



October 2009/*Tishrei-Cheshvan* 5770 Volume 5, Number 2

DATES TO REMEMBER

Shabbat/Sukkot Service	Friday, October 2*	7:30 PM
Rosh Chodesh Women	Thursday, October 15	7:30 PM
Shabbat/Simchat Torah	Friday, October 16	7:30 PM
Torah Study	Sunday, October 18	10:30 AM
Adult Education	Wednesday, October 21	7:00 PM
Board Meeting	Sunday, October 25	7:00 PM
Women's Torah Study	Tuesday, October 27	2:00 PM

SHABBAT SERVICES

Shabbat Services are held at the Chapel-in-the-Pines (Samoset Road, Eastham) on the first and third Friday of the month beginning at 7:30 PM and are followed by an *Oneg Shabbat*. Please bring treats for the *Oneg*. The *Oneg Shabbat* Committee provides *challah* and beverages. Services are led by members of the *Havurah* and each service is different depending on the leader's orientation. If you wish to lead *Shabbat* services, please contact Paul Biegelsen at landerbiegel@comcast.net

Service leaders: October 2, Steve Berrick (*service at the home of Cindy & Steve)
 October 16, Cantor Bruce Malin

The *Oneg Shabbat* Committee needs volunteers to help with set up and clean up at *Shabbat* services. Each volunteer serves just 2-3 times per calendar year. It is a great way to help the *Havurah*. If interested please call Marilyn Greenberg or Paula Feinstein at 508-255-9283. Thank you.

PRESIDENT'S MESSAGE

I would like to take this opportunity to thank the many volunteers who were responsible for making our High Holiday services so successful.

Our holiday celebrations began with Ruth Shapiro's direction of the *Selichot* play, "The Gates are Closing." Over 70 people attended the presentation at the Wellfleet Library. Bravo to Ruth and the extraordinary cast.

Both Barry Worth and Ira Seldin, along with their set-up and usher committees, enabled us to have services that ran smoothly. The transformation of the Sanctuary was accomplished quickly, and everyone had a prayer book and a seat. I am in awe of your organizational skills. Our choir, *Zamerai HaYam*, led by Shira Sands, hit a high note and some low ones too, with their accompaniments of many of the songs. Paul Biegelsen's rendition of the *Kol Nidre* was a magnificent addition to our ser-

vice. It would not be *Rosh Hashanah* without Harold Katz. Once again your *shofar* blowing took our breaths away. To our three *Gabbaim*, Gene Saklad, Shira Sands and Paul Biegelsen, our Torah Services were enhanced by your presence.

Carol and Stephen Roth exemplify the meaning of *Tzedakah*. We are so grateful to you and your family for organizing our annual food drive. The time and effort and love that you put into this project every year is extraordinary.

If I have forgotten to mention anyone, please forgive me and know that I appreciate all your efforts.

Finally, to all of you who attended services this year, thank you for being with us to welcome in the New Year. Thank you for your continuing support of *Am HaYam*. I look forward to seeing you again in the coming year.

Judy Keller

THANK YOU FROM BARRY WORTH

I would personally like to thank all the members of *Am HaYam* who volunteered (many for multiple times), agreed to help and then did indeed work at least one shift of the transformation of the Federated Church to a suitable scene for our High Holy Day services. It was done twice before we were done. Special thanks to Richard Dill and Ellen Dickinson for using their trucks along with mine to transport prayer books and the Ark to and from storage in Eastham and then the rest who showed up at the church to make the work easy and quite painless. In no special order, thank you to Mim & Peter Selig, Ira & Florence Seldin, Martin Jacobs, Judi & Jay Bloom, Judy Keller, Gene Saklad, David & Shira Sands, Alice Weiss, Gary Sorkin, Paul & Elaine Biegelsen. This could not have been accomplished without all your efforts and time. Thank you.

Barry Worth (King of the *Schleppers!*)

MILESTONES

Mazel tov to

Cindy Fox and Steve Berrick on the recent marriage of their son

Condolences to

Carol B. Sheridan on the lost of her beloved partner, Sidney Levy

MEMBERSHIP

A member is anyone who participates in *Am HaYam* religious services, programs, and events or who wishes to be on the email mailing list. There are no membership dues. *Am HaYam* is solely dependent on the generous donations of those who attend our events, especially during the High Holy Days, or who make donations to mark special occasions or to remember loved ones and dear friends. Mail donations to: *Am HaYam*, Box 1235, Brewster, MA 02631. Thank you.

Todah rabah for your generous donations during these High Holy Days!

DONATIONS

Shana Tovah – a happy and healthy New Year

Naomi and Michael Nadelberg

Barbara and Marc Stahl

Diane and Paul Goldstein

Joel & Meryl Sachs

Ann Leslie Rosenblatt

Stephen & Jane Needel

Arnold and Carole Adler

Anita and David Kraft

Ralph & Adriane Levy

Barry Worth

Priscilla Quasha

Lila Fagin

Ruby Druss

Robert & Anne Cohen

Michael & Ross Kraemer

Rebecca & Michael Holmes

Julius & Annette Cremisi

Jane & Jay Blum

Carol & Stephen Roth

Michael & Lisa Spett

Anne Levine

Gary & Helen Derman

Ron & Judy Ablow

David & Mary and Saskia Keller

Malcolm & Roberta Shriber

Marilyn & Irving Getz

Steve & Dale Riemer

Paula Feinstein & Marilyn Greenberg

Harold & Doris Katz

Lee & Raymond Elman

Millard Lindauer

Liz & Manny Smith

Joel & Maxine Goldstein

Michael & Amy Diamant

Sheryl & Bruce Wolf

Burton & Rozanne Neiterman

Robert & Anne Katz-Jacobson

Dick & Esther Elkin

Charlotte Skoler

Pearl Wolfson

Richard & Ellen Yorks

In honor of

50th anniversary of Mim and Peter Selig

Hilda and Richard Zinner
Marion Kennedy

Marie & Eli's wedding in Israel

Lois & Peter Kugler

Our grandchildren: Zack, Lily, Ben & Gabe

Fred and Carol Levison

Our grandchildren and our wedding anniversary

Nancy & Steve Krintzman

Jacob & Jennifer Berrick on the occasion of their marriage

Cindy Fox and Steve Berrick

In memory of

My partner, Sidney Levy

Carol B. Sheridan

My beloved parents, Lillian and Jacob Heller

Stephanie Sorley

Morris Rubin

Harriet Rubin

Leonard Berrick

Steve Berrick & Cindy Fox

Our parents: Benjamin & Gertrude Wolfson, Henry & Mady Feder, and Dorrie Wolfson
Bernice Simon-Wolfson & Ira Wolfson

Mae Dolby

Bob & Linda Gordon

My mother, Charlotte Goldberg

Ed Goldberg

In support of the Am HaYam Food Drive

Anita and David Kraft

Fred & Carol Levison

Larry Pasco

Burton & Rozanne Neiterman

Joel and Meryl Sachs

Paula Feinstein & Marilyn Greenberg

Arnold and Carole Adler

Ron & Judy Ablow

Bob & Anne Cohen

Julius & Annette Cremisi

Bob & Linda Gordon

Rebecca & Michael Holmes

BOOKPLATE DONATIONS

In loving memory of my father, Elia "Bud" Lipton

Pamela S. Lipton

To mark a celebratory event, honor or remember a loved one or friend with a bookplate in a prayer book, please send a check for \$18 payable to Am HaYam to: Gene Saklad, 51 Pochet Road, Orleans, MA 02653-3624. Please include name(s) of contributor(s), event being celebrated or memorialized, individual(s) being honored or memorialized, relationship of each honoree to contributor, name, e-mail address and telephone number of contact in case any questions arise. Thanks.

CELEBRATE THE FESTIVALS WITH AM HAYAM

Please join *Am HaYam* as we celebrate the festivals of *Sukkot* and *Simchat Torah*. On Friday, October 2, we are invited to celebrate *Shabbat* and *Sukkot* at the home of Cindy Fox and Steve Berrick (135 Paines Creek Road, Brewster) and to enjoy an *Oneg Shabbat* in their *sukkah*.



On Friday, October 16, Cantor Bruce Malin will lead a joyous *Shabbat/ Simchat Torah* service at Chapel in the Pines followed by an *Oneg Shabbat*.



ADULT EDUCATION

C. Fred Alford will be speaking about his research and findings for his book, *After the Holocaust: The Book of Job, Primo Levi, and the Path to Affliction* on October 21, 7:00 P.M. at the Brewster Ladies Library.

The Holocaust marks a decisive moment in modern suffering in which it becomes almost impossible to find meaning or redemption in the experience. In this study, Fred Alford offers a new and thoughtful examination of the experience of suffering. Moving from the Book of Job, an account of meaningful suffering in a God-drenched world, to the work of Primo Levi, who attempted to find meaning in the Holocaust through absolute clarity of insight, he concludes that neither strategy works well in today's world. More effective are the day-to-day coping practices of some survivors. Drawing on testimonies of survivors from the Fortunoff Video Archives, Alford also applies the work of Julia Kristeva and the psychoanalyst Donald Winnicott to his examination of a topic that has been and continues to be central to human experience.

This program is free and open to the public. Light refreshments will be served.

SHAPING OUR FUTURE

Let your voice be heard! *Am HaYam* was founded about 22 years ago and has been the voice of the Jewish community on the lower and outer Cape. Has it been your voice? As our *Havurah* grows, questions arise as to how *Am HaYam* can best meet the needs of its very diverse population. To answer those questions, we invite you to participate in a forum to look back at where we have been and to plan where we should be going. What new programs and activities should we develop? Are there programs that should be dropped or enhanced? How do we engage more people to plan and participate in *Am HaYam* offerings?

Please join us at the Wellfleet Library on Sunday, November 15 from 12 to 2 PM. We hope that year-rounders as well as seasonal members of the *Havurah* will participate in this event. Bring your lunch and we'll provide the beverages and dessert. Please let us know that you are coming by sending an email to Judy Keller: jkelle47@verizon.net or by calling Judy at 508-255-7564. Thank you. We look forward to hearing from you.

SHALOM TV

There is a new Jewish television station available on cable. Through Comcast, go to "On Demand". Then choose "TV Entertainment." Scroll to the end of that list and you will find "Shalom TV." There are three categories of programming: News and Israel, Judaism and Culture, and Shalom Center. For more info: www.shalomtv.org.

TORAH STUDY

Sunday Torah Study continues at the Brewster Ladies' Library on October 18 with Rabbi Deanna Douglas. Sessions begin at 10:30 AM. Please bring pastry or fruit. Sessions are led by either Rabbi Deanna Douglas (D) or Rabbi Alan Ullman (U).

October 18 (D)
November 22 (U)
January 31 (U)
February 21 (D)

April 11 (D)
May 16 (U)
June 6 (D)

ROSH CHODESH

Rosh Chodesh is an *Am HaYam* women's group which meets once a month in observance of the beginning of the new Hebrew month with various programs including discussions, films, and sometimes just fun! The annual planning

meeting for *Rosh Chodesh* will be at the home of Bernice Simon-Wolfson on Thursday, October 15 at 7:30 PM, 32 Wadsworth Lane, Yarmouth Port. Please rsvp by phone 508-362-5508 or email to bsimwolf@comcast.net.

WOMEN'S TORAH STUDY

The Women's Torah Study group meets monthly year round on the fourth Tuesday of each month at members' homes. Last September we began with Genesis 1:1 (the first book of the Torah) and continue reading in sequence. We read and study in English, using various versions of the Jewish Bible and a number of commentaries. No experience necessary

and you are welcome to join the group at any time. Email announcements will be sent a few days before each session by the host. If you would like to be added to that email list, please let me know. The October meeting will take place at the home of Judy Keller, 96 Tonset Road, Orleans. There will be no meeting in November.

Rebecca B. Holmes



JEWISH FEDERATION OF CAPE COD - Programs of Interest

The Torah: a Women's Commentary

Rabbi Rachel Schoenfeld, Instructor, Sunday, November 8, 2009, 10:00 A.M. to 5 P.M.
Sponsored by the Jewish Federation of Cape Cod (See attached flyer). Registration and fee required.

Please note: This class is **instead** of the spring series described in the September newsletter in a notice from Ann-Beth Ostroff.

Breast/Ovarian Cancer Support Group for Jewish Women

This support group is sponsored by the Jewish Family and Community Services in collaboration with *Sharsheret*, a national organization supporting Jewish women and families facing breast cancer. Meetings will take place at Whitehall Estates, Route 28, Hyannis. Light refreshments will be served. Groups will meet twice a month. Start date to be determined.

For more information and to register, please contact Ann-Beth Ostroff, MA/LSW, 508-778-5589 or jc.serve@verizon.net or Sharsheret: 866-474-2774, info@sharsheret.org.

Please feel free to call Jewish Family Services or *Sharsheret* at anytime to talk with their professional staff about your concerns! All calls are confidential.

BOARD OF DIRECTOR MEETINGS

The *Am HaYam* Board meets at 7 PM on the fourth Sunday of each month (except for the Annual Meeting in May) at the home of Judy Keller, 96 Tonset

Road, Orleans. All members of the *Ha-vurah* are welcome to attend Board meetings. The next meeting is Sunday, October 25.

SUPERMARKET GIFT CARDS

Am HaYam helps the Interfaith Homeless Prevention Council by selling its Shaw's and Stop and Shop gift cards. *Am HaYam* sells the gift cards at face value and the Interfaith Homeless Prevention Council earns 10% of the value. You use them like cash at the supermarkets. It does not cost you anything.

Sandy Chernick is the new Chair for this project. She will have the gift cards at Board Meetings and *Rosh Chodesh* (which she usually attends) or you can call her and arrange to get the cards. Call Sandy at 508-255-5419.

THE AM HAYAM "SHMOOZE LIST"

The "Shmooze List" is an informal group of people who wish to share information via email not necessarily related to *Am HaYam*. To join, send an e-mail to shmoozer@ahycc.org. Include your name, address, phone and email address.

RECIPE EXCHANGE

There are many talented bakers and cooks among us and on occasion we will publish a recipe that has proved popular or has been requested. Cindy Fox often brings her White Raisin Tea Biscuits to Torah Study and they have become very popular. Here is her recipe:

Pre-heat oven to 400 degrees and place rack near top of oven. Yields 10-11 biscuits

Ingredients:

1 stick of butter at room temperature
½ cup sugar
1 egg slightly beaten
1 ½ cups all-purpose flour
1 ½ tsp. baking powder
¾ tsp. salt
½ cup white raisins
2-3 tbs. milk
cinnamon and sugar mixed

Cream together butter and sugar, add egg, add dry ingredients, and mix. Add raisins and milk together and mix. Drop by spoonfuls on greased cookie sheet. Sprinkle cinnamon sugar on each biscuit. Bake 15 minutes on top rack.



H1N1 INFLUENZA & VACCINE: WHAT DO I NEED TO KNOW?

This important educational event will be held on October 1, 2009, 7:00 to 8:30 pm at the Parish Hall, The Church of the Holy Spirit, 204 Monument Road, Orleans.

The speaker is Deputy David T. Vieira, Director, Office of Intergovernmental Relations/Citizen Corps, Barnstable County Sheriff's Office.

Parents of children between the ages of 6 months to 24 years of age, household contacts of children younger than 6 months of age, healthcare workers and emergency medical services personnel, pregnant women, and adults with underlying risk conditions or medical conditions that increase their risk for complications from influenza, will find this event of special interest as they are more at risk for the effects of H1N1 Influenza than other groups in the community. For more information, call 508-255-0433.

This invitation was extended to members of the Nauset Interfaith Association and their congregants by the Parish Nursing Ministries of many local churches.

(On occasion, the newsletter will make available information about events of particular interest to the Jewish community on the lower and outer Cape.)

LOOKING AHEAD TO NOVEMBER

- Friday, November 6, 7:30 PM, Shabbat Service led by the *Zamarei* (choir)
- Sunday, November 8, 10 AM, The Torah: A Women's Commentary
- Sunday, November 15, 12 Noon, Shaping Our Future
- Thursday, November 19, 7:30 PM, *Rosh Chodesh* Women
- Sunday, November 22, 10:30 AM, Torah Study with Rabbi Alan Ullman
- Sunday, November 22, 7:00 PM, Board of Directors

Notes: No Women's Torah Study in November due to proximity to Thanksgiving. November-March, *Shabbat* Services first Fridays only. Always check website for updates.



THE "YELLOW PAGES" OF AM HAYAM

ADULT EDUCATION	Jessica Dill	508-255-7771	jrdill1@comcast.net
BEREAVEMENT	Paul Biegelsen	508-255-2963	landerbiegel@comcast.net
FOOD PANTRY DRIVE	Carol/Stephen Roth	508-255-5952	croth@primaryconnections.com
HH LOGISTICS	Barry Worth	508-432-8970	brw107@verizon.net
HINENI	Ruth Shapiro Judy Keller	508-896-3573 508-255-7564	vista30@verizon.net jkelle47@verizon.net
HOLOCAUST MEMORIAL PROGRAM	Sharon Leder	508-896-2395	sharon@teichmangallery.com
JEWISH FEDERATION	Office	508-778-5589	jf.cc@verizon.net
NEWSLETTER	Rebecca Holmes	774-207-0285	rebeccabolmes@comcast.net
ONEG SHABBAT	Paula Feinstein Marilyn Greenberg	508-255-9283	kyoshipaula@gmail.com marilynsg@comcast.net
PRESIDENT	Judy Keller	508-255-7564	jkelle47@verizon.net
RITUAL	Paul Biegelsen	508-255-2963	landerbiegel@comcast.net
ROSH CHODESH	Bernice Simon-Wolfson	508-362-5508	bsimwolf@comcast.net
SOCIAL ACTION	Judy Keller	508-255-7564	jkelle47@verizon.net
SUPERMARKET COUPONS	Sandy Chernick	508-255-5419	No email
TORAH STUDY	Alice Weiss Joyce/Dick Bush	508-896-7355 508-430-5444	amjweiss@alum.barnard.edu bujoyce2000@yahoo.com arbu02645@yahoo.com
TREASURER	Martin Jacobs	508-896-9456	majdebj@aol.com
WEBSITE	Marc Weiss	508-896-7355	mweiss@alum.mit.edu
WOMEN'S TORAH STUDY	Rebecca Holmes	774-207-0285	rebeccabolmes@comcast.net
ZAMAREI HAYAM (CHOIR)	Shira Sands	508-349-1784	shira77@comcast.net

This newsletter is being mailed electronically by email and is also available on line at the *Am HaYam* website: www.ahycc.org. Check website for last minute information and changes in programs and dates.

October 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	1	2	3
* Sukkot II * 16th of Tishrei, 5770	* 17th of Tishrei, 5770 * Sukkot III (CH"M)	* 18th of Tishrei, 5770 * Sukkot IV (CH"M)	* Sukkot V (CH"M) * 19th of Tishrei, 5770	* 13th of Tishrei, 5770	* 14th of Tishrei, 5770 * Erev Sukkot 7:30-9:30p Shabbat/Sukkot at Berrick/Fox Home	* 15th of Tishrei, 5770 * Sukkot I
4	5	6	7	8	9	10
* Sukkot II * 16th of Tishrei, 5770	* 17th of Tishrei, 5770 * Sukkot III (CH"M)	* 18th of Tishrei, 5770 * Sukkot IV (CH"M)	* Sukkot V (CH"M) * 19th of Tishrei, 5770	* Sukkot VI (CH"M) * 20th of Tishrei, 5770	* Sukkot VII (Hoshana Raba) * 21st of Tishrei, 5770	* 22nd of Tishrei, 5770 * Shmini Atzeret
11	12	13	14	15	16	17
* 23rd of Tishrei, 5770 * Simchat Torah	* 24th of Tishrei, 5770	* 25th of Tishrei, 5770	* 26th of Tishrei, 5770	* 27th of Tishrei, 5770 7:30-9:30p Rosh Chodesh planning meeting	* 28th of Tishrei, 5770 7:30-9:30p Shabbat w/Cantor Mallin	* 29th of Tishrei, 5770
18	19	20	21	22	23	24
* Rosh Chodesh Cheshvan * 30th of Tishrei, 5770 10:30-12p Torah Study w/Rabbi Douglas	* Rosh Chodesh Cheshvan * 1st of Cheshvan, 5770	* 2nd of Cheshvan, 5770	* 3rd of Cheshvan, 5770 7-9p "After the Holocaust: The Book of Job, Primo Levi, and the Path to Affliction"	* 4th of Cheshvan, 5770	* 5th of Cheshvan, 5770	* 6th of Cheshvan, 5770
25	26	27	28	29	30	31
* 7th of Cheshvan, 5770 7-9p Am HaYam Board	* 8th of Cheshvan, 5770	* 9th of Cheshvan, 5770 2-4p Women's Torah Study	* 10th of Cheshvan, 5770	* 11th of Cheshvan, 5770	* 12th of Cheshvan, 5770	* 13th of Cheshvan, 5770
1	2	3	4	5	6	7

November 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 * 14th of Cheshvan, 5770	2 * 15th of Cheshvan, 5770	3 * 16th of Cheshvan, 5770	4 * 17th of Cheshvan, 5770	5 * 18th of Cheshvan, 5770	6 * 19th of Cheshvan, 5770 7:30-9:30p Shabbat w/Zamarei	7 * 20th of Cheshvan, 5770
8 * 21st of Cheshvan, 5770 10-5p The Torah: A Women's Commentary	9 * 22nd of Cheshvan, 5770	10 * 23rd of Cheshvan, 5770	11 * 24th of Cheshvan, 5770	12 * 25th of Cheshvan, 5770	13 * 26th of Cheshvan, 5770	14 * 27th of Cheshvan, 5770
15 * 28th of Cheshvan, 5770 12-2p Shaping Our Future	16 * 29th of Cheshvan, 5770	17 * 30th of Cheshvan, 5770 * Rosh Chodesh Kislev	18 * 1st of Kislev, 5770 * Rosh Chodesh Kislev	19 * 2nd of Kislev, 5770 7:30-9:30p Rosh Chodesh Women	20 * 3rd of Kislev, 5770	21 * 4th of Kislev, 5770
22 * 5th of Kislev, 5770 10:30-12p Torah Study w/Rabbi Ullman 7-9p Am HaYam Board	23 * 6th of Kislev, 5770	24 * 7th of Kislev, 5770	25 * 8th of Kislev, 5770	26 * 9th of Kislev, 5770	27 * 10th of Kislev, 5770	28 * 11th of Kislev, 5770
29 * 12th of Kislev, 5770	30 * 13th of Kislev, 5770	1 * 14th of Kislev, 5770	2 * 15th of Kislev, 5770	3 * 16th of Kislev, 5770	4 * 17th of Kislev, 5770	5 * 18th of Kislev, 5770
6 * 19th of Kislev, 5770	7 * 20th of Kislev, 5770	8 * 21st of Kislev, 5770	9 * 22nd of Kislev, 5770	10 * 23rd of Kislev, 5770	11 * 24th of Kislev, 5770	12 * 25th of Kislev, 5770