



2019-20 OPENING DINNER

**Celebrating the NFL at 100 Years
With THE Classic NFC North Rivalry!**



Thursday, September 5th, 6:15 p.m. at CBS

Please join the CBS Men's Club as we ring in the NFL's centennial season with a kickoff 100 years in the making as the Packers face the Bears. Come for the food and camaraderie and wear your team's colors.

Bring your favorite football memorabilia (not just Bears or Packers) and we will provide tables for display. A few will be asked to give a brief "show and tell" on one of their items. We will also have a silent auction and raffle of memorabilia.

Please register by Monday, September 2, 2019. MC Member \$10.00 and Non-Member \$18.00

Registration Form

Please reserve ____ places for the Opening Dinner for:

		MC Member?	
Name _____	Phone #: _____	Yes ___	No ___
Name _____	Phone #: _____	Yes ___	No ___
Name _____	Phone #: _____	Yes ___	No ___

Total Paid \$ _____

You can register in one of three ways. You may submit your check payable to "CBS Men's Club" along with this form to the CBS office. You may also pay by credit card through our new secure payment system by clicking [here](#) and completing the electronic registration form. We will then send you an electronic invoice that you can click to pay. Last but not least, you may also register for this event through your MyCBS account.

For additional information, please contact Bob Goldwin at 773-791-3314 or rudybux@comcast.net



2019-20 Israel In Depth Series **What You Need to Know Now**



Sunday, September 15, 2019 | 10:00 am

Electoral Do-Over: What to Watch for in the Second Israeli Election of 2019

As Israelis prepare to vote yet again, why should anyone expect a different outcome? Will Israel experience a September Surprise? What are the issues that impact how people vote?

Sunday, September 22, 2019 | 10:00 am

Coalition Calculus: What The Elections Mean For Israel's Future

Just days after Israelis cast their ballots, we'll assess the results and examine the factors that will contribute to the shape of the country's next coalition government.

Sunday, November 24, 2019 | 10:00 am

Israelis and American Jews Talk About Trump: Is the leader of the Free World 'Good for the Jews'?

President Trump. We'll explore the gulf in perception and try to understand how the view from "here" can be so different than the view from "there."

Sunday, December 15, 2019 | 10:00 am

Jerusalem, Tel Aviv, and Points Beyond

Israel may be a small country, but it's filled with surprisingly different realities. For years, people have contrasted the images of the two largest cities, Jerusalem and Tel Aviv. We'll go one step further by adding into the mix the very different lifestyles found in communities in the northern and southern peripheries.

Sunday, January 19, 2020 | 10:00 am

The Rainbow of Israeli Society

With people who hail from 100 different countries and cultures, Israeli society is one of the most diverse in the world. We'll delve into the reality of a country that is home to people who hail from Russia, Ethiopia, and Eritrea, and followers of religions that include Judaism, Islam, Christianity, and more.

Sunday, February 9, 2020 | 10:00 am

Israel Across the Generational Divide

Polls show that support for Israel remains strong among Americans in general and American Jews specifically, but there's no denying that millennials view the Jewish state through very different lenses than their elders. How can we understand these different perspectives, and what can we do about them?

**All sessions will be taught by Carl Schrag and will take place at 10:00 am
immediately following the Breakfast by Men's Club**

You'll benefit most if you attend all 6 sessions, but drop-ins are welcome!

This class is co-sponsored by CBS University/Adult Education, Men's Club, Israel Committee



CONGREGATION
BETH SHALOM
 MEN'S CLUB

Steaks In The Sukkah



Thursday, October 17, 2019 @7:00 P.M.

Please Join Your Award Winning CBS Men's Club For A Night Of
 Delicious Grilled Steaks and Socializing

Cost: \$36 Men's Club Member/\$40 Non- member

Reserve Your Space No Later Than Sunday, October 6, 2019

Registration Form

Please reserve ____ places for Steaks in the Sukkah

Men's Club Member?

Name _____ Phone #: _____ Yes ____ No ____

Name _____ Phone #: _____ Yes ____ No ____

Name _____ Phone #: _____ Yes ____ No ____

Name _____ Phone #: _____ Yes ____ No ____

Total Paid \$ _____

You can register in one of three ways. You may submit your check payable to "CBS Men's Club" along with this form to the CBS office. You may also pay by credit card through our new secure payment system by clicking [here](#) and completing the electronic registration form. We will then send you an electronic invoice that you can click to pay. Last but not least, you may also register for this event through your MyCBS account.

**For additional information, please contact Howard Sigal at 312-960-5244 or
howard.sigal@brookfieldpropertiesretail.com**



Erev Thanksgiving Program

Featuring

The Jesse White Tumblers

Plus a Magician & Balloons for the Kids, and Raffles for All



Wednesday November 27, 2019

6:00pm Dinner & Entertainment, 7:00pm Show

We are pleased to welcome back the internationally known Jesse White Tumbling Team. The Jesse White Tumblers have been thrilling audiences since 1957. Their acrobatic performances can frequently be seen during half-time shows for the National Basketball Association, the National Football League, and Major League Baseball games. Their amazing performance is guaranteed to thrill and entertain all ages!

\$12 per person in advance/\$16 after November 22nd if available/Under 3 yrs old free

To ensure your place, registration is required no later than November 22nd

Name: _____ Please Reserve _____ people @ \$12 each

Total remitted: \$ _____

You can register in one of three ways. You may submit your check payable to "CBS Men's Club" along with this form to the CBS office. You may also pay by credit card through our new secure payment system by clicking [here](#) and completing the electronic registration form. We will then send you an electronic invoice that you can click to pay. Last but not least, you may also register for this event through your [MyCBS](#) account.

For additional information, please contact Scott Bosley at 847.471.4733 or scottbosley@gmail.com



2019-20 Special Program Breakfast Series

Sunday, October 20, 2019 | 10:00 am

Refugee Family Program

Come hear speakers discussing immigration, refugees and most importantly how things are going with the refugee family Beth Shalom is co-sponsoring with RefugeeOne. Our sponsorship of the refugee family is partially underwritten by the Wolkin Innovations in Education Fund.

Sunday, October 27, 2019 | 10:00 am

Pet Adoption Program

John Andrews and volunteers from the Heartland Animal Shelter and Dr. Michael Malitz, from the Countryside Animal Clinic, will discuss Pet Adoption. Topics to be covered will include the adoption process, adopting family screening, compatibility with other pets and health concerns. If you are thinking about adopting a pet but want to know if there are any particular challenges with pet adoption, this is a program you will want to attend.

Sunday, November 10, 2019 | 10:00 am

Honoring our Vets Program

Cantor Stoehr will lead us through a program where we honor our CBS American and Israeli veterans. Hear from our vets about their military lives and stories while in the service. A special Guest Speaker is being considered for this powerful day.

Sunday, January 26, 2020 | 10:00 am

Jewish United Fund Program

Come hear distinguished speaker Yaakov Katz who is The Jerusalem Post's editor-in-chief. He previously served for close to a decade as the paper's military reporter and defense analyst. He is the author and co-author of several books. In 2012-2013 he was a fellow at the Nieman Foundation for Journalism at Harvard University and was a faculty member at Harvard's Extension School where he taught an advanced course in journalism.

Sunday, February 2, 2020 | 8:30 am

World Wide Wrap

Join your Men's Club and congregations around the world as we teach the mitzvah of wrapping tefillin. The World Wide Wrap unites men, women and children in prayer. This year we shall be experience "Davening in the Dark", a heightened sensory approach to the morning service.

Sunday, April 19, 2020 | 10:00 am

Earth Day Program

In an era where the climate crisis seems so much larger than any one of us, come learn how all of us individually and together can make a difference. Presentations will include what can and cannot be recycled and where in our vicinity those items can be taken. Learn about the organization Go Green Northbrook and the initiatives they are taking on behalf of all of us. Learn how to advocate on behalf of the environment. Purchase trees to be planted here and in Israel.

Breakfast by the Men's Club will begin at 9:30 am for each program



To Your Good Health Breakfast Series

Sunday, November 3, 2019 | 10:00 am

The Health Benefits of Medical Cannabis and CBD

Jessica Harshbarger and Mallory Kirsch from Compassionate Clinics of America, will discuss the various health and mental benefits that Cannabis carries as well as the differences between medical and recreational cannabis access. Their discussion will also include the use of CBD.

Sunday, December 8, 2019 | 10:00 am

Personalize Your Nutrition for Better Health

Marcy Kirshenbaum, from Enhance Nutrition, LLC, will discuss how the food choices you make to fuel your body, directly impact your health. Learn about common symptoms of inflammation, which is often the root cause of health conditions, and how to easily address this through food. Simple changes in your lifestyle can be the difference between illness and health.

Sunday, January 12, 2020 | 10:00 am

Keeping the Rhythm: Sleep and Circadian Wellness as We Age

Sarah Squires-Doyle from CJE SeniorLife and Dr. Kathryn Reid, From Northwestern's Feinberg School of medicine, will provide a presentation on sleep that is sure to keep you awake! Learn how your sleep/wake cycle influences your health and well-being, especially as you grow older. Get tips on how to create better sleep habits.

Sunday, March 15, 2020 | 10:00 am

Jewish Genetics - It's Not Just Tay-Sachs Anymore

This discussion will be led by our own Doctors Lee Shulman and Andrew Wagner. Their presentation will help to familiarize you with the types of cancers that Jews are more prone to developing. This information along with your family history and available testing, can help you be proactive in your health. We will also review basic concepts in genetics and along with the Sarnoff Center for Jewish Genetics, will talk about carrier screening; an essential step in healthy family planning.

Sunday, April 5, 2020 | 10:00 am

Chiropractic, Nutrition and Stress Reduction

Do you have aches and pains, headaches, digestive issues or allergies? Dr. Cari Jacobson, owner of Be Optimal Holistic Health Center in Glenview, will teach us tools and strategies to help you balance your body holistically. Learn how stress and the fuel we put in affects how we function.

Sunday, May 17, 2020 | 10:00 am

Men's Health and Fitness

Glenn Moak from the A Body with Heart fitness studio in Northbrook, will present his unique take on how fitness affects men's health. Learn about the benefits of total body training, focusing on flexibility, cardiorespiratory, core, balance, and strength.

Breakfast by Men's Club will begin at 9:30 AM for each program at \$7 per person



Lox Box 2020

Sunday, March 1, 2020

Enjoy an assortment of your favorite foods for only \$36!

Nova Lox ● Fresh Bagels ● Cream Cheese ● Orange Juice
Coffee ● Tomato ● Onion ● Dessert ● And More!

“Double Lox” Box is Back! Get Double the Lox for Only \$14 More!

ORDER YOUR LOX BOXES TODAY ● INVITE A FRIEND TO ORDER, TOO!

For Questions or to Order: Email cbsloxbox@gmail.com or call Lawrence at 847.867.8984

**** NEW for 2020: Order Online at <http://cbsloxbox.square.site> ****

BE A SPONSOR OR BENEFACTOR - RECEIVE FREE BOXES* - DONATIONS MAY BE TAX DEDUCTIBLE

*CBS Men's Club delivers hundreds of donated Lox Boxes to **The Ark** and **CJE** each year to help those in need. Over the last 20+ years we have served over 60,000 people. With your help we will serve even more this year!*

- *SPONSOR:** For every 10 Lox Boxes purchased, receive 1 additional Lox Box to donate, gift or yourself
- *BENEFACTOR:** For every 20 Lox Boxes purchased, receive 2 additional Lox Boxes to donate, gift or yourself

Congregation Beth Shalom Men's Club Lox Box 2020 Order Form

Complete this form and return to **CBS Men's Club, 3433 Walters, Northbrook, IL 60062**

ORDERS MUST BE RECEIVED BY SUNDAY, FEBRUARY 23, 2020

Standard Boxes: Self ____ + Gifts ____ = Total Standard Boxes ____ @ \$36 each = Total Standard \$ ____

“Double Lox” Boxes: Self ____ + Gifts ____ = Total “Double” Boxes ____ @ \$50 each = Total “Double” \$ ____

Donation Boxes: CJE ____ + The Ark ____ = Total Donation Boxes ____ @ \$36 each = Total Donation \$ ____

“Double Lox” Donation: CJE ____ + The Ark ____ = Total Donation Boxes ____ @ \$50 each = Total Donation \$ ____

*Complimentary Sponsor/Benefactor Boxes: ____ @ \$0 for donation / gift / self (circle one)

Total Boxes ____ **Total Order \$** ____

- ____ **Payment by Check payable to CBS Men's Club**
- ____ **Payment by Credit Card (invoice will be emailed to you)**

Purchaser _____ Address _____

City _____ ZIP _____ Phone _____ E-Mail Address _____

____ **I Will Pick Up at Congregation Beth Shalom on March 1, 7:30am – 11:00am (We will call you the night before to remind you!)**

____ **Please Deliver To: Purchaser _____ Recipient _____ (Please Use a Separate Form for Each Delivery Order)**
if you have ordered in the past and want to repeat your gift boxes, please email or call Lawrence as we have this information on file.

Recipient _____ # Boxes ____ Address _____

City _____ ZIP _____ Phone _____ Gift Card Message: _____





2020-21 Israel In Depth Series

What You Need to Know Now



Sunday, October 25, 2020 | 10:00 am

What Would 'Annexation' Actually Mean for Israelis and Palestinians?

Last summer, the world believed Israel was poised to extend sovereignty over a significant part of the West Bank. It didn't happen, but it's not entirely off the table. What forms could "annexation" take, and what would it mean for Israelis, Palestinians, and the world?

Sunday, November 22, 2020 | 10:00 am

What Does Nov. 3 Mean for US-Israel Relations?

So many things hinge on the outcome of the US Presidential election. Now that the results are in, what can we expect to see on the US-Israel front?

Sunday, December 13, 2020 | 10:00 am

If You Can't Visit, Try the Podcasts!

Even though international travel is on indefinite "hold," you can still experience the world from a safe social distance. We'll sample several popular Israeli podcasts that capture the essence of the country and its people, and offer insights into what makes the Jewish State tick.

Sunday, January 17, 2021 | 10:00 am

Israel's Place in the World (A Non-US-Centric Exploration)

Despite Israel's longstanding emphasis on maintaining strong ties with its great ally, the US, the country continues to forge close relations with Russia, China, moderate Arab countries, and other global players.

Sunday, March 7, 2021 | 10:00 am

Israel's Popular Culture Tells Us a Lot About the Country - and the Whole World is Watching

From award-winning films and TV shows that inspire adaptations around the world to top-rated classical musicians and wildly famous pop music acts, Israel's cultural arts are in the global spotlight.

Sunday, April 11, 2021 | 10:00 am

Portraits of Leaders

Who might be next in line to lead Israel? Even as Benjamin Netanyahu became Israel's longest-serving premier, few observers could point to anyone who might eventually replace him. What does this leadership void mean for Israel, and who might ultimately be tapped to replace the long-time (one-time?) 'King of Israel'?

All sessions will be taught by Carl Schrag via ZOOM. Register here

Breakfast options are available from three pick-up locations.

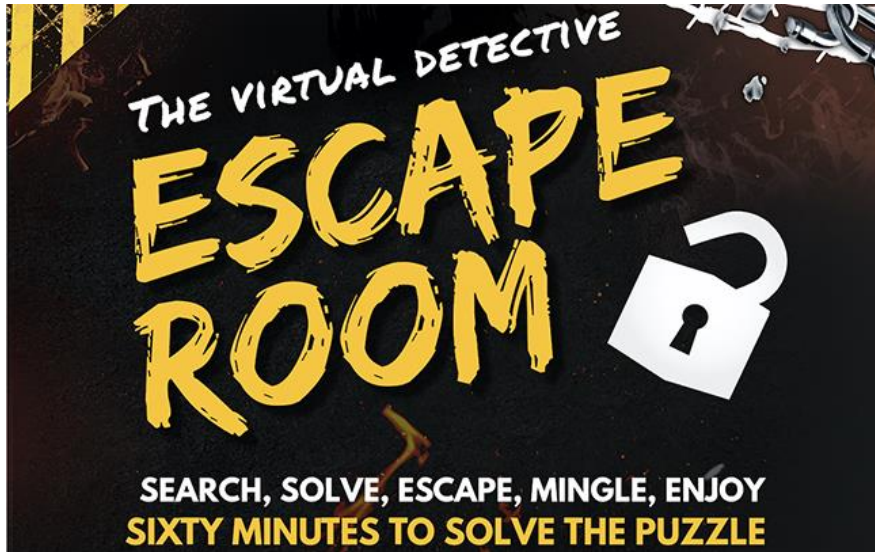
View options and place orders on the Men's Club Square Site:

<https://cbsmensclubevents.square.site>

This class is co-sponsored by CBS University/Adult Education, Men's Club, Israel Committee



A Jewish Themed Night of Fun, Drama, and Entertainment!



Saturday, November 21st, 8 pm
Direct to Your Living Room!
\$20 per Screen

From the creators of The Dinner Detective, please join the Men's Club for an evening as a virtual detective where we will work as teams to escape from a mystery room. We will seek clues using social media and Google - and of course your creative mind, to solve the mystery! It's fun and challenging at the same time!

To guarantee your reservation for this event, please RSVP no later than Wednesday, November 19th at <https://cbsmensclubevents.square.site>

For additional information contact Allen Lefkovitz at (312) 617-8820 or alefkovitz@abbeyroadtaxconsultants.com



Bears vs. Packers Preview Breakfast

Analysis & Trash Talking with Two Sports Radio Experts!



Sunday, November 29, 2020 at 10 am
Zoom Registration: <https://tinyurl.com/BP201ST>

Join the Congregation Beth Shalom and Congregation Beth Israel Ner Tamid Men's Clubs for a morning of highly interactive, informative, and entertaining banter prior to the 201st meeting in this long and storied pro football rivalry on Sunday Night Football. To help foster discussion, excitement, and a little lighthearted trash talking, we have retained two sports radio experts representing Illinois and Wisconsin. Come prepared to ask your burning questions about both the team you love and the team you love to hate!

Mitch Nelles is a member of Congregation Beth Israel Ner Tamid in Glendale, WI and will be representing the Packers. He co-hosted the Homer and Thunder afternoon drive show on ESPN Milwaukee for nine years.

David Schuster will be representing the Bears. He has worked for WSCR Radio and ESPN Radio 1000 in Chicago as a field reporter for all Chicago sports teams, update anchor, talk show host, and pre- and post-game host for the Bulls and the White Sox.

For our Chicago attendees, a carryout bagel/lox or continental breakfast can be ordered in advance using the new CBS Men's Club Events site: <https://cbsmensclubevents.square.site>

We hope you'll join us for some pregame football fun!



How to Survive Stressful Life Experiences and Live Better in the Present



David Strulowitz, JD and LLM
Sunday, December 6, 2020

Optional Breakfast Pickup at 9 am, Zoom Program at 10 am

Order Breakfast by November 30th at <https://cbsmensclubevents.square.site/>

Please join us for a timely and compelling discussion that will provide insights and tools for dealing with the stress of everyday life in these challenging times. David will help us understand how to turn challenges into blessings, connect with inner peace, discover our inner gifts, and recognize that everything that happens to us is for our own good.

David is a tax attorney who has appeared on WGN radio's "Noon Business Hour" with Sherman Kaplan and Kris Kridel. He also leads a class in Jewish Meditation/Mindfulness where he teaches his students how to change their perspective and improve their daily lives by learning the spiritual rules and practical meditative tools.

David earned a B.S. in business and accounting from Boston University; a J.D. from BU's School of Law; and an LL.M. in taxation from NYU's School of Law.

*For additional information contact Allen Lefkovitz at (312) 617-8820 or
alefkovitz@abbeyroadtaxconsultants.com*



How Congregation Beth Shalom is Adapting to COVID-19 Past, Present, and Future



Sunday January 10, 2021

Zoom Program at 10 am

Click [Here](#) to Register

Optional Breakfast Pickup at 9 am

Order Breakfast by January 4th [Here](#)

Rabbi Aaron Melman, Dr. David Hakimian, and Dr. Alan Shapiro will be holding an informal panel discussion on how our Synagogue has adapted to Covid-19. Last March, the Governor issued lockdown orders that affected businesses, houses of prayer, and all aspects of our life. Congregation Beth Shalom is now facing how to safely re-open the Synagogue.

A medical advisory group was formed to provide a medical perspective to assist the clergy and staff with opening the Synagogue. The members of the Medical Advisory Group are Dr. David Hakimian who is an oncologist at Advocate Lutheran General Hospital and Dr. Alan Shapiro who is a gastroenterologist with the Illinois Gastroenterologists Group.

The discussion topics will include our initial pandemic response; the medical advisory group formation, purpose, and interaction with our clergy, professional, and lay staff; and our plans to open the synagogue for services, B'nai Mitzvot, and other programs and events.

Please join us as we share our plans for 2021!

**For more information contact Allen Lefkovitz at (312) 617-8820 or
alefkovitz@abbeyroadtaxconsultants.com**



2021 FJMC *Virtual* World Wide Wrap

Join Our Men's Club and Youth in the Uniquely Jewish
Spiritual Experience and Tradition of Tefillin



Sunday, February 7, 2021

8:30 am on Zoom (<https://bit.ly/3rEKKuv>)

Tefillin instruction available prior to the event at <https://bit.ly/3rNVYwT>



Please join us for a unique, meaningful, and entertaining Sunday morning ZOOM service when Congregation Beth Shalom Men's Club along with our 6th and 7th grade students join Men's Clubs throughout the country to celebrate the mitzvah of wearing tefillin. The students will build their own tefillin in class on Sunday, January 31st, and Rabbi Warner will teach them how to put on both their tallit and tefillin.

In the event that you do not have a set of tefillin to use, we will have a limited number of extra sets available for you to borrow – first come, first serve. You can arrange to pick them up at Congregation Beth Shalom on Thursday night February 4th between 6-7:20 pm.

For any questions on the program or to borrow tefillin, please contact Steve Lessman at 847-828-4474 or slessman@hotmail.com



How to Survive a Heart Attack, and More Importantly, How to Avoid Heart Disease



Dr. David Marmor
Sunday, February 14th, 2021
Zoom Program at 10 am

Registration [Here](#)

Optional Breakfast Pickup at 9 am

Order Breakfast by February 8th [Here](#)

What are the warning signs of a heart attack? Are they the same for men and women? What should I do if I believe it's happening to me? Who do I call, and where do I go to maximize my chances of surviving?

Dr. David Marmor is a cardiologist with the NorthShore Medical Group who specializes in Congestive Heart Failure, Preventive Cardiology, and Peripheral Vascular Disease. He will teach us how to recognize the warning signs and symptoms of a heart attack, and what to do for the best possible outcome if you believe you are having one.

Since an ounce of prevention is worth a pound of cure, Dr. Marmor will also teach us how we can improve our cardiovascular health to improve our overall health and prevent a heart attack.

For more information contact Allen Lefkovitz at (312) 617-8820 or at alefkovitz@gmail.com



Lox Box 2021

Sunday, February 21, 2021

Enjoy an assortment of your favorite foods for only \$20

Pick Up Only on Sunday, February 21, 7:30-10:00am

Nova Lox • Fresh Bagels • Cream Cheese • Dessert

“Double Lox” Box is Back! Get Double the Lox for Only \$16 More!

**** Order Online at <http://cbsloxbox.square.site> ****

For Questions or to Order: Email cbsloxbox@gmail.com or call Lawrence at 847.867.8984

**NEW! SPONSORSHIP LEVELS & DONATE IN HONOR/MEMORY OPPORTUNITIES:
HELP THE ARK AND CJE AS THEY SERVE OUR COMMUNITY NOW MORE THAN EVER!**

CBS Men's Club delivers hundreds of donated Lox Boxes to The Ark and CJE each year to help those in need. Over the last 20+ years we have served over 62,000 people. With your help we will serve even more this year!

SPONSORSHIP LEVELS

FRIEND: 5 BOXES

SPONSOR: 10 BOXES

BENEFACTOR: 20 BOXES

PARTNER: 30 BOXES

L'CHAIM: 50 BOXES

PATRON: CONTACT US

DONATE IN HONOR/MEMORY

If you would like to order Lox Boxes in honor/memory of someone, we will send a donation acknowledgment, and your gift will help benefit The Ark & CJE. We will not be offering delivery of Lox Boxes this year.

RECEIVE 1 FREE LOX BOX FOR EACH 10 DONATED - DONATIONS MAY BE TAX DEDUCTIBLE

Congregation Beth Shalom Men's Club Lox Box 2021 Order Form

Complete this form and return to **CBS Men's Club, 3433 Walters, Northbrook, IL 60062**

ORDERS MUST BE RECEIVED BY SUNDAY, FEBRUARY 14, 2021

Standard Boxes: Pick Up _____ = Total Standard Boxes _____ @ \$20 each = Total Standard \$ _____

“Double Lox” Boxes: Pick Up _____ = Total “Double” Boxes _____ @ \$36 each = Total “Double” \$ _____

Sponsorship Boxes: CJE _____ + The Ark _____ = Total Donation Boxes _____ @ \$36 each = Total Donation \$ _____

“Double Lox” Sponsorship: CJE _____ + The Ark _____ = Total Donation Boxes _____ @ \$50 each = Total Donation \$ _____

Honor/Memory Boxes: CJE _____ + The Ark _____ = Total Honor/Mem Boxes _____ @ \$36 each = Total Donation \$ _____

“Double Lox” Honor/Memory: CJE _____ + The Ark _____ = Total Honor/Mem Boxes _____ @ \$50 each = Total Donation \$ _____

*Complimentary (1 per 10) Boxes: _____ @ \$0 for donation / self (circle one)

Total Boxes _____

Total Order \$ _____

_____ Payment by Check payable to CBS Men's Club

_____ Payment by Credit Card (invoice will be emailed to you)

Purchaser _____ Address _____

City _____ ZIP _____ Phone _____ E-Mail Address _____



Beer on the Wall

A Beer Tasting & Virtual Social Event



Thursday March 4, 2021
Zoom Program at 8:00 pm

Click [Here](#) to Register

Beer and Optional Dinner Pickup at 7:00 pm

Order dinner and/or your four pack of beer [Here](#) between January 11th and February 25th

Here is another great opportunity to share a Thursday evening with your Men's Club friends! The Beer on the Wall is an independent beer café in Arlington Heights that is dedicated to craft beer lovers, and focuses on giving beer the reverence it deserves. The Beer on the Wall team regularly hosts beer tastings on the North Shore.

Your event experience includes a four pack of beer for \$20.00 per person and a virtual program hosted by a certified beer cicerone, a trained professional working in the hospitality and alcoholic beverage industry with proven experience in selecting, acquiring, and serving today's wide range of beers. The optional dinner choices are \$21 for vegetarian and \$28 for meat per person.

Please join us for our first 2021 social event!

*For more information contact Allen Lefkovitz at (312) 617-8820 or
alefkovitz@abbeyroadtaxconsultants.com*

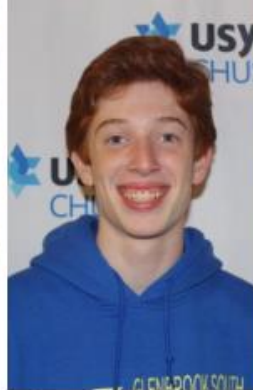
Men's Club Shabbat and Annual Awards Presentation



David Hakimian
2021 Kavod
Award winner



Scott Rogoff
2021 CBS Men's
Club FJMC
Midwest Region
Man of the Year
Award winner



Geoffrey Gittles
2021 co-Youth of
the Year



Brandon Wagner
2021 co-Youth of
the Year

Saturday, March 20, 2021 at 7:45 pm

Please join us on Saturday, March 20, 2021 at 7:45 pm for a very special Ma'ariv/Havdalah service in the comfort of your own home led by members of the CBS Men's Club.

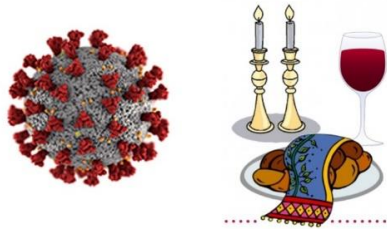
In a special virtual presentation, we will be honoring our Kavod, Man of the Year, and Youths of the Year award recipients.

Dessert can be purchased in advance and will be available on 3/18 by reservation. The Zoom link and dessert ordering details will be announced later in The CBS Byte.

*For additional information, please contact Andy Wagner at 405-923-6712 or
Andrew.Wagner@nm.org*



COVID-19 and the Torah: Implications for Jewish Life



Rabbi Aaron Melman Sunday, March 14th, 2021

Zoom Program at 10 am

Register at <https://tinyurl.com/MC-Sun-Progs>

The COVID-19 pandemic started in March of 2020, continues today, and will most likely be with us through most of this year. It has had a major impact on our family, congregational, and social lives, as well as the public health of our community, country, and the world.

Rabbi Melman will lead us in an interactive exploration of our experiences during this time. Has our experience been the same as all others in our country, or is there a uniquely Jewish perspective on these challenges? What lessons can we learn from our Torah about our obligations and responsibilities to our families and our communities during this crisis? Questions and topic suggestions may be submitted to Rabbi Melman by noon on March 12th at RabbiMelman@BethShalomNB.org.

As Pesach approaches, this discussion will provide interesting ideas for enhancing the lessons we learn each year from the Seder as we enhance the story of the Exodus to increase its relevance for us today.

For more information contact Allen Lefkovitz at (312) 617-8820
or alefkovitz@abbeyroadtaxconsultants.com



Virtual Yom Ha'Shoah Program

A Family Journey of Survival and Discovery



Howard Jeruchimowitz

Wednesday, April 7th, at 8pm

Zoom Registration Link: <https://bit.ly/2MNm5EB>

CBS Men's Club member Howard Jeruchimowitz, whose Lithuanian paternal grandparents both survived the Holocaust, will share the story of his family's history and journey from their native country to the United States, to protect the lives of their family and to ensure their future.

Through diligent research and the blessing of knowing his grandmother for 41 years, Howard was able to trace her journey from Lithuania to Cuba and finally to the United States. Utilizing this research, he, his father, and his family took the journey of a lifetime to discover his roots. He will share this very personal and heartwarming experience while telling the life story of Hirsch and Lea Kravitz Jeruchimowitz, and hopes to encourage others to discover their family roots.

Howard was born in New York and moved to Chicago to become a lawyer. He is a commercial litigator at the international law firm, Greenberg Traurig, LLP. He graduated Brandeis University in 1994 and Cornell Law School in 1997. Howard is a member of the Illinois Holocaust Museum's Second Generation Speakers' Bureau and currently lives in Northbrook, Illinois, with his wife Wendy Seltzer and their three children.

For more information contact Steve Lessman at 847-828-4474 or slessman@hotmail.com