a private practice partnership of four OB/GYNs located in White Plains. She is affiliated with White Plains Hospital.



DR. RAND STACK

Dr. Stack is a board-certified radiologist practicing at Westmed's office in Rye, NY. He specializes in mammography and breast imaging. He is the author of a new book, *The Breast Health Checklist: Simple Checklists to Keep You Organized, Informed, and in Control*. In 2016, he received Westmed's Dr. Leonard Finkelstein Excellence Award, which is presented each year to the physician voted by his/her peers to demonstrate the highest level of clinical quality with compassion.



RACHEL RATNER, MS

In her clinical responsibilities, Ms. Ratner collaborates with physicians and counsels patients regarding their risk for hereditary cancer syndromes, such as hereditary breast and ovarian cancer syndromes, hereditary non polyposis colon cancer (Lynch syndrome), and Li Fraumeni syndrome, among others. She is also available for counseling for prenatal genetic conditions such as Down syndrome and cystic fibrosis as well as for testing options during pregnancy.

Make an appointment at westmedgroup.com/appointment | [f](#) [t](#) [in](#) [v](#) [g](#)

LEGACY FUND

Perhaps You Can Relate To One Or More Of These Statements?

- Kol Ami has been there for me in times of sorrow and joy
- Kol Ami has challenged me intellectually
- Kol Ami has enriched me at High Holidays and Shabbat Services
- Kol Ami has delighted my senses with its music
- Kol Ami programs have allowed my family to grow spiritually and as Jews
- Kol Ami is my second home

If so, please consider including The Legacy Fund of Congregation Kol Ami as a beneficiary of your estate.

To explore ways you can make a planned gift to the Kol Ami Legacy Fund, contact Judi Brown at 646.206.4547, gojustjudi@gmail.com or Evelyne Klein at 914.761.7659 or PlannedGiving@nykolami.org



The Art and Practice of *Mussar*



Mussar is a contemplative Jewish practice of refining one's *middot*, qualities of heart and behavior. We will study texts, practice various techniques for cultivating these virtues, and return each month to share our soul's journey.

9 Mondays: Oct. 15, Nov. 12*, Dec. 10,
Jan. 7, Feb. 11, Mar. 11, Apr. 8, May 6, June 10

Time and Cost:

12:30-2:00 PM

Suggested fee: Congregation Kol Ami members, \$120; \$150 for non-members

Location:

Congregation Kol Ami, 252 Soundview Ave., White Plains

*On Nov. 12 we will meet at WJCS Headquarters, 845 N. Broadway, White Plains

Facilitated by Rabbi Pamela Wax
Spiritual Care Coordinator, WJCS

REGISTRATION REQUIRED. Contact Rabbi Pamela Wax
at pwax@wjcs.com or 914.761.0600 x149.



Jewish Spiritual Healing Center

The WJCS Jewish Spiritual Healing Center is dedicated to promoting the spiritual, intellectual, physical and mental health of Westchester's Jewish community by infusing our many programs and services with the intrinsic power of Judaism's history and tradition.

We provide the community with opportunities that foster health and healing for the mind, body and spirit within a Jewish context.



Jewish Spiritual Healing Center

is funded through UJA Federation of New York and the generosity of individual donors.



845 N. Broadway
White Plains, NY 10603
914.761.0600

Strengthening Lives. Shaping Futures.

Life Cycles

Congratulations

- ✧ To Ellen Kurtz, on the marriage of her daughter, Rachel Johnson to Jacob Ramsey
- ✧ To Yael and Daniel Markowicz, on the birth of their son, Philip Jacob Markowicz
- ✧ To Sarah and Jake Rosenswasser, on the birth of their son, Benjamin Micah Rosenswasser

Condolences

- ✧ To Jay Hack and family on the death of his mother, Sara Hack
- ✧ To Georgia Pollak, on the death of her mother, W. Taylor Brown

Generous Contributions

Rabbi Shira Milgrom's Discretionary Fund

- ✧ In honor of baby naming of grandson, Aaron Joshua Davidson, from Robin Cohen
- ✧ In honor of baby naming of granddaughter, Hailey Sasha Dublet, from Loraine and Neil Dublet
- ✧ In appreciation for making Yom Kippur so meaningful and comforting, from Gloria Egles
- ✧ In appreciation of a beautiful high holy day season, from Myra Oltsik

Rabbi Tom Weiner's Discretionary Fund

- ✧ In memory of Gerald Rhine from Jennifer Port
- ✧ In honor of the wedding of their daughter, Cate Stoughton to David Berliner, from Gerry Stoughton & Rubin Judson
- ✧ In appreciation for making Yom Kippur so meaningful and comforting, from Gloria Egles
- ✧ In memory of Barbara Block's sister, Jeanie Ballard, from Anita Fassler

Cantor David's Discretionary Fund

- ✧ To show their enjoyment of the concerts, from Murray and Ethel Shapiro
- ✧ In memory of Barbara Block's sister, Jeanie Ballard, from Gene and Beth Kava
- ✧ In appreciation of a beautiful high holy day season, from Myra Oltsik

Annual Fund

- ✧ In appreciation of Nina and Philip Blumenfeld, from Paula Lerer
- ✧ In honor of my daughter-in-law Debbie Rothschild and granddaughter Talia Rothschild, from Carol Rothschild

Youth Leadership Fund

- ✧ In honor of Danielle Okun, from her parents David and Lori Okun

Fund for the Needy

- ✧ Shana Tova!! To Patty and Bert Wohl, from Barbara Block
- ✧ In loving memory of Jeanie Ballard, sister of Barbara Block, from Patty and Bert Wohl

Generous Contributions

Kol Ami Fund

- ✧ In appreciation of the wonderful clergy, from Julie Persily and David Lefkowitz
- ✧ In honor of Rhona Merkur, and Paul and Elyse Schupak, from Diane H. Tabakman and David Rhodes
- ✧ In appreciation of our High Holiday services, from Laurie Newman
- ✧ In loving memory of Jeanie Ballard, from Doris Dingott

Synaplex Circle

- ✧ Judy and Bob Asher
- ✧ Ellen Bittner
- ✧ Wesley and Nan Blank
- ✧ Phil and Nina Blumenfeld
- ✧ Lisa Borowitz
- ✧ Ronald and Judy Carran
- ✧ Susan and Paul Davis
- ✧ Bonnie and Eric Eilen
- ✧ John and Margaret Falk
- ✧ Ruth Goldberg
- ✧ Martin Kahn
- ✧ Frank Kaiman and Laura Dann
- ✧ Carol and Gene Klein
- ✧ Jennifer Lemberg and Paul Lucek
- ✧ Harley Lewis
- ✧ Elaine Libman
- ✧ Nancy Merahn
- ✧ Diana Munder
- ✧ Cindy and Scott Musoff
- ✧ Edward and Jeanne Nerenberg
- ✧ Dana Niedzielska and Lukasz Niedzielski
- ✧ Myra Oltsik
- ✧ Joan Pachner and Richard Newman
- ✧ Jean and Henry Pollak
- ✧ Steven and Judy Reiger
- ✧ Susan and Joseph Rozin
- ✧ Paul and Barbara Schwarz
- ✧ David and Hillary Seif
- ✧ Barbara Shore
- ✧ Sheila Sturmer
- ✧ Donald and Erika Vujnovich
- ✧ David and Maggy Weber
- ✧ Dr. Sandy and Madeline Zevon
- ✧ Michelle Gersen and Michael Zweig

Thank You

Petschek Music Fund

- ✧ In appreciation of the summer concerts, from Ruth Goldberg
- ✧ In appreciation of the summer concerts, from Stephanie Levine
- ✧ In appreciation of the summer concerts, from Amy-Jo Gamon
- ✧ In appreciation of David Rosen's wonderful music program, from his parents Sima and Joseph Rosen



Losing a loved one is probably one of life's most difficult challenges. You may wish to remember your loved one with the placement of a physical reminder in our main sanctuary.

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Congregation Kol Ami is grateful for the many donations that you give both in honor of joyous occasions and in memory of beloved family and friends.

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Funds

<input type="checkbox"/> Kol Ami Fund (our general fund)	<input type="checkbox"/> Kol Ami Cares Fund (supports activities of the Caring Community Program)	<input type="checkbox"/> Refugee Resettlement Fund <input type="checkbox"/> Social Action Fund
<input type="checkbox"/> Audrey Greenberg Scholarship Fund (provides ECP tuition assistance for families in need)	<input type="checkbox"/> Men's Council Fund <input type="checkbox"/> WRJ Sisterhood Fund	<input type="checkbox"/> Youth Activities Fund (supports youth-related programs, scholarships and trips)
<input type="checkbox"/> Barbara Gruber Scholarship Fund (provides scholarships for high school graduates).	<input type="checkbox"/> Rabbi Shira Milgrom's Discretionary Fund	<input type="checkbox"/> Youth Leadership Fund (supports scholarships to young people to develop leadership)
<input type="checkbox"/> Cantor David Rosen's Discretionary Fund	<input type="checkbox"/> Rabbi Tom Weiner's Discretionary Fund	Plaques and Remembrances
<input type="checkbox"/> Rick Kraver College Youth Fund (supports special programs for our college students)	<input type="checkbox"/> Religious School Fund (supports special projects as determined by the Religious School Committee)	<input type="checkbox"/> Yahrzeit Plaques \$750
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<input type="checkbox"/> Flowers and Landscaping Fund	<input type="checkbox"/> Scholarship Fund for the Confirmants (10th graders)	Giving Opportunities
<input type="checkbox"/> Fund for the Needy (provides assistance to those in need)	<input type="checkbox"/> Petschek Music Fund	<input type="checkbox"/> Sponsor a Shabbat Kiddush or <input type="checkbox"/> Sponsor a Friday Night Shabbat Oneg
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