

#### TBS Men's Club Yellow Candle Holocaust Memorial Day April 7th

#### Gentlemen:

I received my Yellow Candle Box in the mail today, so I am hoping everyone received theirs as well. Please remember to light your candles on Sunday and encourage others to do so as well.

Thanks to all who helped in mailing out the Yellow Candles for the Holocaust Memorial Program. If I missed anyone, please accept my apologies.

Carl Landsman Ira Sessler Brian Suchoff Jeffrey Hudes
Murray Sklar Michael Silverman Jeffrey Greif Laura Greif
Steve Sorkin Chris Block Lonny Hirsch Jay Jaffe Gary Schwartz
Rob Hodes Michael Brown Howard Attermann
Gerry Kuschuk Marcia Brenner Kerry Goldflam Scott Lantzman

All the best...

Larry Rochman

**WWW.TBSMENSCLUB.ORG** 

# Men's Club Announces Men's Club University 2013 with Rabbi Spector

Topic: "A Slice of Heaven: Jewish Views of the Afterlife."

Dates: Sunday, of April 7, 14,

28, 2013.

Time: 10 am.

Location: Rabbi Spector will be speaking in the Temple Beth Shalom Cohen Center.

A light breakfast will be served compliments of Men's Club.





### PROUDLY PRESENT THE ELEVENTH ANNUAL STEVEN A. GELMAN MEMORIAL HEALTH FORUM

# holistic health, healing and beyond

#### **HERBS, SUPPLEMENTS AND NATURAL PRODUCTS:**

How Do They Fit in Your Health Care Strategy?

#### THE MIND-BODY-SPIRIT BALANCE:

Techniques to Reach this Life-Changing Goal

#### **MEDITATION, MASSAGE AND HYPNOSIS:**

Are These Alternative Treatments Right for You?

#### **INTEGRATIVE MEDICINE:**

Achieving Wellness Through Complementary Therapies and Conventional Care

### Sunday, April 10, 2011 at 7:30 pm

Temple Beth Shalom = 193 E. Mount Pleasant Avenue, Livingston NJ All are invited. Free admission. Open seating.



Adam Perlman, MD, MPH, FACP, Director of Integrative Medicine at SBHCS, founding Medical Director at the SBHCS

Siegler Center for Integrative Medicine, and Executive Director of the UMDNJ Institute for Complementary and Alternative Medicine.



**Dale Bellisfield, RN, AHG,** a Registered Nurse, Holistic Health Practitioner, Clinical Herbalist at the SBHCS Siegler Center for

Integrative Medicine, and professional member of the American Herbalists Guild.



Susan Weinstein, RN, BS, FACCE, HN-BC, a Registered Nurse, Board Certified Holistic Nurse, Director of the SBHCS Women's Health/

Parent Education Department, and certified in Holistic Stress Management.





PROUDLY PRESENT
THE TWELFTH ANNUAL STEVEN A. GELMAN MEMORIAL HEALTH FORUM

# STROKE

- WHAT IS IT?
- HOW CAN WE PREVENT IT?
  HOW DO WE TREAT IT?
- **HOW DO FAMILIES COPE?**



#### Terry Carolan, MSPT, NCS Clinical Manager, Kessler Institut

Clinical Manager, Kessler Institute for Rehabilitation, Physical Therapist and Certified Neurologic Clinical Specialist



#### **Kyle Chapple, MD**

Neurosurgeon, Saint Barnabas Medical Center, Expert in the Treatment of Strokes, Aneurysms, and Vascular Malformations



### R. Doreen Monks, RN, MSN, APN-BC, CNRN, FAHA

Program Coordinator, The Comprehensive Stroke Center at Saint Barnabas Medical Center, Board Certified Gerontological Nurse Practitioner

### SUNDAY, MAY 6, 2012 AT 7:30 PM

Temple Beth Shalom 193 E. Mount Pleasant Avenue Livingston, NJ

All are invited. Open seating. Free admission.

FOR MORE INFORMATION, CONTACT THE STEVEN A. GELMAN MEMORIAL HEALTH FORUM AT SAGMHF@COMCAST.NET OR SAINT BARNABAS MEDICAL CENTER AT 973.322.5425 OR 1.888.724.7123

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#### Steven A. Gelman Memorial Health Forum

Temple Beth Shalom Men's Club

193 East Mt. Pleasant Avenue, Livingston, New Jersey 07039 Telephone: (973) 992-3600 Email: sagmhf@comcast.net

## THE STEVEN A. GELMAN MEMORIAL HEALTH FORUM

#### Fact Sheet – June 2012

#### What is the Steven A. Gelman Memorial Health Forum?

The Steven A. Gelman Memorial Health Forum (SAGMHF) is an annual community-based health awareness program presented by the Men's Club of Temple Beth Shalom, Livingston, New Jersey (TBSMC) since 2001. The purpose of the SAGMHF is to disseminate information regarding health issues and promote health awareness through interactive programs open to the general public free of charge. A SAGMHF event features presentations by a panel of expert speakers, a Q&A session with the audience, and distribution of information on the program topic. The SAGMHF is not a vehicle for the sale of products.

#### Who was Steven A. Gelman?

Steven A. Gelman was an officer of TBSMC, long-time member of Temple Beth Shalom (TBS), and dear friend of many at TBS and in the Livingston community. He was active in several local organizations such as the Livingston Soccer Club and Livingston National Little League. A devoted husband and father of two boys, he was first diagnosed with colon cancer in 1997 at the age of 40 and passed away in October, 1999. TBSMC created the SAGMHF in 2000 as a means to honor Steven's legacy of service and serve the community.

#### How is the Steven A. Gelman Memorial Health Forum funded?

Funding comes from the support of individual donors, event sponsors, and advertisers purchasing ads in our event program. For the most part, SAGMHF expert speakers graciously donate their time. Only through the generosity of our donors, sponsors, advertisers and speakers can we continue to present the SAGMHF annually to the general public without charge.

#### Where has the Steven A. Gelman Memorial Health Forum been publicized?

SAGMHF events have been featured in broadcast media on WNBC-TV's Weekend Today and Comcast Newsmakers, and covered in such print and web-based media as the Newark Star-Ledger, Asbury Park Press, Courier News, West Essex Tribune, New Jersey Jewish News, and The Alternative Press, to name a few.

What is the role of a Co-Sponsor of the SAGMHF? SAGMHF co-sponsors assist with program agenda,

event publicity, arranging for expert speakers, and otherwise help SAGMHF present its educational health programs to the community free of charge.

#### What topics are addressed by the SAGMHF?

SAGMHF programs over the years have covered a broad range of health-related topics. For the full list of past programs and guest speakers, see page two of this Fact Sheet.

#### When was the Eleventh Annual SAGMHF?

Stroke: What is it? How Can We Prevent It? How Do We Treat It? How Do Families Cope? was held on Sunday, May 6, 2012 at 7:30 p.m. at Temple Beth Shalom in Livingston, New Jersey. Our co-sponsor was Barnabas Health (fka Saint Barnabas Health Care System).

Our expert panelists for Stroke: What is it? How Can We Prevent It? How Do We Treat It? How Do Families Cope? included:

- Terry Carolan, MSPT, NCS, Physical Therapist and Clinical Manager at Kessler Institute for Rehabilitation;
- Kyle Chapple, MD, Neurosurgeon, Saint Barnabas Medical Center; and
- R. Doreen Monks, RN, MSN, APN-BC, CNRN, FAHA, Program Coordinator of The Stroke Center at Saint Barnabas Medical Center.

#### Who should I contact for more information or to make a contribution?

Mitch Berkey, Chairperson, SAGMHF

Phone: 973-530-2085 Email: sagmhf@comcast.net

For more information about the Men's Club of Temple Beth Shalom, Livingston, New Jersey, please visit the

TBSMC website: www.tbsmensclub.org

#### STEVEN A. GELMAN MEMORIAL HEALTH FORUM - PAST PROGRAMS AND SPEAKERS

Inaugural SAGMHF (2001): The Truths and Myths About Colon Cancer

Co-Sponsor: Cancer Care of New Jersey, Inc.

Guest Speakers: Robert Schuman, M.D., Leading gastroenterologist and frequent lecturer on colon cancer issues; Prof. Deirdre J. Good, Colon cancer survivor and founding member of the Colon Cancer Alliance; Joan Runfola, ACSW, LCSW, Oncology social worker and psychotherapist

2nd Annual SAGMHF (2002): Bioterrorism Preparedness: What Every Citizen Should Know

Guest Speakers: Gilberto Cardona, M.D., Regional Health Administrator, U.S. Public Health Service; Joseph Kolakowski, Dir., Emergency Management Coordination, N.J. Dept. of Health and Senior Services; Martin R. Hellwig, Dir., Office of Preparedness and Security, Essex County, N.J.; Stanley H. Weiss, M.D., FACP, Assoc. Prof., Preventive Medicine and Comm. Health, NJ Medical School

3rd Annual SAGMHF (2003): The Great Diet Debate: Fat, Carbs, Exercise and the Healthy Heart

Co-Sponsor: New Jersey Dietetic Association Guest Speakers: Gary K. Berman, M.D., Cardiologist; Felicia D. Stoler, Registered dietitian, NJ Dietetic Assoc.; Kirsten Wagner, Exercise physiologist and assoc. dir., St. Barnabas Athlete Training Center

4th Annual SAGMHF (2004): Hearing Teen Voices: Stress, School, Parents, Drugs and Dating

Co-Sponsor: Adolescent/Young Adult Center for Health, Goryeb Children's Hospital Guest Speakers: Eric J. Bartky, MD, Board certified psychiatrist; Susan R. Brill, MD, Board certified physician and Dir., Girl Street – A Young Women's Health Program, Overlook Hospital; Danna Shapiro, MSW, LCSW, Social Worker

5th Annual SAGMHF (2005): Truths & Myths About Teen and Adult Depression

Miles Wagman, LCSW, LFMT, Founder/Director, The Relationship Center

Co-Sponsor: NAMI-New Jersey

Guest Speakers: Mary Jo Codey, First Lady of the State of New Jersey; Mark

Perrin, MD, Pres., NAMI-NJ and Pres., NJ Parents' Caucus; Deborah Richman, LCSW, Psychotherapist; Nicole Johnson, High school senior and member of the NAMI National Teen Advisory Board

6th Annual SAGMHF (2006): Everything Teens & Adults Want to Know About Relationships \*\*But Are Afraid to Ask

Co-Sponsor: Council for Relationships Guest Speakers: Miriam Datskovsky, Editorial Page Editor and Sex

Columnist, Columbia Daily Spectator; Andrea Lavinthal, Co-author, "The Hookup Handbook: A Single Girl's Guide to Living It Up"

and Assoc. Beauty Editor, Cosmopolitan; Stephanie Newberg, MEd, MSW, LCSW, Senior Staff Therapist, Council for Relationships;

7th Annual SAGMHF (2007): The Golden Years: Enjoying, Planning for, and Coping with, Life with Your Elder Loved Ones
Co-Sponsor: Newark Beth Israel Medical Center Guest Speakers: Theresa M. Redling, D.O., F.A.C.P., Chief, Geriatric
Division and Hospice Medical Director, Newark Beth Israel Medical Center; Carol Abaya, M.A., Author of the nationally syndicated column "The Sandwich Generation"; Karen Brand, LCSW, Social Worker and Elderlink Coordinator, JFS of MetroWest

8th Annual SAGMHF (2008): Understanding Autism: Assessing, Treating and Coping with Autism and Autism Spectrum Disorders
Co-Sponsor: Autism Speaks
Guest Speakers: Charles Cartwright, M.D., Director, The Autism Center,
UMDNJ; Yvette Janvier, M.D., F.A.A.P., Medical Director, Children's Specialized Hospital; Michelle Lopes, Co-Chair, Autism Speaks
Northern New Jersey Walk; Linda Meyer, Ed.D., MPA, Exec. Dir., NJ Center for Outreach and Services for the Autism Community

9th Annual SAGMHF (2009): Hidden Dangers in the Home, School and Workplace: How to Identify and Remove Toxins and Create a Healthier Environment for You and Your Family

Co-Sponsor: Environmental and Occupational Health Sciences Institute, a joint institute of UMDNJ/Robert Wood Johnson Medical School and Rutgers University

Guest Speakers: Nancy Fiedler, Ph.D., Assoc. Prof., Robert Wood Johnson Medical School; Jason H. Sonners D.C., Dir., CORE Therapies Family Wellness Center; Nuni-Lyn Walsh, Ph.D., Teacher, AP Environ. Science and Science Research, Livingston High School; Clifford Weisel, Ph.D., Prof., Robert Wood Johnson Medical School

10th Annual SAGMHF (2010): Breakthroughs in Cancer: Prevention, Treatment and Survival in 2010

Co-Sponsor: Saint Barnabas Health Care System Guest Speakers: Dr. Max Gomez, WCBS-TV Medical Correspondent; Ronald Chamberlain, MD, Chairman, Dept. of Surgery and Surgical Director, Cancer Surgery Services, Saint Barnabas Medical Center (SBMC); Robert L. Goodman, MD, Chairman, Dept. of Radiation Oncology, SBMC; and Angela McCabe, LCSW, OSW-C, Director, Psychosocial Support Services and Community Outreach, SBMC

11th Annual SAGMHF (2011): Holistic Health, Healing & Beyond

Co-Sponsor: Saint Barnabas Health Care System Guest Speakers: Adam Perlman, MD, MPH, FACP, Dir., Integrative Medicine, SBHCS, and Exec. Dir., UMDNJ Institute for Complementary and Alternative Medicine; Dale Bellisfield, RN, AHG, Reg. Nurse, Holistic Health Practitioner, Clinical Herbalist, SBHCS Siegler Center for Integrative Medicine; and Susan Weinstein, RN, BS, FACCE, HN-BC, Reg. Nurse, Board Certified Holistic Nurse, Dir., SBHCS Women's Health/Parent Education Department

### Bourbon in the Booth Sunday, October 16, 2011 6-8 p.m.



Enjoy a traditional Men's Club barbeque followed by a special premium bourbon and scotch tasting event!

#### Free to all 2011-12 Men's Club members.

We welcome spouses, significant others, and guests over 21 who are accompanied by a member in good standing for a nominal fee of only \$10.00 each!

RSVP to Barry Schwartz at <u>bms17@verizon.net</u> By Thursday October 13<sup>th</sup>!

#### TICKETS ARE AVAILABLE NOW...BY MAIL...OR IN PERSON AT THE TBS OFFICE!

OR PURCHASE RIGHT NOW... ONLINE: https://sites.google.com/site/tbsmensclub/

Advance Purchase Discount Group Discount Don't Miss Both Discounts!



Featuring Today's Top Comedy Stars!



SHERRY DAVEY
The International Comedy Diva!
The Queen of Fashion & Comedy!
Born in NJ...raised in England!

Email:



DAN NATURMAN

As seen on Tonight Show,
Letterman, Jimmy Kimmel
and at chibs across the US!



BUDDY FITZPATRICK
As seen on Comedy Central,
at Gotham Comedy Club and
on the NYC comedy club circuit!

Amount enclosed: \$

### Saturday, December 17, 2011

Temple Beth Shalom, 193 E. Mt. Pleasant Ave, Livingston, NJ Doors open: 8:00 p.m. Showtime: 9:00 p.m. BYOB!

Tickets: \$25 advance/\$35 at the door

Group Discount: Buy 8 tickets by November 30th AND GET ONE FREE!

Purchase Online: <a href="https://sites.google.com/site/tbsmensclub/">https://sites.google.com/site/tbsmensclub/</a>

FOR ADVANCE SALES BY MAIL OR IN PERSON AT THE TBS OFFICE:

Make your check payable to: "Men's Club Comedy Night" and send with this form to:

Temple Beth Shalom, 193 E. Mt. Pleasant Ave., Livingston, NJ 07039

Name: \_\_\_\_\_\_\_ Phone: \_\_\_\_\_\_\_
Address:

All ticket sales are final. For more info. call Temple Beth Shalom at 973-992-3600.

# tickets:

SATURDAY, JANUARY 5, 2013



DON'T MISS THE FUN! PURCHASE YOUR TICKETS ONLINE TODAY!

WWW.tbscomedynight.org



RETURN SERVICE REQUESTED

### You are invited to start 2013 with a night of laughs!

DON'T MISS THE FUN WHEN LESTER HALL BECOMES A NEW YORK CITY COMEDY CLUB FEATURING TODAY'S TOP STAND UP COMICS!

Saturday, January 5, 2013
DOORS OPEN 8:00 PM • SHOWTIME 9:00 PM

\$25 advance sale discount
Advance sale online and at TBS office ends Friday, January 4th at 2:00 PM
\$35 at the door

For more info and to purchase tickets, go to **WWW.TBSCOMEDYNIGHT.ORG** 

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#### **Temple Beth Shalom Men's Club**

### **Inaugural** Tailgate Party

Lunch, snacks and Football on the  ${\underline{BIG}}$  screen

November 6, 2011, 1pm until football ends

Jets v. Bills at 1pm and Giants v. Patriots at 4:15PM





Please join us, rain or shine, for this very special PAID UP event! Send us your dues or pay your dues at the door. Paid up members and their children 12 years old and under will be admitted free. All others are only \$10.00

**Location: TBS Rear Parking Lot** 

RSVP REQUIRED: Contact Barry Schwartz at 973-533-0420 or <a href="mailto:bms17@verizon.net">bms17@verizon.net</a> by November 1, 2011.

## TBS Men's Club Welcomes Our Members and their Families to watch the exciting NFL Playoffs on the <u>BIG SCREEN</u>

Over 120" of High Definition Projection LCD TV and a 5.1 Dolby Surround Sound Theater System



#### **NO MORE EXCUSES. GIVE MOM A REST WHILE YOU WATCH THE BEST!**

Free Daycare for all children 6-10 years of age provided by TBS USY.

Free Food and Beverages for all children provided by TBS Men's Club.

Drop off in the TBS Youth Lounge Upstairs.

#### **Temple Beth Shalom Men's Club Presents**

#### "Talmud on Tap" with Rabbi Dorsch

Tapping into the Work-Life Balance
Where: Cloverleaf Tavern - private room, 395 Bloomfield Ave, Caldwell
When: Thursday February 28 and Thursday March 7 at 7:30 pm
Cost: Free!! - Just come and enjoy the free Beer, Drinks and Snacks, the
Stories and the Camaraderie!!
Sponsored by Temple Beth Shalom Men's Club.

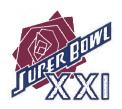
RVSP to Jay Jaffe <a href="mailto:JJAFFE@GREENBAUMLAW.COM">JJAFFE@GREENBAUMLAW.COM</a>



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### Temple Beth Shalom Men's Club Presents Our











Spring BBQ featuring our guest speaker

# SEAN LANDETA



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NY GIANTS SUPERBOWL XXI and XXV CHAMPION

Twenty-two seasons in the NFL. Named to the 1980s and 1990s All-Decade Team. Two NY Giant's championship rings in Super Bowl XXI and XXV. 1999 leader in punts, 1994 leader in gross punting, 1989 leader in net average yards and 1990 league leader with 24 punts inside the 20 yard line. Amassed 1,401 punts for 60,707 yards. Led NFL history in punts landing inside the 20 yard line at the time of his retirement. Longest tenured punter in NFL history and is still the oldest punter to ever appear in an NFL game. May 2009, elected to the Pennsylvania Sports Hall of Fame in Philadelphia. November 2011, was elected to the State of Maryland Sports Hall of Fame.

### May 20, 2012 from 6-8pm

Temple Beth Shalom, Livingston, NJ in Lester Hall

All Paid-Up Men's Club Members are invited to our free Spring BBQ. Pay your dues in advance or at the door. \*New members paying 2012-2013 dues come for free All other dinner and program guests are only \$12 for adults and \$8 for children 8-12 years old\*\*.

\*Member must not have been a paid member during the prior two years.

\*\*Please refrain from bringing children under the age of eight years of age.

Contact Barry Schwartz at bms17@verizon.net by May 16th to reserve your seat for dinner and this exciting program.





All Men's Club Members are invited to a

## 2<sup>nd</sup> Sunday Morning 10 Mile Bicycle Ride

Sunday, August 7, 2011 8-10 a.m.



Join Yale Hauptman and the rest of the Men's Club on a 10 mile Bicycle Ride along local roads.

Please bring a helmet.

Pre Ride Safety Inspection, Water and Granola Bars supplied before the ride. Meeting place in the temple parking lot, at the main entrance. Breakfast to be served at the end of the ride!

Guests over 16 accompanied by a club member in good standing are invited.

Contact Barry Schwartz at <u>bms17@verizon.net</u> By Thursday August 4<sup>th</sup> to reserve your spot! June 5<sup>th</sup>, 2012 Minyan 7:45pm

"There's no limit to what a man can do or where he can go if he doesn't mind who gets the credit."

Jeffrey Greif

Ian Stocks

Jay Jaffe Jeffrey Hudes

Rabbi Dan Dorsch

Paul Brownstein

**Barry Schwartz** 

Adam Ruchman

Larry Rochman

Mark Konstandt

Mitch Kramer

Peter Gotlieb

Ron Israel

### Temple Beth Shalom Men's Glub Agenda

D'Var Torah: <u>Rabbi Dan Dorsch</u> Refreshments: <u>Jeffrey Greif</u>

1. Call to Order (8:10 PM)

2 D'Var Torah

3. Approval of the May 2012 minutes

4. Reports

Treasurer's Report

**Programming Report** 

**Culture Report** 

**Membership Report** 

**Technology Report** 

Service Report

**Fundraising Report** 

**Athletics Report** 

**Board of Education Report** 

FJMC Report

5. **Old Business** 

6. New Business

President's Beneri

8. President's Report

Jeffrey Greif

#### Agenda Events to Be Discussed:

- May 6<sup>th</sup> Steven A. Gelman Health Forum recap.

- May 20th Men's Club Spring BQ, speaker Sean Landeta recap.

- Men's Club Calendar 2012-2013; TBS Calendar Meeting June 2012.

- FJMC book sponsorship.

- Whitewater Rafting Lehigh River

- Men's Club Membership (257 Members ... only 103 more to meet our goal of 360).

- Next Meeting July 10th (changed from July 3rd).

- FJMC Quality Awards.

- D'Var Torah / Refreshments sign up sheet 2012-2013.

- Hanukkah Hilarity Night December 15, 2012.

June 5<sup>th</sup>, 2012 "There's no limit to what a man can do or where he can go if he doesn't mind who gets the credit."



we still need to get Hanukkah

gifts for the Rosenbaums.

This area can be used to create a longer message.
You can include details, a general note or leave it blank.

- 9. Good and Welfare
- 10. Adjourn

Next Meeting: Tuesday July 10th, 2012

D'Var Torah: \_\_\_\_\_ Refreshments: \_\_\_\_

Remember to say "thank you" to our Men's Club Sponsors and patronize the businesses of our Men's Club Sponsors!!!

WWW.TBSMENSCLUB.ORG

### MEN'S CLUB

and



277 Eisenhower Pkwy, Livingston, NJ

Introduce a new gift card loyalty program to support your Temple Beth Shalom Men's Club

PLEASE SUPPORT YOUR MEN'S CLUB AND BUY YOUR WINE LEGEND GIFT CARDS. BUY FOR YOURSELF, YOUR PARTY OR YOUR SIMCHA.

CARDS COME IN \$50 DENOMINATIONS AND CAN BE PURCHASED IN THE TEMPLE OFFICE OR DIRECTLY FROM MEN'S CLUB AT UPCOMING MEN'S CLUB EVENTS.

Buy as many as you like, as often as you like and then use them at <u>Wine Legend</u> like cash. Apply all of your box discounts first, up to 25% off on cases of wine, and then present your <u>Wine Legend</u> gift cards as payment.

Please help support important Men's Club programs such as the Temple Sukkah, Founder's Day Brunch, Men's Club University, Scotch in the Sukkah, joint events with Sisterhood, Bar & Bat Mitzvah Gifts, Tefillin Build-A-Pair for our religious school, the Spring BBQ Event and other Men's Club sponsored programs.

EARN ERFE HANDEBAH HILARITY TICKETS