



IFR NEWS Cheshvan-Kislev 5772

Volume 2 Issue 19



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IFR Members Share Their Stories



Rabbi Frank Tamburello-NYC writes:

I adapted this prayer from the Chicago-Sinai Machzor and Congregation Kahal B'raira of MA for our service. It went over really well.

Unetaneh Tokef

R. On Rosh Hashana we reflect,
On Yom Kippur we consider:
Who shall live for the sake of others,
And who, when they pass, shall leave behind a heritage of love and of life.

C. Whose hunger shall be for the good,
And who shall thirst for justice and right.

R. Who shall be serene in every storm,
And who shall be troubled by every passing breeze.

C. Who shall go forth in the quest for the truth,
And who shall be locked in prisons of selfishness.

R. Who shall be poor in the midst of possessions,
And who shall be rich, content with their lives.

C. T'shoovah: self-reflection, T'feelah: self-evaluation, and Tzedakah: self-correction. The starting place is within.

Together: Forgiven the past, renewed for tomorrow.
May we go forth with rejoicing to a year of greater goodness.



Jonny Turovsky, our expert shofar blower and Rabbi Frank Tamburello

IFR Mission Statement

The IFR is a professional organization of rabbis united by a commitment to Jewish tradition and a desire to facilitate the Jewish spiritual growth and life cycle needs of all.

IFR provides a progressive, pluralistic forum, linking member rabbis in a spirit of friendship and a sense of community.

IFR provides support for members in their professional endeavors and offers continuing education. IFR encourages professional relationships with rabbis and other rabbinic organizations.

High Holy Days 5772**IFR Members Share Their Stories**

Rabbi Arthur Rosenberg – Los Angeles, California writes:

"Can I Keep It Forever?"

I work as a chaplain and rabbi for an industry managed care provider, The Motion Picture and Television Fund here in California. In my role I provide Shabbat, chaggim and Holy Day observances.

We have a campus for the residents of the Fund where several hundred people reside, a portion of whom are Jewish. And we have an Alzheimer's locked unit. It was in this unit where my story took place.

I was doing my usual walking visit when I had occasion to stop and sit with a resident I have known for several years; let's call him Marty.

Marty has many challenges and difficulties: doesn't know how old he is, can't remember his career, has no family and one friend and has serious impulse control issues. He often blurts out and acts out in improper and unacceptable ways. He is often removed from services by staff as he cannot keep from yelling out.

I told Marty Rosh Hashanah and Yom Kippur were approaching and asked if he remembered what they were. "You bet, Rabbi" he began "one is the New Year and one is for clearing one's conscience." I was immediately taken aback by the clarity and asked if he would like me to bring him the Torah to hold and he smiled "you bet, you bet, you bet....could I, could I?"

Following Rosh Hashanah services I brought him the Torah and his face lit up like a little boy. He cradled the Torah in his arms, over his heart, tilted to the right. I asked if he was a Bar Mitzvah, "you bet I was rabbi, you bet." I asked



"when?" he replied "come on Rabbi, when I was 13!" in upstate New York.

He recalled the rabbi's name, the schul and how proud he was and his parents were. He spoke in a quiet voice and then asked: "can I keep this Torah, is it for me? Can I keep it forever?"

We talked about the Torah being inside you forever and about sharing the physical Torah with others so each person could hold it, like their family, in their arms and feel the same warmth and connection.

As I left Marty called out: "Happy New Year rabbi and bring it back for Yom Kippur, next week!"

**IFR News Editors**

Rabbi Barbara Aiello

Rabbi Frank Tamburello

Design/Layout: shosh

High Holy Days 5772

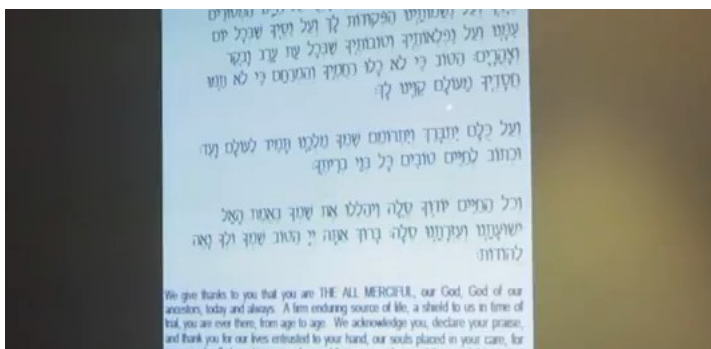
IFR Members Share Their Stories

Rabbi Steve Blane—NYC writes:

Sim Shalom met in NYC for the High Holidays. The community gathered for Rosh Hashana and Yom Kippur in the beautiful and intimate space known as the Culture Center on the Upper West Side of Manhattan.



"Sim Shalom has been built on the experience that I derived from more than 20 years as Rabbi and Cantor at several synagogues, said Blane. It is an expression of welcomeness and openness. Reflecting a Universalist philosophy in which everyone may participate in all aspects of ritual and worship, Sim Shalom's services are still traditional at their core and liturgy.

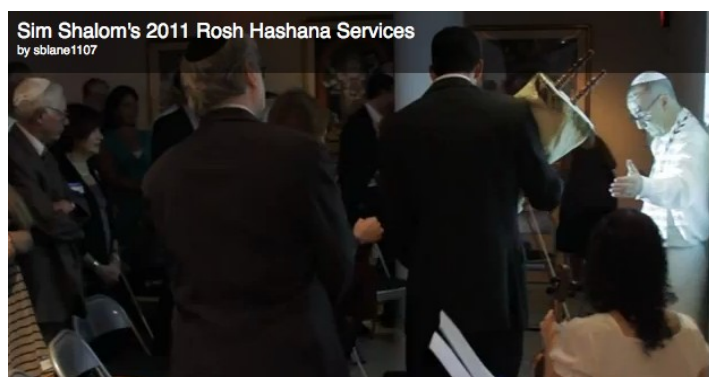


The services are filled with explanations and music and participatory readings. In addition, the Services are projected on a screen so everyone is always on the same page!"



Rabbi Blane also edited a new Sim Shalom Machzor for High Holiday Worship in which the liturgy is in Hebrew and transliterated and translated into English.

"On the High Holidays our services were never too long! I try very hard to respect people's precious time. If you cannot conduct worship in a spiritual but focused and interesting way, you will lose the attention of the community- and they will probably not come back.



In addition, I played piano and we had a wonderful violinist- Emma Sky- who really helped make our worship extraordinary. Everyone showed up and remained for each entire service. In all ways, Sim Shalom is my perfect synagogue!," said Blane.

In addition to the community present at the Culture Center in NYC, many more people tuned in from around the world as Services were also streamed.

Services are Live and Streamed every Friday night at <http://www.ustream.tv/channel/sim-shalom-online>

You can view a short segment of Sim Shalom's High Holiday Services at the following URL: <http://youtu.be/qBtICBeZ-7s>

Continued on next page

High Holy Days 5772 IFR Members Share Their Stories



JSLI:

JSLI- The Jewish Spiritual Leaders Institute, founded by Rabbi Steve Blane ordained its first class of rabbis on August 27, 2011.



JSLI is an online Rabbinical School which meets weekly. Web based technology allows us to work together with students anywhere in the world!" said Rabbi Blane

At each session, we join together in prayer (daven), explore the weekly Torah portion (parasha) and discuss relevant Rabbinic commentaries (responsa.) Our curriculum explores traditional Halacha and progressive responses to everything from Kashrut/Eco-Kashrut through Brit-Milah/Brit Shalom. And each month we also focus on Jewish rituals and life-cycles.



We have continuing education for our Rabbis as well- Lunch & Learn sessions are scheduled bi-monthly throughout the year and feature Guest Lecturers as well as Rabbinical Student Presentations.

Our unique backgrounds and skills are the gifts we share as we journey on our path toward the goal of rabbinic ordination. Along the way, we strive to build community and friendships that will last throughout our lifetimes.

You can view a short segment of JSLI's first Ordination Weekend at this URL:
<http://youtu.be/q1R8aWHRoo4>

High Holy Days 5772 IFR Members Share Their Stories

Rabbi Suzanne "shosh" Carter
Delray Beach, Florida writes:

High Holy Days 5772 marked the 14th year for Hebrew Congregation at Broken Sound in Boca Raton, Florida. Unlike the first year with 65 attendees, this year we hosted 500 congregants, represented by three generations. Many of the children who take part in our Torah processional, I have named, and I recently had the privilege of conducting a Bat Mitzvah of one such young lady-whom I named at age 2 months. As a congregation grows in numbers, so do the losses, this past year I officiated at a number of funerals for congregants and /or family members. To honor their memories we erected an Etz Chayim at the entrance of the sanctuary. The tree is filling up rapidly. By Yom Kippur there were 100 leaves engraved.



Our cantor, Ellari Mirabel has done a wonderful job working with our Makelah, which was started by my dear friend and Cantor Emeritus L. Jerry Cohn, ESQ-who serves as the IFR legal counsel. We recently added a cellist for the Kol Nidre Service as well. Our Baal Tokeah, is 9 years old, whose parents I married 16 years ago. Spencer has been blowing the Shofar for Hebrew Congregation @ Broken Sound the past 4 years. Mazaleinu :-)

Baal Tokeah Spencer Gross 5770



Gabbai-Rabbi Shosh-and congregant RH 5772



Cantor Ellari Mirabel & HC @ Broken Sound Makelah 5772



Cellist @ Kol Nidre Service 5772



Simchat Torah 5772

IFR Members Share Their Stories

Rabbi Barbara Aiello – Sarasota Florida writes:

I am a resident rabbi of the Sarasota (FL) Jewish Housing Council's Campus of Continuing Care for Jewish seniors.

I not only work with nursing home and assisted living residents, but live on campus as well, where I work with individuals and provide Shabbat and festival services.

Simchat Torah was a joy. Each of the seven hakafot was led by a resident, many of whom believed that their disabling conditions prohibited them from carrying the Torah again. Not so!



Max Greenberg was all smiles as he performed leader duties for the Veterans Hakafah



Resident Evelyn Greenberg led a hakafah of all those who had visited Israel.



Rabbi Barbara Aiello, resident rabbi of the Jewish Senior Living Campus in Sarasota, FL explains to residents, many of whom are nearly 100 years old, the significance of the chuppah in the Simchat Torah service. "As we chant the sixth blessing of the Sheva Brachot, we marry ourselves to the Torah for another year!"

Ravenous Ravens



Rabbi Frank Tamburello's column featuring
Jewish holiday Eats and Treats

Thanksgiving 2011



Cornbread Pudding



- 2 eggs
- 1 cup sour cream
- 15 1/2 (1 can) whole kernel corn drained
- 13 3/4 oz. (1 can) cream-style corn drained
- 1/2 cup butter melted

1 pkg. (8 1/2 oz) corn bread/muffin mix

1/4 tsp. paprika

Preheat oven to 350 degrees. Grease a 3 quart baking dish. Combine eggs, sour cream, whole and cream style corn, and melted butter. Stir in corn bread mix til just blended. Pour into prepared baking dish. Sprinkle paprika. Bake, uncovered 40-45 minutes or until a toothpick inserted near the center comes out clean. Serve warm. Serves 12.



Carrot Pudding



- 1/4 lb. margarine
- 1 cup brown sugar
- 2 eggs
- 1 tablespoon lemon juice
- 1 teaspoon vanilla
- 1 cup flour
- 1 teaspoon. baking soda

1 teaspoon baking powder

2 jars junior carrots

Preheat oven to 350 degrees. Cream margarine and brown sugar, then add eggs, lemon juice, vanilla, flour, baking soda, baking powder and carrots.

Bake 45 minutes in a 8" x 8" square pan.

Cool and cut into 9 squares.

Fasolakia

Greek (and Italian) Style String Beans



- 2 medium onions chopped
- 1/2-3/4 cup olive oil
- 1 8 oz. can tomato sauce
- 2 lbs. string beans - fresh or frozen

- 2-4 cloves garlic, minced
- 1/2-1/4 cup fresh parsley, chopped
- 1-2 tsp. dried mint
- 2 potatoes, peeled and cut into 1" or 2" chunks
- 1 cup water
- 2 tsp. salt and pepper to taste

In a Dutch oven, saute' onion lightly in olive oil.

Add all other ingredients.

Cover and simmer over medium heat for about 60 minutes or until all vegetables are tender.

Check after 30 minutes. add more water if necessary.

Stir occasionally. Serve hot or at room temperature.

The above recipes can be found in the Westchester Community for Humanistic Judaism's cookbook

From Our Fig Tree to Yours...available at wchj.org.



Start a New Tradition – Rededicate Your Home on Chanukah



By Rabbi Barbara Aiello

Chanukah tradition commemorates the Macabbes' heroic victory against the army of King Antiochus.

After the soldiers were driven out of the Holy Temple in Jerusalem, the Jews reclaimed the Temple by performing a ceremony to restore the Temple as a sacred and holy place.

The ceremony was called “Chanukat Ha-Bayit,” which is a Hebrew phrase that means “rededicating the house.”

Our sages tell us that our ancestors kindled the “chanukiyah,” the special oil lamp, and in the glow of the menorah light, we Jews reclaimed our home.

Today Chanukah can be a special time to remember that our homes are our sanctuaries and it is within the walls of our homes that we revive our spirits and deepen our connection to our home as a holy and sacred place.

Each of the eight nights of Chanukah can offer our families an opportunity to rededicate our homes to our Jewish traditions.

Each night, as we kindle our candles, we can renew the light of the spirit within each room.

Thanks to CLAL's **National Jewish Resource Center**, a new ritual of rededication can add depth and meaning to the Chanukah experience.

The Ritual

Begin with The Meditation:

My home is the place where I celebrate life, mark the seasons, welcome guests, light candles, remember the past, dream about the future, and open my heart to the present.

At Chanukah, may I rededicate my home to the values and relationships I hold sacred.

As this menorah fills with light, may our home be rededicated to the Source of Blessing that connects us all.

Eight Ways to Dedicate Your Home:

Rededicate the rooms of your home so they can better accomplish their sacred tasks--the dining room for guests, the kitchen for sustaining life, the living room for family interaction, the bedroom for rest and intimacy.



Recite the Blessings each night before kindling the candles



ברוך אתה יי אלהינו מלך העולם
אשר קדשנו במצותיו
וצונו להדליק נר של חנוכה.
ברוך אתה יי אלהינו מלך העולם
שעשה נסים לאבותינו
בימים ההם בזמן הזה.
ברוך אתה יי אלהינו מלך העולם
שהחיינו וקיימנו
והגיינו לזמן הזה.



The Fifth Candle:

Stand facing your *mizrach*, and experiment with different ways to direct your heart in *tefilah*, meditation.



The Sixth Candle:

As the Chanukah lights burn, gather coats and blankets in your home to deliver to a local shelter, or collect canned food for a food drive.



The Seventh Candle:

Place boxes for *tzedakah* in each room of your home so they will be available for collecting loose change



The Eighth Candle:

Gather the family and formally re-dedicate the rooms of your home so they can better accomplish their sacred tasks the dining room for guests, the kitchen for sustaining life, the living room for family interaction, the bedroom for rest and intimacy. Affix a mezuzah on each door/entry way.



Chanukah 1964



The First Candle:

Invite guests, cook a special meal together, plan a family event or make time for those you love, creating and expanding *shalom bayit*, relationships of peace.



The Second Candle:

Make your home a place where learning, *talmud Torah*, leads to change. Create or enlarge your shelf for Jewish books.



The Third Candle:

Read a chapter from a Jewish book and discuss what you've read.



The Fourth Candle:

Choose a place in your home where you can devote yourself to contemplation and prayer.

Make a *mizrach*--a marker pointing eastward--and put it up on your own eastern wall to focus your prayers toward Jerusalem.

IFR Rabbis News & Shmooze

IFR DUES 2011-2012

Now is the time to renew your membership in the IFR. Please make your check for \$100.00 payable to:

The International Federation of Rabbis

Send your check (s) to the IFR President

Rabbi Suzanne H. Carter
5091 Washington Road
Delray Beach, Florida 33484

Donations

B'Todah to the following Rabbis who have made donations over and above their membership dues to the IFR:

Donation made by IFR membership to:

Healing Hands Youth Ranch, Waleska, Georgia

In memory of Tammy Coffsky z"l, beloved daughter of Rabbi Barry Coffsky

Rabbi Dr. Richard Allen

In memory of his blessed mother Judith Seigel z"l

A Mishebeirach for his daughter Alissa Newett

Rabbi Shai Specht

A donation to support our wonderful organization

Rabbi William Kurry

In memory of his blessed mother Gwen S. Kurry z"l

Rabbi Robert Schreiber

Towards the purchase of a firefighter helmet in Israel

Rabbi Frank Tamburello

Earthquake in Haiti

Rabbi Robert Schreiber

Earthquake in Haiti



Rabbi Leonard Sarko on his new position.



Rifuah Shelema to:

Rabbi Barry Coffsky

Rabbi Marvin Pearlman

Rabbi Raphael Pazo

Rabbi Marc Ben-Meir

Bruchim Ha'Baim to new IFR rabbis....

Rabbi Jack Silver

Rabbi Brian Harris

Rabbi Bernard Kling

IFR Board meeting minutes can be viewed on the IFR web site @

www.intfedrabbis.org/eilat.html

Enter the protected portion and click on the IFR Board minutes located on the menu on the left side.

IFR Conference 2009 Duncan Center-Delray Beach FL.



IFR Conference 2009 Duncan Center-Delray Beach FL.



IFR Officers 2010-2012

President:

Rabbi Suzanne H. Carter

Vice President:

Rabbi Barbara Aiello

Vice President and Membership Chair:

Rabbi Shael Siegel

Treasurer and Rosh Beit Din:

Rabbi David Degani

Secretary:

Rabbi Barry Coffsky

IFR Board:

Rabbi Marvin Pearlman

Rabbi Roger Ross

Rabbi Frank Tamburello

IFR Advisors:

Rabbi Lewis "Buz" Bogage

Cantor L. Jerry Cohn ESQ

Rabbi Lewis Solomon

Health Benefits Professionals & Association Health Programs

Stuart Pase

President

12721 Metcalf Ave

Suite 100

Overland Park, KS 66213

Phone: (913) 341-2868

Toll Free: (888) 450-3040

Fax: (913) 341-2803

www.associationpros.com



קול הנשיאה

Kol Hanisiya

Rabbi Suzanne H. Carter

הרבנית שושנה רחל בת מאיר הישראלית



Shalom Chevrei IFR,

This year marks the IFR's 12th year of existence-for a group of independent thinkers and revolutionary rabbis – that's IMHO a miracle! For those of you who have been with us the past 12 years, I thank you for your continuing membership, and for those of you who have just joined the IFR, Bruchim Ha-baim!

Since 2007 we have discussed offering benefits through the IFR organization, I have found a very nice *Haimishe* man in Kansas, who is willing to help our organization. Mr. Stuart Pase, is president of Health Benefits Professionals & Association Health Plans.

Although AHA typically handles larger groups, such as Bar Associations etc... we have an opportunity to offer IFR members access to all types of insurance at better rates through their IFR membership.

Within the pages of this newsletter I have added some information as to what AHS offers its association members-as well as contact information and a proposal form.

For Medicare, AHS can offer a supplemental and /or part D (prescriptions).

I encourage members who do not have benefits through their employers or wish to review their current plans, to review the material included and send in your proposal forms. You can email your form to me if you'd like at rabbis@bellsouth.net

Kol Tur

shosh

Association Health Programs

Health Insurance (all carriers)

- Individual Health for individuals, families-Full and Part-Time Employees
- Group Health Insurance (2-1000) employees (Business Group Plans)
- Student Plans, International Travel Insurance and Short Term Medical Plans
- Medicare Supplements and Part D prescription benefits
- Guaranteed Issue Limited Medical Plans and Hospital Indemnity
- Health Savings Accounts and Health Reimbursement Accounts

Long-Term Care Insurance (all national carriers)

- Home Health, Assisted Living and Nursing Home

Life Insurance (all national carriers)

- Term, Universal Life, Whole Life
- Survivorship (Second to Die)
- Key Person
- Executive Benefit Life

Other Health Insurance Programs

- Disability Income Insurance (Short and Long Term)
- Critical Illness (Heart Attack, Stroke, Cancer, Paralysis and more)
- Accident Insurance Coverage (24 hours per day injury coverage)
- Dental and Vision
- Accident Death and Dismemberment Insurance
- Chiropractors, Massage therapists, Acupuncturists, and Dieticians, Fitness centers
- Nutritional Supplements
- Travel Guard-Concierge service
- Diabetes Management and Lifestyle Enhancement Program
- Emergency Medical Information
- Health Care Assistance-find best doctors, schedule appointments, claims assistance, eldercare, working with insurance companies and more
- Estate planning services through NAELA Association (one of our clients)
- Hearing Programs and Products
- Lifelock (Identity Theft) AND MORE



Association Health Programs
Serving Associations for Over 20 Years

Association Business Programs

- Business Owner's Insurance
- General Liability
- Professional Liability/Medical Malpractice/Errors and Omissions
- Property Insurance
- Workers Compensation
- Auto Liability
- Equipment Insurance and Equipment Financing
- Business Income Replacement
- Overhead Business Expense Policies
- Harassment & Discrimination Coverage
- Fiduciary (specific to field when acting as trustee, guardian, executor) & More

Other Association Programs

- Office Supply Program (guaranteed national lowest cost program)
- Equipment Leasing and Financing Program
- Home and Auto Program (national)
- Pet Insurance
- Websites and Internet Marketing

ADMINISTRATION OF ALL PROGRAMS HANDLED BY AHP

- Tracking and monitoring of all transactions between AHP and Client
- Full reporting functions done for Association
- Implementing and administering Cafeteria Plans for groups and individuals



Association Health Programs
Serving Associations for Over 20 Years

Process for Obtaining Information and Enrolling in the Association Plan

- Step 1** The **Member** requests information (calls, e-mails or faxes request):
Association Health Programs, Administrator
12721 Metcalf Ave Ste 100, Overland Park, KS 66213
Phone (913) 341-2868 • Toll Free (888) 450-3040 • Fax (913) 341-2803
Visit our website at www.associationpros.com
Email us at help@associationpros.com
- Step 2** AHP calls member to confirm request has been received and discusses options and particular issues that deal with the clients current coverage, and insurability.
- Step 3** AHP compares clients current coverage with plan options that were discussed with member, gives member sufficient time to review the plans, then calls the member and discusses strategy with member to address client's needs.
- Step 4** AHP forwards information to member and helps member sign up for association program.
- Step 5** Member sends all completed forms to AHP office or submits by way of our new on-line internet link system for applications.
- Step 6** AHP processes forms and applications with the insurance company. AHP follows up with the insurance company until policy is issued and effective on the requested date.
- Step 7** Once policy is effective, AHP notifies member and lets them know time frame for which they will receive cards, policy, etc. From this point on, the members will call AHP with any concerns such as billing, claims, renewals and customer service. AHP reviews all clients' policies twice annually, making sure the policyholder is happy and is not having any problems. **AHP is the member's advocate at all times.**

**Health Benefits Professionals & Association Health Programs
Proposal Request****Association:** _____ IFR _____ **Date:** _____

Health _____ Life _____ LTC _____ Dis _____ Dent _____ Other _____

Reason for Inquiry:-----

(Divorce, Kids, Marriage, Job, Comparing Current Coverage, etc)

Wanted Start Date: _____
(9-5 CST)**Best day to call (circle one):** M T W TH F **Best time to call (circle one):**
AM or PM**Member Information: Member Number** _____

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Best phone number: _____
County: _____

Fax Number: _____

Email Address: _____

Continued on next page

Current Coverage:

Company: _____ Monthly Premium:

Deductible: _____ Copay: _____ Rx: _____

How do you feel about your current plan?

(monthly cost too high, too expensive for the level of coverage, etc)

What are you looking for in a new plan?

(lower price, better coverage, catastrophic, etc)

Insured Information:**Spouse Information**

Date of Birth: _____ Age: _____ Date of Birth: _____ Age: _____

Gender: M F Tobacco User: Y N Gender: M F Tobacco User: Y N

Height: _____ Weight: _____ Height: _____ Weight: _____

Occupation: _____ Occupation: _____

Children: DOB: _____ Male/Female DOB: _____ Male/

Female DOB: _____ Male/Female

DOB: _____ Male/Female DOB: _____ Male/

Female DOB: _____ Male/Female

In the Past 10 Years Has Any Insured:

_____ No _____ Yes

Taken any prescription medications on a regular basis?

Who/What/Why/When/

Dosage: _____

_____ No _____ Yes Been diagnosed or treated for Cancer,
Heart Problems,Stroke, Diabetes, High Blood Pressure, Cholesterol, or Any
Other Medical Condition: Who/What/When/

Treatment: _____

_____ No _____ Yes Is any insured or spouse or child pregnant? If yes, due date:

_____ No _____ Yes Has anyone been declined by an insurance carrier?