



## **COS MEN'S CLUB NEWSLETTER**

October 2020

### **COS Men's Club**

The primary goal of the COS Men's Club is to support our synagogue, with special attention to our youth. We strive to create an atmosphere which provides spiritual enrichment and fellowship, while at the same time sponsoring many social functions designed to meet the varying interests of our members. Our Men's Club is very active and strong. This strength comes from the support of a fantastic group of men who have resolved to make the COS Men's Club the best. We invite all COS men to join the Men's Club and

### **UPCOMING MEN'S CLUB EVENTS**

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**SUNDAY,  
OCTOBER 18 AT  
8:30 AM COS  
PEDALERS BIKE  
RIDE**

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**SUNDAY,  
OCTOBER 18  
12:00 NOON-1 PM  
ADL VIRTUAL  
WALK AGAINST  
HATE**

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**THURSDAY  
NOVEMBER 5 AT  
7:00 PM MEN'S  
NIGHT IN**

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**HAVE YOU  
RENEWED YOUR  
MEN'S CLUB  
DUES?**

**WE LOOK  
FORWARD TO  
YOUR  
MEMBERSHIP**

## ADL Virtual Walk Against Hate

The COS Men's Club, in conjunction with ADL Florida, presents:

### ADL Virtual Walk Against Hate

Join our COS Men's Club team as part of the nationwide virtual event for the March Against Hate. The event is free, but donations are appreciated to help support ADL's efforts to fight extremism.

The event is scheduled for Sunday, October 18, 2020 from 12:00 noon to 1:00 pm. Virtual walk 3.6 miles Sunday morning October 18 or walk what you can and log on for the event at 12pm.

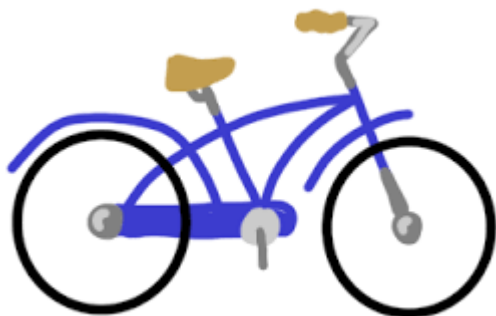
Registration at COS Men's Club Team Page: <https://support.adl.org/team/315037>

Questions: Team Captain Bruce Hoffen [bhoffen@gmail.com](mailto:bhoffen@gmail.com) Phone: (407) 833-9966

## COS Pedalers Bike Ride

Bike rides the first Sunday of each month will be at the popular Seminole Wekiva Trail. The Seminole Wekiva Trail heads almost due north for 13 miles through Seminole County starting at the San Sebastian Trailhead off SR 436 in Altamonte Springs. East of SR 434, and ending at its current terminus just south of SR 46 near Sanford. The next 2 rides are scheduled for Sunday, October 18<sup>th</sup> at 8:30 am and Sunday, November 1<sup>st</sup> at 8:30 am.

Men, women and teens can all participate. Riders need not be expert bicycle riders. The rides start and end at the same location.



## 2020 Men's Night In

Join Central Florida's Jewish Community for the:

### 2020 VIRTUAL MEN'S NIGHT IN

The Mens' Clubs and Brotherhoods of Congregation Ohev Shalom – Maitland; Temple Israel - Winter Springs; Congregation Beth Am – Longwood; Congregation of Reform Judaism – Orlando; and SW Orlando Jewish Congregation - Orlando, in conjunction with the Jewish Federation of Greater Orlando present:

### 2020 Men's Night In!

**Thursday, November 5, 2020**

Festivities start at 7 pm via ZOOM.

RSVP is required - \$36.00 per household (Larger amounts will be greatly appreciated).

To include dessert and wine delivered to your house!

Online ticket/sponsorship sales at [www.ifgo.org/MNO](http://www.ifgo.org/MNO)

Once again, several men's groups from local synagogues have united to host Orlando's fourth Men's Night Out – this year renamed Men's Night In!! **All proceeds will benefit each individual synagogue's youth activities.** These activities include scholarships to summer camps, books, school supplies and trips to Israel. To help us in this effort and to show your support, we invite you to attend this event.

The fun begins with an opportunity to see friends and associates via ZOOM at 7:00 pm at a group "cocktail party". Dessert and wine will be delivered before the event to your house to be eaten at private virtual "tables" of approximately 15 people. Finally, at 8:00 pm we will be featuring the main event: comedian, Tom Cotter. Tom has appeared on America's Got Talent – Season 7 as a finalist, Season 8 Snapple Viewing Party and the 2019 AGT Champions Edition. He has been on the Tonight Show, Last Comic Standing, his very own Comedy Central Special, The Howard Stern Show and the Late, Late Show.

## Men's Club Mentsch

### Dr. Steven Herman – Men's Club Co-President



Steve Herman grew up in the Maryland suburbs of DC, where he was the 4th generation of his family to belong to a different “Ohev Shalom”. During his Master's in Counseling at the University of Delaware, he met his wife of (almost) 33 years, Sandy. After completing his MS and PhD in Clinical Psychology at Rutgers University, they moved to Indianapolis, where they spent the next 25 years raising their lovely daughters, Rachel and Abigail, while working at the Indianapolis VA. He is currently Chief of Psychology at the Orlando VA Health Care System.

***What got you involved in Men's Club?*** The desire to build friendships and meaningful activity after relocating to Florida after 25 years in Indianapolis. I had met and come to like a number of members through minyan and services. I have long held the belief that a synagogue is much more than a place to pray, but is also a place of community, support, friendship, social activity, personal growth and “sanctuary”. It is my goal to see that the COS Men's Club lives up to these goals and ideals.

***You attended a Leadership Development Institute (LDI) conference in January. Please share your experience.*** LDI reminded me of the importance of using Men's Club to reach out to ALL of the members of the shul, to involve as many different segments of the congregation and the community. This is not an organization for men, this is an organization by men. It is important to involve men, however, as men are generally less likely to have a lot of interactions and connections outside of work. This makes the transition difficult when we retire.

***With COVID-19 limiting group activities in person, how are you leading the Men's Club with these restrictions?*** I would like to see Men's Club find as many different kinds of virtual and distanced activities as possible. We need to be creative. We also need to expand the breadth of our membership and activities to involve people of all ages.

***Outside of work and Men's Club responsibilities, what hobbies do you enjoy?*** Due to my work schedule, I have minimal time for a lot of hobbies. I do enjoy reading and playing with our cats and doing pretty much anything with my wife. I look forward to making more time for photography, hiking, playing the violin, riding my bicycle, and (very slowly) restoring a 1963 VW Beetle.