

## SOFTBALL TOURNAMENT & BBQ



Congregation Beth Shalom Men's Club Softball Team



Beth El Israel Ner Tamid Men's Club Softball Team

August 11, 2013: Three clubs participated and over 45 men played and an estimated crowd of 25 watched the games and enjoyed the BBQ. Thank you to team captains Scott Rogoff (Congregation Beth Shalom), Fred Rabinowitz (Beth Judea) and Mark Trachtenberg (Beth El-Northbrook). Thank you to Allen Harris of Beth Judea and Hillshire Brands for providing kosher hot dogs, soft drinks and BBQ grill. Region provided the buns, relish, plates, serving dishes, BBQ trays, chips etc. Region also provided umpiring.

### Inside this issue:

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**Prez Says**

**Around the Region**

**Scotch & Steak Events**

**Midwest Region Retreat**

**Lieberman Project Award**



## Prez Sez–



### Dear Midwest Region Brothers,

This Communicator issue focuses on our club events, but most importantly, progress of our goals.

The first goal is to fill initiative gaps in the community (ritual, social, athletic for

Jewish Men) that may increase under 50-year-olds club membership, and enhance the value of FJMC membership for clubs. To this end, we rolled out two new programs that were very successful.

Softball Tournament & BBQ: The August 13 Softball Tournament was so successful that the teams and a fourth club requested Region help Clubs create a Jewish Men's Club 12 softball league. A meeting will be scheduled during November 2013 to form a league board of directors who will handle the logistics.

Tu B'Shvat Haggadah for Clubs to Hold Seders: Completed and being distributed to clubs. Tu B'Shvat (Thursday, January 16, 2014) is a holiday with significant opportunities for the community to stress saving the environment, planting trees as well as a healthy diet/exercise. There is a gap in this area. Most synagogues do not offer seders to stress these values with children and their families. This is a perfect opportunity for men to show the way – engage younger men in the synagogue through fun events stressing the right values to their children.

Midwest Region FJMC decided to fill this gap and offer clubs a haggadah to use for their own seders – partnering with other arms of the synagogue. The package created would include the haggadah in colorful graphics to delight children, a flyer for marketing, and a how-to supply list. A draft haggadah with new photos was prepared and reviewed by Rabbi Aaron Melman. A draft flyer template, supply list and haggadah were then

reviewed one last time. Rabbi Melman endorsed the haggadah (in writing). The package was copied onto 14 CD's to give to Clubs (no paper copies – environmental message reinforced). Distribution of the program began at the September 12 Region Board Meeting with four clubs receiving their CD's: Congregation Beth Shalom (CBS), B'nai Israel-Ner Tamid (Milwaukee), Congregation Kneseth Israel, and West Suburban Har Zion. Others will obtain theirs during my club visits or by mail.

Our second goal is to improve existing programs to increase attendance and improve revenues each by 25 percent. Focus is on increasing value for Jewish men under 50 via Man/Youth of the Year and Retreat.

Man of Year and Youth of Year, Silent Auction - Chicago Area Feb. 23, St. Louis, March 23. Neal Bluestein from CBS Men's Club and Region Cabinet will chair the Chicago event and has formed a small committee.

Region approved the budget to modify the Region website to accept registration and payment for the event, including Ad payments. Work and shake down was to be completed by November 1, 2013. Ad design templates on Microsoft Word will be sent to those purchasing ads. The Board also agreed to return 50 percent of ad revenue for youth ads to the Synagogue Youth Departments.

Net, this program celebrates the future Jewish leaders and the current Jewish male role models, while becoming a fund raiser for the Youth Departments.

### Key dates:

November 15, 2013: Names of Man of the Year and Youth of the Year awardees selections to Chairman Bluestein. Each club should have a chairperson assigned by November 15, 2013. This person promotes the event and reminds people to register on the website. Notify Chairman Bluestein of selection.

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## MIDWEST FJMC REGIONAL RETREAT

SAVE THESE DATES

**MAY 2-4, 2014**

MIDWEST FJMC REGIONAL RETREAT AT STARVED ROCK LODGE



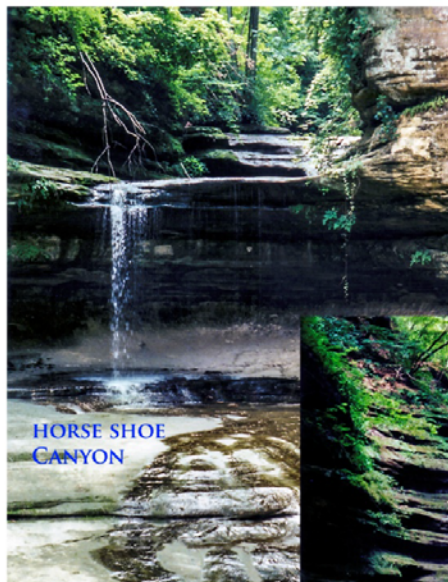
OGELSBY (LA SALLE COUNTY), ILLINOIS

- RUACH+++
- KOSHER MEALS,
- STUDY SESSIONS,
- HIKING
- NATURE TRAILS

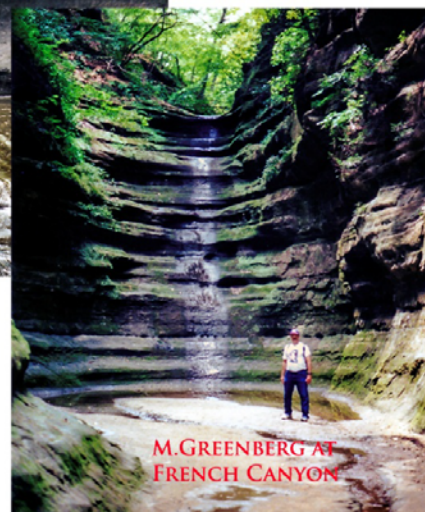
PLUS...

**PROGRAM IDEAS TO RECHARGE YOUR CLUB!!**

MEET NEW FRIENDS AND  
REINVIGORATE YOURSELF!!



HORSE SHOE  
CANYON



M.GREENBERG AT  
FRENCH CANYON



Federation of  
Jewish Men's Clubs  
**fjmc**  
MIDWEST  
REGION





## AROUND THE REGION



December 7th, 2013  
at Congregation Beth Judea  
7:30PM - 11:30PM

**Blackjack! Bingo! Mahjong! Poker!**



**[www.winbigcbj.com](http://www.winbigcbj.com)**

Sign up now and receive a limited time offer of 10% in free extra tokens that can be used for food, drinks or games.



### “News to Use” by Your Club in Planning Programs

Did you know – there is a wealth of information on the FJMC web site? To save you navigation time, we have created this handy guide with links to the key programs, ideas for events and planning resources.

- **[Key FJMC Program Links](#)**

Below are specific FJMC program dossiers filled with ideas for you to review.

- **[Hearing Mens Voices](#)**
- **[Israel Theme Program Ideas](#)**
- **[Wellness Program Ideas](#)**





## Around the Region

### A FABULOUS EVENING – FALL SCOTCH EVENTS

#### CONGREGATION B'NAI AMOONA SCOTCH IN THE SUKKAH

More than 80 Men's Club members and guests attended Congregation B'nai Amoona Men's Club's annual **Scotch in the Sukkah** event September 21. There were tastings of 19 scotches (two scotch-like from Japan) and bourbons, several liqueurs and exotic beers.

Plenty of snacks, coffee, soda and hot chocolate were available. New this year was a raffle of an Arran 10-year-old 70cl, 46% Island single malt Scotch whisky with a pair of nosing tumblers, and a Glenlivet Tasting Kit, which consists of three 200ml bottles of their best selling and multi-award-winning single malt Scotch whiskeys. Raffle tickets sold very quickly.



The Sukkah event was followed the next day by the Men's Club's annual Sukkot Family Picnic. The event is sponsored in conjunction with the congregation's Sunday School and Pardes program. Kudos to **Neal Peters, Al Finkelstein, Creighton Cohn** and **Mark Givarz**.

#### NORTH SUBURBAN SYNAGOGUE BETH EL MEN'S CLUB KICKOFF EVENT A HUGE SUCCESS

Once again our Men's Club held their **Steak and Scotch** extravaganza with successful results.

This past October 5<sup>th</sup>, close to 100 Men's Club members and guests gathered in the newly renovated Blumberg Auditorium to enjoy friendship, wonderful ruach, a delicious dinner and an enviable selection of Scotch whiskeys.

The evening began at 6:30 P.M. as guests arrived to savor a large variety of hot appetizers and vegetable dips, with most everyone toasting a *l'chaim* with the Scotch of their choice, and there was plenty to go around. After the evening minyan every one lined up to devour perfectly grilled steaks, chicken and vegetables accompanied with a variety of salads. Desert followed with *birkat hamazon* to end the eating orgy. Following, those who stayed found their way down to lake's edge to gather around a bon fire, smoke cigars and sing along with **Ron Goldberg** and his guitar.

Many thanks to **Aaron Krumbein, Jeffrey Goldsmith** and **Avram Pachter** who did all of the grilling and cooking. They delivered a fantastic meal and a delightful evening. Most left saying, "We should do this more than once a year." We know that everyone enjoyed and look forward to our next **Steak and Scotch** event.

The ruach and camaraderie that was generated made for a most enjoyable evening. There were many new faces, mostly younger Synagogue members who joined Men's Club. It was a night and dinner to remember.

#### KOL RINAH STEAK & SCOTCH SHABBAT IN THE SUKKAH WITH A "TASTE OF TALMUD"

We are commanded to sit and have a meal in the Sukkah. So, following Mincha and a "Taste of Talmud," Kol Rinah's Men's Club kicked off the New Year by lifting our spirits up together and enjoyed a nice kosher steak as well! Of course there were



veggie options, and for whom the spirit moved, partook in a Scotch tasting.

**Michael Waxenberg** shared with us his profound knowledge of Scotch and other liquors. This was a great kick-off for our New Year.

### **BHCBE Scotch & Steak event September 22**



**Jay Lawrence** served as our principal steak/veggie burger preparer at the club's BHCBE's Scotch & Steak event September 22, and he was instrumental in developing the event's menu.

### **Lieberman Center Recognizes Midwest Region Mitzvah CJE Senior Life Honors Volunteers**

On July 18 the Council for Jewish Elderly Senior Life honored the volunteers that assist all year at the Lieberman Center in Skokie. Included was the Midwest Region, FJMC. The four Men's Clubs recognized were: Congregation Beth Judea, North Suburban Synagogue Beth El, Beth Hillel Congregation B'nai Emunah and Congregation Beth Shalom. It was explained that the four Clubs rotate weekly every Shabbat to assist at Morning Services. The Midwest Region was represented by Ernie Smolen. The event was held at the Lieberman Center where close to fifty volunteers attended.

A light lunch was served while they were treated to a selection of favorite piano music. Wanda Turner, who is the coordinator, introduced a number of the Board members who thanked all of the volunteers for their continued services at the Lieberman Center. It was emphasized how

important the part that volunteers play in the operation of the Lieberman Center, that without their help it would be very difficult to operate the Center.

As a footnote, a Lieberman Tapestry Project is being created from articles representing the Lieberman Community. A Midwest Region kippah will be included in the tapestry. If your Club would like to include an object, it can be dropped off at the Lieberman front desk with a brief description pinned to it.

Kol Ha'kavod to all of the volunteers from our Region that take the time to come to the Lieberman Center on Shabbat morning and assist in the service and offer a friendly hand to the residents. May we be able to continue this most worthwhile mitzvah for many years to come.

### **Burton Fischman Honored by the Chicago Jewish News Guide to Jewish Chicago**



The Chicago Jewish News Guide to Jewish Chicago has honored our very own Burton Fischman, more commonly known as 'Captain Ruach' for his spirited rendition of Birchat HaMazon (the blessings after a meal), as a Jewish Chicagoan of the Year for 2013-2014. To read the article, in which his FJMC is prominently mentioned, [click here](#). And from his FJMC friends, a hearty (and spirited) *Yasher Koach!!*



**Sunday, February 2, 2014.**

**Time to start planning your 2014 WWWrap**

The World Wide Wrap is a signature program of the FJMC, teaching thousands of people about the mitzvah of wrapping tefillin!



## Prez Sez – from page 2

Club representative sends honorees head-and-shoulders portraits (digital picture preferred) and a three paragraph summary of (one for each honoree) experiences, achievements, personality and character and mail or e-mail it to Chairman Bluestein by no later than November 30, 2013.

All reservations and payments via the website are due no later than Friday, February 7, 2014 (details on website to follow)

All ads are due no later than Monday, December 30, 2013

### **Retreat - May 2-4, 2014, Starved Rock State Park, Utica, Ill.**

Venue has been secured and deposits made. Paul Glaser, Mark Givarz and Creighton Cohn will co-chair this event for Region. Emphasis is on fun, great kosher food, use of the nature trails, facilities, honoring clubs and ritual.

Rabbi Melman and I reviewed kosher kitchen requirements with Chef Bear. Bear will provide final cost for meals in September. Rabbi Melman will attend the event as the kashrut supervisor. Rabbi Charles Simon, FJMC director, has planned to attend.

We look to keep cost similar to the past. To assist us, a corporate donor has also agreed to provide a sponsorship for the event. We hope to find more sponsors.

The theme will be fitness and focus on men under 50 with Region Torch Awards to clubs for programming in those areas. Details to be provided in December 2013.

Our third goal is to promote health and wellness for our Region men through Region meetings.

In keeping with this goal, Midwest Region and Anshe Emet Fall Program was held Sunday, October 6: "MEN LIVING LONGER AND HEALTHIER - WHAT IS THE RECIPE?" Featured Dr. Evan Lipkis and Dr. Scott B. Phillips

Shacharit at 8:30am, Breakfast at 9:30am, Speakers at 10:15 am. About 30 men attended

this event. The presentation by Dr. Lipkis was very compelling concerning new diagnostic tests (called biomarkers) for heart disease. Dr. Lipkis volunteered to pull blood samples and conduct the biomarker screening free of charge for Anshe Emet's Men's Club members. This will be a pilot program that may expand throughout the Region

### **Speaker Background:**

**Evan Lipkis** is a successful internist who has practiced medicine for more than 30 years. In addition to his medical practice, he is a columnist for the Chicago Sun-Times and Atlantic On-line, Medical Director for Abington LTC and Hypno-Health, and former Medical Director, WGN Radio. Dr. Lipkis has also written several medical books including his latest, "Live Longer and Healthier Now." Dr. Lipkis discussed "Prevent Heart Disease with Simple Lifestyle Changes and High Tech Biomarkers."

Note: you can have normal cholesterol, LDL and HDL values, but can be at high risk for heart disease. NBC Meet the Press Moderator, Tim Russert, died with these normal values, but the new biomarkers now available could have warned of the heart attack that resulted from an instantaneous 100 percent blockage. Does your physician use these? Do you know your values?

**Scott B. Phillips** is a Harvard trained dermatologist currently practicing at St. Mary's and Elizabeth Hospitals. He has worked in industry developing new medications and has held academic appointments at both Harvard and U of C. A marathoner and ironman triathlete, Dr. Phillips has been invited to speak at dermatology meetings and sports training facilities about the skin problems of the endurance athlete. Dr. Phillips discussed "Common Sense Skin Care for Men," ranging from acne, wrinkles and reducing risk of obtaining skin cancer.

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Midwest Region and Anshe Emet Fall Program Sunday, October 6: "MEN LIVING LONGER AND HEALTHIER, WHAT IS THE RECIPE?" Featured Dr. Evan Lipkis and Dr. Scott B. Phillips

## Prez Sez – from page 7

- ♦ WINTER REGION MEETING - SUNDAY, JANUARY 12, 2014, BETH ISRAEL NER TAMID-Milwaukee
- ♦ WORLD WIDE WRAP XIII - SUNDAY, FEBRUARY 2, 2014
- ♦ PASSOVER – 1ST SEDER, Monday, April 14, 2014
- ♦ YOM HASHOAH – Monday, April 28, 2014

More information on Yellow Candles Next Issue.

Reminder for clubs:  
FJMC dues campaign with discounts for new members:

A discount of 50 percent on club dues resulting from all new members who join in 2013-2014.

Dues discount for increased membership will occur in the year after the new members join the club, since club dues are based on the prior year's membership roster.

Please update membership roster (Excel spreadsheet to be sent by FJMC with dues notice) and return to FJMC with a CC to Region (Bob Olshan, [olshanr@gmail.com](mailto:olshanr@gmail.com))

I have successfully recovered from attending four different club Steak and Scotch (some in the Sukkah) events, and look forward to seeing you at your Club events over the next 3 months.

Dr. Michael Greenberg  
President  
Midwest Region  
FJMC

**Winter Region Meeting, Beth Israel Ner Tamid  
January 12, 2014**





## WINDOWS OF THE MIDWEST REGION

### A series from Michael Greenberg



The Midwest Region is part of the International Federation of Jewish Men's Clubs (FJMC), an international organization of more than 250 men's auxiliaries serving 25,000 men across the globe.

FJMC's mission is to *involve Jewish men in Jewish life*, but our influence goes far beyond men in the Conservative/Masorti Movement. Our programs have a profound impact upon our congregations, the Jewish communities in which we live and Jewry worldwide through alliances with other international organizations such as Mercaz.

Please visit the FJMC website @ [www.FJMC.org](http://www.FJMC.org) for further information on all of our programs and relationships.

The photo collage of stain glass windows and art of Midwest Region FJMC synagogues was assembled by Michael Greenberg, President, Midwest Region FJMC. More of Michael's work can be seen at [www.imagetripping.com](http://www.imagetripping.com) and [www.flickr.com/photos/imagetripping](http://www.flickr.com/photos/imagetripping).



## Midwest Region - FJMC

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2013-2014 Midwest Region

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Perry Pitzele  
Gregg Pollack  
Ernie Smolen

CHECK US OUT

<http://www.midwestregionfjmc.org>

# COMING EVENTS

Remember  
the Date!

Winter Region Meeting, Beth Israel Ner Tamid – January 12, 2014

World Wide Wrap XIII – Sunday, February 2, 2014

Man and Youth of the Year North – February 23, 2014

Man and Youth of the Year South – March 23, 2014

Midwest Retreat, Starved Rock State Park, Utica, Ill. – May 2-4, 2014