

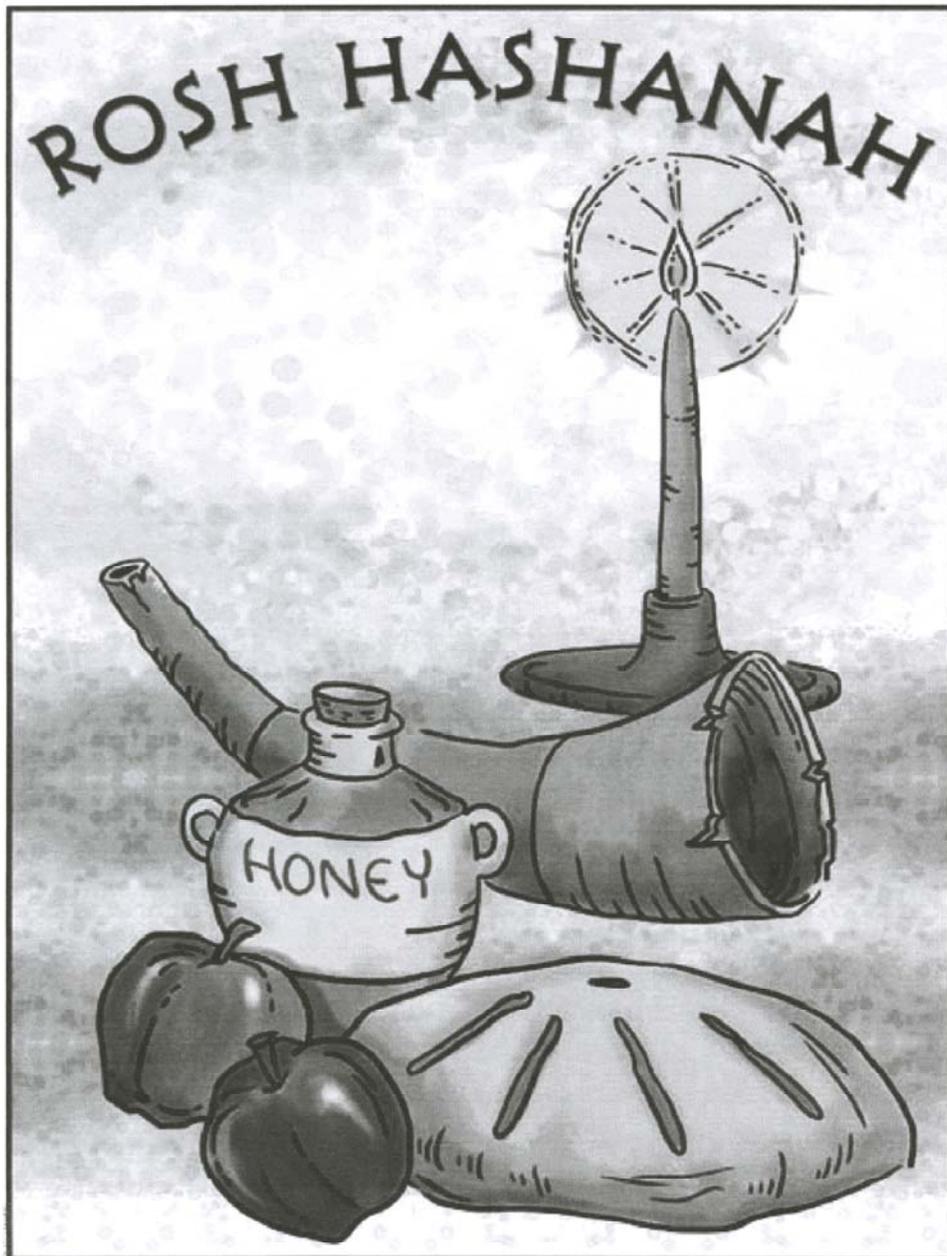


*Young Israel of Chomedey*

בית הכנסת צעירי ישראל

New Year's Edition Vol. 21 No. 1

2017/5778



Editor: Norman Fogel

Spiritual Leader: Rabbi Avram Banon

## *A Message from the Rabbi*

Dear Congregants,

As the High Holidays are quickly approaching, it is vital that we each take the time to contemplate and consider all that has happened in the year 5777, and what we will do to make the year 5778 more meaningful and productive, in both our spiritual and physical selves.

Rosh Hashanah. There are many words that can be used to describe the beginning of a new year. Yet, we use the word Rosh, head. The ‘body’ of the year, the 363 days, aside from Rosh Hashana, are all dependent on what we do for the 48 hours on the ‘head’ of the year. Just as the head of a body dictates to the limbs and organs on how to behave, react, and work, so too our ‘head’, our Rosh Hashanah, sets the tone for our new year to come. If we make the effort to be a little more kind on Rosh Hashanah, our year will be filled with just a bit more kindness. If we take the time to feed our Neshamah, our soul, on Rosh Hashanah, we will have elevated ourselves for the New Year. If we are careful with our words on Rosh Hashanah, to only speak good about others, then our speech and relationships will be more refined throughout the year.

On Rosh Hashanah 5778, we will be standing together, with our family and friends, in our Young Israel. Yes, the location has changed. Yes, it is different than Elizabeth St. Yes, the Shul doesn’t look the same. Yet, we have seen over the past year



that the core values and traditions that the Young Israel believes in have not wavered. On the contrary, we have worked alongside the Shaar Shalom to ensure that Ashkenaz Jewish life continues to thrive in Chomedey.

We must also make known our tremendous gratitude to the efforts of the past executive committee, led by George Finkelstein, who have worked tirelessly to make the transition to the Shaar Shalom as smooth and stress-free as possible. It is also with great reassurance that we welcome our new executive, led by Issie Baum, to continue what has been done in the past as well as plan for a brighter future.

We must utilize this Rosh Hashanah, the head of the year, to commit to not only elevate these holy days, but to make sure that it’s message carries us through the year to come as well. Just as we spend these

days praying and connecting to Hashem, avoiding any external distractions, we must commit to do so throughout the year as well, on a daily and weekly basis.

As we do our part, Hashem will surely reciprocate and bless us all with a happy and healthy sweet new year.

Rochel, Eli, Chana Leah, Esther and Messoda join me in wishing you a Shana Tova Umetouka, a happy and healthy sweet new year to all.

Rabbi Avram Banon

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## *Message from the President*

Dear Members of the Young Israel of Chomedey,

Welcome to the New Year 5778. Shana Tova! Happy New Year!  
A Gut Gezint Yohr!

Last year at this very time, our Past President George Finkelstein, in his New Year message for 5777 “regretfully and painfully” informed us all that we would be celebrating the High Holidays in our beautiful building on Elizabeth for the last time. It was not the most uplifting news one wants to hear at the start of a New Year, but it was reality. And I’m sure, that most if not all of us at the time, stood in shul during the Days of Awe, and looked around as we prayed in our beautiful sanctuary for the

last time. No doubt we were inspired by the magnificent stained glass windows shining all around us, listening to Rabbi Banon and Rabbi Stieffel guide us through our solemn Holiday Prayers and pondering the uncertain future of the Young Israel of Chomedey as we beseeched the Almighty for a Healthy and Happy New Year.

And the year 5777 was indeed a mixed blessing. During the past year a number of long-time members have passed on – including the “patriarch” of our shul George Abramovitz. Some other long-time members have moved to be closer to

# Message from the President

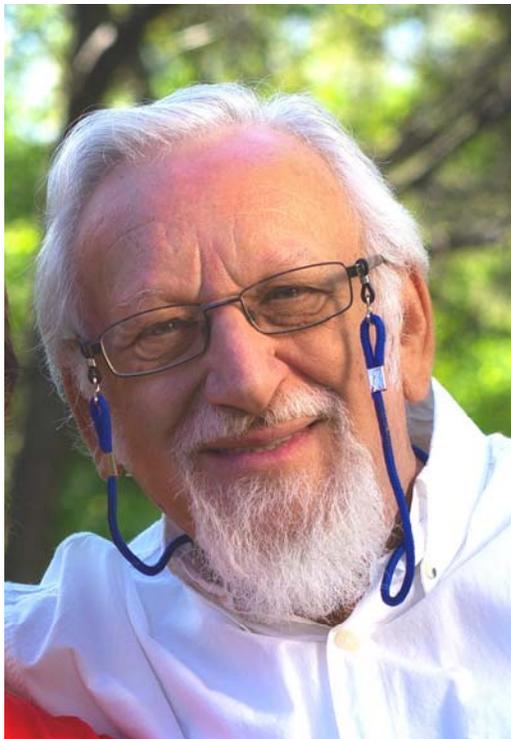
(continued)

children and grandchildren – to Montreal, Toronto, and Cote St Luc; we wish them well in their new homes. The move from Elizabeth to Notre Dame was a harrowing experience that took its toll on all who were involved.

Fast forward approximately 365 days to the start of 5778, and welcome to our new spiritual home, as tenants in the Shaar Shalom Synagogue. Tenants we may be, but we and Shaar Shalom have established a relationship during the past ten months, which is more of a partnership than a lessor-lessee relationship. Both of our congregations – together with Chevra Mishnayis who is now part of the Young Israel - have joined forces to provide our Ashkenazi community with a viable “Minyannaires” experience on a daily basis. Mornings and evenings, and every Erev Shabbat and some holidays, we are there together, providing meaningful services for all, especially for those who have to say Kaddish for a loved one. Shaar Shalom and the Young Israel have forged an alliance in providing Hanukkah and Purim Parties this past year, and will continue to do so this year where both our shuls can mix socially and get to know each other; where we will see that what unites us as Jews, is much more than what may divide us. This Sukkot, we will be celebrating Chol Hamoed services and celebrating in a beautiful new Sukka together.

Whether it's Rabbi Banon, whether it's Chazzan Sheni Yossi Aberman, or our Gabbaim - Moshe Levinger, Naphtali Shienbach and Jerry Segal, we always have a service that is first class. Unfortunately, at the end of October, we will be losing long-time Gabbai Naphtali Sheinbach who is moving to Cote St. Luc - a huge loss for our shul, but also a huge gain for some shul in Cote St. Luc. We wish the Sheinbachs “Bracha ve'Hatzlacha” - blessing and success in their new surroundings.

Those of you who are joining us for the first time for the High Holidays will find first and foremost, relatively familiar surroundings in our sanctuary. This is thanks basically to a handful of people. VP Dave Green - with the help of Bernie Peroff behind the scenes despite his debilitating arthritis – and VP Fred Rudy, have managed to accomplish in less than 6 weeks the following: The installation of our Yahrzeit boards and Tree of Life, our Hannukiya and the names of our shul prominently placed on the walls outside, the installation of our seating plan;



a new electronic Yahrzeit Board is up and running; more information on that is or will be provided on our new website. This new and modern website will put the Young Israel of Chomedey on the map for the local Ashkenazi community, and perhaps beyond. More than that, the website will now be your prime source of information about our shul and its members. All our newsletters and holiday bulletins will be accessed only through the website. Those without email access, will continue to receive this bulletin by regular mail. Weekly and holiday davening times will be prominently posted. Various links to the Jewish community will be found there, and more!

Visit the website at [www.youngisraelofchomedey.com](http://www.youngisraelofchomedey.com) it's yours – use it!!! If you have any suggestions let me know at [info@judaicasales.com](mailto:info@judaicasales.com)

Once again we welcome Rabbi Stieffel from Florida; together with Rabbi Banon, they and the lay clergy will no doubt inspire us as they have for the past few years, during the Yomim Noroim.

The new Executive takes pleasure in extending our thanks to the outgoing Executive, headed by George Finkelstein, for guiding us along a new path to the future. There were forks in the road along the way, but “Anakhnu Kahn” - the Young Israel of Chomedey is here. We want this beautiful new home to be your home, your spiritual home. Our doors will always be open, our Executive members will always be accessible, our Rabbi will always be available for those in need whatever the occasion. Thus – we can now safely say that the Young Israel shoulders on – offering the Ashkenazi community of Chomedey a place of worship we can all be proud of.

On behalf of my wife Zila and myself, and on behalf of the entire exec, we wish for the coming year 5778 - with Hashem's help - to be one of joy, one of myriad blessings, one of reconciliation - between man and man and between man and G-D - obviously women too!!... a year of spiritual awakening, one of prosperity, and most important one of good health for us all and for KLAL YISRAEL. May it be a Year of Peace – for us, for the State of Israel, and for all mankind. Amen!

Issie Baum

President

B”H

**Tishrei Calendar 5778 – 2017**  
**Davening, Candle Lighting Times & Blessings**

## HIGH HOLIDAYS

**Saturday, September 16th – Elul 25**

Parshas Nitzavim-Vayelech Selichos at 10:30pm

**Wednesday, September 20th – Elul 29**

Erev Rosh Hashanah Light Candles \*\*\* with blessings 1 & 5 at 6:37pm  
 Mincha & Mariv at 6:45pm  
*Eat special Rosh Hashanah foods*

**Thursday, September 21st – Tishrei 1**

Rosh Hashanah Shachris at 8:00am  
 Day 1 Sermon approx. 10:30am  
 Sounding of the Shofar approx. 10:45am  
 Tashlich prayers at 5:15pm  
 Mincha and Mariv at 6:45pm  
 Light Candles \* \*\*\* with blessings 1 & 5 after 7:38pm

**Friday, September 22nd - Tishrei 2**

Rosh Hashanah Shachris at 8:00am  
 Day 2 Sermon approx. 10:30am  
 Sounding of the Shofar approx. 10:45am  
 Mincha followed by Maariv at 6:30pm  
 Light Candles \*\*\* before 6:33pm

**Saturday, September 23rd - Tishrei 3**

Shachris at 9:00am  
 Mincha followed by Shalosh Seudos at 6:30pm  
 Ma’ariv and Shabbos ends at 7:34pm

**Sunday, September 24th - Tishrei 4**

Fast of Gedaliah Fast starts at at 5:28am  
 Shachris at 8:30am  
 Mincha and Ma’ariv at 6:15pm  
 Fast ends at 7:17pm

**Friday, September 29th – Tishrei 9**

Erev Yom Kippur Kapparos (during the week or before Shachris)  
 Festive meals Shachris at 7:00am  
*Men go to Mikvah* Mincha at 2:30pm  
 Light candles\*\* say blessings 3 & 5 at 6:19pm  
 Fast begins at 6:19pm  
 Kol Nidrei & Mariv at 6:30pm

**Saturday, September 30th – Tishrei 10**

Yom Kippur Shachris at 8:00am  
 Sermon approx. 10:45am  
 Yizkor Memorial prayer approx. 11:00am  
 Mincha at 4:45pm  
 Neilah approx. 6:15pm  
 Mariv, Shofar - fast ends at 7:20pm

\* Do not light before the time indicated.

\*\* Do not light after sunset.

\*\*\* Light only from a pre-existing flame. (A pre-existing flame is a flame burning continuously since the onset of the festival such as a pilot light, gas or candle flame.)

**Tishrei Calendar 5778 – 2017**  
**Davening, Candle Lighting Times & Blessings**  
**SUKKOS, SHEMINI ATZERES**  
**& SIMCHAS TORAH**

**Wednesday, October 4th – Tishrei 14**

Erev Sukkos	Light candles *** blessings 4 & 5	at 6:10pm
	Mincha & Mariv	at 6:15pm
	<i>Begin eating in Sukkah, recite blessing 6 from now and at all subsequent meals in the Sukkah. At the first meal, also blessing 5.</i>	

**Thursday, October 5th - Tishrei 15**

Sukkos	<i>Begin shaking of the “four Kinds”, blessing 7 &amp; 5 on first day only.</i>	
Day 1	<i>On subsequent days only blessing 7.</i>	
	Shachris	at 9:00am
	Mincha & Mariv	at 6:15pm
	Light candles * *** blessings 4 & 5	after 7:11pm

**Friday, October 6th – Tishrei 16**

Sukkos	Shachris	at 9:00am
Day 2	Mincha followed by Mariv	at 6:15pm
	Light candles * *** blessings 4 & 5	before 6:06pm

**Saturday, October 7th – Tishrei 17**

Shabbos Chol Hamoed	No shaking of the “four kinds” today	
	Shachris	at 9:00am
	Mincha followed by Shalosh Seudos	at 6:00pm
	Ma’ariv and Shabbos ends	at 7:07pm

**Wednesday, October 11th - Tishrei 21**

Hoshana Rabbah	Shachris	at 7:00am
Erev Shemini Atzeres	Light candles *** blessings 4 & 5	at 5:57pm
	Mincha & Mariv	at 6:00pm

**Thursday, October 12th - Tishrei 22**

Shemini Atzeres	Shachris	at 9:00am
Erev Simchas Torah	Yizkor Memorial prayer	approx. 10:30am
	Mincha & Mariv, <i>Hakafos and Dancing with the Torah</i>	
	Light candles * *** blessings 4 & 5	after 6:58pm
	<i>Young Israel Annual Simchas Torah Dinner</i>	

**Friday, October 13th - Tishrei 23**

Simchas Torah	Shachris	at 9:00am
Erev Shabbos &	<i>Hakafos and Dancing with the Torah</i>	at 10:00am
Parasha Bereishis	Light Shabbos candles ***	before 5:53pm
	Mincha and Kabbolas Shabbos	at 6:00pm

**Saturday, October 14th - Tishrei 24**

Shabbos Parasha Bereishis	Shachris	at 9:00am
	Mincha followed by Shalosh Seudos	at 5:45pm
	Ma’ariv and Shabbos ends	at 6:55pm

\* Do not light before the time indicated.

\*\* Do not light after sunset.

\*\*\* Light only from a pre-existing flame. (A pre-existing flame is a flame burning continuously since the onset of the festival such as a pilot light, gas or candle flame.)

For the festival blessings, please see the following page.

## Festival Blessings for Rosh Hashanah, Yom Kippur, Sukkos, Shemini Atzeres & Simchas Torah

1. Baruch Atah Ado-nai E-loheinu Melech ha'olam asher kideshanu bemitzvotav vetzivanu lehadlik ner shel Yom Hazikaron.
2. Baruch Atah Ado-nai E-loheinu Melech ha'olam asher kideshanu bemitzvotav vetzivanu lehadlik ner shel Shabbat kodesh.
3. Baruch Atah Ado-nai E-loheinu Melech ha'olam asher kideshanu bemitzvotav vetzivanu lehadlik ner shel Yom Ha-ki-purim.
4. Baruch Atah Ado-nai E-loheinu Melech ha'olam asher kideshanu bemitzvotav vetzivanu lehadlik ner shel Yom Tov.
5. Baruch Atah Ado-nai E-loheinu Melech ha'olam shehecheyanu vekiyemanu vehigyanu lizman hazeh.
6. Baruch Atah Ado-nai E-loheinu Melech ha'olam asher kideshanu bemitzvotav vetzivanu leisheiv basukkah.
7. Baruch Atah Ado-nai E-loheinu Melech ha'olam asher kideshanu bemitzvotav vetzivanu al netilat lulav.

### *Yashir Koach*

To all those members and non-members of both Young Israel and Shaar Shalom who came out to pack Passover baskets. And thanks to Stan and Marilyn Plant for allowing the use of their store as a pick up point for the baskets.

To Fred Rudy, who works tirelessly each month sending out the Yartzheit notices. We are having great success with the electronic version of the Yartzheit program that his son-in-law Steven Drorzak set up.

To Fred's wife Lillian Rudy, who on one occasion hand delivered the Yartzheit cards all over Chomedey (a job usually done by her husband Fred who was a little under the weather).

To George Finkelstein who officially stepped down as President of the Young Israel, after 2-3 years of leading our congregation from an uncertain future in a building that we could not afford, to a much brighter future at the Shaar Shalom.

To all those who contributed to a wonderful Shavuot holiday celebration. A special Yashir Koach to our clergy, Yossi and Rabbi Banon who treated us to a wonderful service during the 2 day holiday, to Gabbaim Moshe and Naphtali for their usual great job, to page turner Dave Apelbaum who kept us all on track, and again to Naphtali for the sumptuous dairy kiddish on both days.

Yashir Koach to all who participated in the preparations for the Bar Mitzva of Nat Yakower's grandson Noah. Special thanks to George Finkelstein, Naphtali Sheinbach (although sick and recuperating at home nevertheless helped cater this event), Dave Green and Susan Erdelyi for helping the Yacowers prepare, set the tables and decorate the hall.

A huge Yashir Koach to all members of the Young Israel of Chomedey, of the Chevra Mishnayis, and of Shaar Shalom who came out in large numbers to pay their respects to the Smith Family on the loss of their beloved son Stanley.

To Issie Baum who continues to do an outstanding job in creating and distributing the weekly Young Israel Newsletter. Its content goes above and beyond covering Shul events, providing also timely items of importance and interest to the readers.

Yashir Koach to Norman Fogel, Bobby Bergson, Max Stollar and any others for putting together all the information gleaned from newsletters for the past half year and to Edward Braiter for the graphics and layout for the Young Israel Bulletin.

To Gabbai Moshe Levinger who did double duty with Naftali being ill, and Jerry Segal, filling in as Gabbai.



### *Kiddish Sponsors*

Our sincere thanks go out to:

George and Rose Finkelstein  
Our shul, in loving memory of George Abramovitz  
Rosalie Simon  
The Wooden family  
Lucette Black  
Rabbi and Rebetzin Rochel Banon and Family  
Yacower family  
Eleanor Tylbor  
Gersh and Sheila Maddan

Graphics & Layout for the Bulletin:  
**Edward Braiter**

## *Liquor Donations*

Our sincere thanks go out to:

Irving Zwirek  
Saul Stark  
Zvi Shapiro  
Simmy Grabina  
Lucette Black  
David Rosensweig  
Issie Baum  
Moe & Krysia Rosenstein  
Rabbi Banon  
Aubrey and Dianne Bresinger  
Shaia Leibinger  
Larry Puritt  
Len Dworkin



## *Engagements and Weddings*

Renee Greenstein on the wedding of her grandson Jarred  
Coxford to Jessica.  
Rosalie Simon & her husband Reuben Schwartzman on the  
marriage of their daughter Talia to Evan Zell.  
Nick and Roslyn Pfefer who celebrated the marriage of their  
daughter Donna to Dave Litman.



## *Refuah Shelema*

George Abramovitz  
Nat Yacowar  
Sandy Rubin  
Moshe Levinger's wife Frida  
Joe Budner  
Mike Andradi  
Alex Wolkowicz  
Gerson Byer  
Issie Baum  
Nachum L  
Rose Byer  
Larissa bat Leah  
Zila Baum  
Stanley Smith  
George Finkelsteins's sister-in-law Merle and niece Lindsey  
Breina Glassman  
Naphtali Sheinbach  
Allan C  
Mindy's dad  
Bernie Peroff

## **Announcements**

**From April 2, 2017 to August 20, 2017**

## *Condolences*

Our heartfelt condolences go out to:

To the family of longtime YIC members, Chuck and Daisy  
Millman on the passing of Chuck's mother Claire Millman  
To the family of devoted long time member George Abramovitz  
To the family of Shaar Shalom member Sid Scholl who lost his  
brother Joseph (Joey) Samuel Scholl, suddenly  
To the family of Irwin Bigman  
To the family of Young Israel member Michael M. Ettinger, who  
passed away peacefully  
To the family of Morty Kader, an original founder of the Young  
Israel of Chomedey  
To the family of Ruth Adelstein (née Faigin), who died  
peacefully, after a brief illness  
To Mme. Ben-Chitrit, who unfortunately lost her daughter in  
Israel at age 58  
To the family of Karl Marks, a 40 year member of the Young  
Israel  
To the Apelbaum family on the untimely passing of Alan  
Rothman, brother & brother-in-law of Sharon & David  
Apelbaum  
To long-time YIC members Thelma and David Smith on the  
passing of their son, Stanley Jacob Smith, in his fifty-seventh  
year  
To the family of Sylvia Wooden (née Fraser) who passed away in  
her ninety-seventh year  
To the family of long time member Percy Waxman



## *Miscellaneous*

Mazal tov to Gabbai Moshe Levinger and his Gabbaitzin  
Frida on their grandson's Alex coming in 9th place out  
of 120 contestants in the world-wide physics competition  
sponsored by the Weizmann Institute in Israel.  
Mazal tov to Sally Rubin and the late Brahm Rubin's  
granddaughter Jenna Lindsey Levett on her graduation from  
McGill University with a Bachelors in Education with Jewish  
Studies.

**We regret any errors  
or omissions.**

## Bar & Bat Mitzvahs

Long-time member Riva Weigensberg on the birth of her 14th great-grandchild - a boy!  
Jackie and Danny (Past VP of the YIC) Tansky on the birth of their 12th grandchild, a bouncing baby boy.  
Sandra & Len Dworkin on the birth of their first granddaughter, Lauren, to parents Daniel & Francesca Dworkin.

## Births

Jack Goldberg and the entire family who celebrated the bar mitzvah of his grandson Dusty Goldberg  
Nat Yacower and his family on the occasion of Nat's grandson Noah celebrating his Bar-Mitzvah in his grandfather's shul.

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## Have you visited the web site recently?



The President's Message  
Pictures  
Join the mailing list  
and more

[www.youngisraelofchomedey.com](http://www.youngisraelofchomedey.com)



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(450) 681-2571

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## Recipes

### Raisin Farfel Kugel

2 cups farfel  
6 eggs, beaten  
1/2 cup raisins  
1/2 teaspoon salt  
1 cup white sugar  
2 tablespoons ground cinnamon  
4 tablespoons margarine

Preheat oven to 350 degrees F (175 degrees C). Grease an 8x8 inch baking dish.  
Soak farfel in water 10 minutes. Drain.  
Add beaten eggs into the bowl of farfel, and let stand 10 minutes. Stir in raisins, salt, sugar, cinnamon, and butter.  
Transfer mixture to prepared dish.  
Bake at 350 degrees F (175 degrees C) for 50 to 60 minutes.

### Easy Gefilte Fish

1 loaf frozen fish  
1 onion peeled and cut in quarters  
2 carrots peeled and cut in 1 inch cubes  
3 tablespoons sugar  
dash of salt  
dash of pepper

Take the plastic wrap off of the fish, leaving the paper.  
Put the fish in a large pot of cold water and add the other ingredients.  
Bring to a boil and continue boiling gently on a medium fire for 1 1/2 hours. Let the fish cool in the water for about 15 minutes.  
Remove the fish carefully and place in a container along with the carrots.  
Refrigerate for a few hours. Serve sliced on individual plates garnished with slices of carrots and prepared horseradish.

# Recipes

## Honey Cake

3-1/2 cups all purpose flour  
1 tablespoon baking powder  
1 teaspoon baking soda  
1/2 teaspoon salt  
4 teaspoons cinnamon  
1/2 teaspoon cloves (optional)  
1/2 teaspoon allspice  
1 cup vegetable oil  
1 cup honey  
1-1/2 cups granulated sugar  
1/2 cup brown sugar, packed (light or dark)  
3 eggs  
1 teaspoon vanilla extract  
1 cup warm coffee or strong tea  
1/2 cup orange juice  
1/4 rye or whisky  
1/2 cup slivered or sliced almonds

Best baked in a nine- or ten-inch angel food cake pan, but you can also make it in a 10 inch tube or bundt cake pan, a 9 x 13-inch sheetpan, or three 8 x 4-1/2-inch loaf pans. Preheat oven to 350F. Lightly grease the pan(s). For tube and angel food cake pans, line bottom with lightly greased parchment paper. For gift honey cakes, use "cake collars" designed to fit a specific loaf pan.

These give the cakes an appealing, professional look. In a large bowl, whisk together the flour, baking powder, baking soda, salt and spices. Make a well in the center, and add the oil, honey, sugars, eggs, vanilla, coffee, orange juice and rye or whisky.

Using a strong wire whisk or electric mixer on slow speed, combine the ingredients well to make a thick batter, making sure that no ingredients are stuck to the bottom of the bowl. Spoon the batter into the prepared pan(s) and sprinkle the top of the cake(s) evenly with the almonds.

Place the cake pan(s) on 2 baking sheets stacked together and bake until the cake springs back when you touch it gently in the center. For angel and tube cake pans, bake for 60 to 70 minutes; loaf cakes, 45 to 55 minutes. For sheet-style cakes, the baking time is 40 to 45 minutes. This is a liquidy batter and, depending on your oven, it may need extra time. Cake should spring back when gently pressed.

Let the cake stand for 15 minutes before removing it from the pan. Then invert it onto a wire rack to cool completely. Note: If you prefer not to use the whiskey, replace it with orange juice or coffee.

## Apple Crumble

8 Granny Smith apples, peeled, cored, cut into 8 slices  
1/4 cup of orange juice  
1 small packet of vanilla sugar  
1-2 tablespoons of cinnamon  
1 cup (9 ounces) all-purpose flour  
1/3 cup oats  
3/4 cup white sugar  
3/4 cup brown sugar  
1 cup (8 ounces or 200 grams) parve margarine, melted

Preheat oven to 350 degrees Fahrenheit (180 degrees Celsius).

Spray a shallow baking pan with cooking spray. Place the apples in one layer at the bottom of the baking pan, making sure to cover the whole pan. Sprinkle the vanilla sugar, orange juice and cinnamon over the apples in that order.

Mix together all the crumble ingredients with a wooden spoon. A bit more flour and oats can be added if you prefer a more crumbly topping.

Cover the apples with the crumble and press down lightly with your hand.

Cook the crumble in the oven for about 45 minutes. Check that the dish is ready by inserting a tooth pick in the middle. If the apples are still hard then continue cooking 5 minutes at a time until the apples are soft.



## Mushroom Barley Soup

4 Tbs. Oil  
2 Carrots, grated  
2 stalks Celery, grated  
1 large Onion, grated  
8 cups Water  
1 cup Barley  
1 pkg. Onion soup mix  
6-7 Mushrooms  
2 tsp. Salt

Saute carrots, celery, and onions in oil for 15 minutes. Add water. Bring to boil and stir in barley, onion soup mix, mushrooms, and salt.

Cook over low heat for 1 3/4 hours. Serves 6-8.

# Recipes

## Mini-Meatballs in Cranberry Sauce Recipe

These cute little meatballs go very quickly at holiday gatherings.

2 lbs lean ground beef  
1 cup challah bread crumbs  
2 large eggs  
1/4 cup fresh parsley, chopped  
2 cloves garlic, minced  
2 teaspoons onion powder  
1 teaspoon fresh basil, minced  
1/4 teaspoon cayenne pepper

Sauce:

1 can whole-berry cranberry sauce  
1 1/2 cups chili sauce or catsup  
2 tablespoons brown sugar  
1/2 teaspoon citric acid or 1 tablespoon lemon juice

In a large bowl, combine the ground meat, bread crumbs, parsley, eggs, garlic, onion powder, basil and pepper. Mix well but do not overwork or meat will become tough when cooked. Form into small balls the size of a walnut or smaller. Place meatballs in a slow oven of 300 degrees F and bake for 25 minutes.

In the meantime, in a crock pot set at 325 degrees F, mix together the cranberry sauce (if you so desire, you can use jellied. I prefer the whole berry.) Add remaining sauce ingredients. When meatballs are baked, transfer them to the crock pot and stir into the sauce. Cook in crock pot for 1 hour. Lower heat to keep warm for serving.



## Eye of Rib Roast

4-5 lb. eye of rib roast  
1/2 cup ketchup  
1/2 cup mustard  
1/2 cup brown sugar  
salt and pepper

Mix ketchup, mustard, brown sugar, salt and pepper to taste. Spread over the top of the roast. Bake 30 minutes covered, the rest of the time uncovered, using a meat thermometer to tell you when it is done.

## Roasted Vegetables with Pomegranate Vinaigrette

For the Roasted Vegetables

1 large head regular cauliflower (about 2 pounds), cut into small florets  
1 pound baby Romanesco cauliflower, or regular, cut into small florets  
2 medium sweet potatoes, peeled and cut into 1/2-inch wedges  
1 pound brussels sprouts, halved  
3 tablespoons extra-virgin olive oil  
Coarse salt and freshly ground pepper

For the Vinaigrette

1/2 cup pomegranate juice  
1/4 cup extra-virgin olive oil  
Coarse salt and freshly ground pepper  
1 cup pomegranate seeds

Roast the vegetables: Preheat oven to 425 degrees. Toss together vegetables and oil in a large bowl, and season with salt and pepper. Spread vegetables evenly on 2 rimmed baking sheets, and roast until golden, mixing halfway through, about 30 minutes.

Meanwhile, make the vinaigrette: Transfer pomegranate juice to a bowl. Pour in oil in a slow, steady stream, whisking until emulsified. Season with salt and pepper. Just before serving, drizzle vinaigrette over warm vegetables, and toss with pomegranate seeds.



## Asparagus Soup

4 pounds asparagus, stalks only (can use frozen)  
1 onion, chopped  
1 leek, chopped  
2 teaspoons minced garlic  
2 potatoes, peeled and chopped  
32 ounce instant chicken soup mix  
1 cup non-dairy creamer  
1 teaspoon pepper

Combine all ingredients in a medium-sized stockpot and bring to boil. Reduce heat and simmer for 20 to 30 minutes. Purée with hand blender until smooth.

# Recipes

## Gold Coin Chicken

8 boneless skinless chicken thighs  
1 tablespoon freshly grated ginger root  
2 tablespoons margarine  
2 cups carrots, peeled and cut in 1/4" rounds  
1 teaspoon seasoned salt  
1/4 teaspoon garlic powder  
1/4 teaspoon pepper  
1/4 cup orange honey  
1/4 cup frozen orange juice concentrate, thawed  
2 tablespoons finely minced onion  
1 tablespoon chopped fresh parsley  
parsley sprigs

In large fry pan, place margarine and melt over medium heat. Add chicken, sprinkle with salt, garlic powder, and pepper and cook about 8 minutes or until chicken is brown on all sides.

Remove chicken to 7"x10" baking pan in single layer. To fry pan, add honey, orange juice, onion, and ginger root. Stir until heated through and well blended. Brush mixture generously over chicken, cover and bake in 375°F oven 30 minutes.

In medium saucepan, place a small amount of water and carrots. Cover and steam about 5 minutes or until crispy tender. Drain. Baste chicken again with honey-orange glaze, return to oven uncovered and bake about 10 minutes more or until fork can be inserted in chicken with ease.

Add drained carrots to fry pan and stir gently until carrots are well coated with glaze. To serve, arrange chicken on serving platter and place carrot "coins" as a border around chicken. Sprinkle with chopped parsley and garnish with parsley sprigs. Serves 4.



## Carrot Tzimmes

8 large carrots cut into 1/4-inch pieces  
1/2 tsp. salt  
3/4 cup sugar or honey  
1 tbsp. lemon juice  
2 tbsps. Margarine  
3 tbsps. Flour

Place carrots in saucepan. Cover with water. Cook carrots until almost tender. Add salt, sugar, lemon juice, and simmer 20 minutes. Melt margarine, add to flour and add to carrots. Distribute evenly into baking pans or brown under broiler.

## Orange Cranberry Chicken with Sweet Potatoes

1 orange  
4 lbs roasting chickens  
salt and pepper  
1 lb sweet potatoes  
1 tablespoon olive oil  
1 cup chicken broth  
1 cup whole berry cranberry sauce  
2 tablespoons white wine vinegar

Preheat the oven to 375 degrees F. Wash the orange well with soap and rinse.

Grate the rind from orange (don't include the bitter white part). Rinse the chicken and pat it dry.

Sprinkle it with salt, pepper and half of the grated orange rind. Place the chicken breast side up on a rack in a large roasting pan. Roast for 30 minutes.

Meanwhile, pare & cut the sweet potatoes into one inch slices, then toss with the olive oil.

Place in single layer in the bottom of the roasting pan, arranging the slices around the chicken.

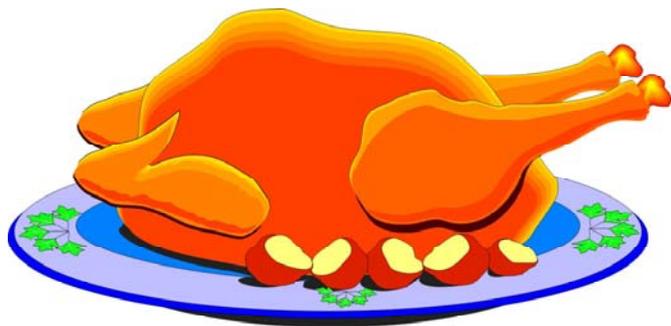
Continue roasting for another 1 hour and 45 minutes, turning the potatoes occasionally and basting the chicken and potatoes frequently, until the chicken juices run clear when the thickest part of the thigh is pierced with fork and the leg moves freely.

During the last 1/2 hour of roasting, combine the chicken broth, cranberry sauce and vinegar in a small saucepan. Bring to a boil over medium heat and let it boil for 20 minutes or until the sauce is reduced to 1 1/2 cups. Peel the white pith from orange, remove the seeds and chop up the flesh.

Stir the remaining rind and chopped orange into the saucepan and let it simmer for 5 minutes.

Let the chicken rest for 20 minutes before carving it. Cut the chicken in half lengthwise down the middle.

Spoon the cranberry sauce mixture over chicken and serve with the sweet potatoes.



# The 5778 High Holiday Guide

Rabbi Avram Banon has great pleasure in presenting The Young Israel of Chomedey 5778 High Holiday Guide for your enjoyment. May we merit true peace in Israel and the world over. SHANA TOVA! CHAG SAMEACH!

## INTRODUCTION

[ August 23<sup>rd</sup> – September 20<sup>th</sup> ]  
**'Elul' - The Month of Compassion**

In the generation of the Exodus from Egypt, Moses ascended Mount Sinai three times. The first was to receive the Torah. The second was to plead with G-d for His forgiveness after the Jewish people sinned in worshipping the Golden Calf. Then, on the first day of Elul - the month immediately preceding Tishrei - Moses ascended the mountain a third time, to invoke G-d's mercy for our complete atonement. He remained there for forty days, until Yom Kippur, when G-d cleansed us completely, as though we had never sinned. Since then, these last 40 days are marked as a special period of Divine grace, during which our sincere prayers are sure to find favor in the eyes of G-d.

### The King in the field

A king, returning to his palace, passes through the surrounding fields and greets his subjects. Once enthroned in his palace, the king is not easily accessible; only those who merit his attention are granted an audience. But when the king appears in public, anyone may approach him. In Elul, "the King is in the field": the Divine "King of the Universe" is available to anyone who approaches ... and graciously accepts our petitions and grants our requests.

### Elul observances

- The Shofar is sounded every weekday morning, except on Shabbat and the last day before Rosh Hashanah.
- Psalm 27 is added to the daily morning and evening prayers.
- It is customary to give additional charity each weekday.
- Beginning Saturday night, September 16<sup>th</sup>, and on the following weekday mornings until Sunday, September 29<sup>th</sup>, Selichot (special penitential prayers) are recited.
- Elul is the ideal time to check Mezuzot and Tefillin through a professional scribe. And we examine ourselves from within - reflecting on the year past, and making resolutions for the coming year.

[ September 21<sup>st</sup> – October 20<sup>th</sup> ]  
**'Tishrei' - A potent month**

From the first Shofar blasts on Rosh Hashanah through the last ecstatic dance on Simchat Torah, Tishrei is the most eventful time on the Jewish calendar - the Month of Power.

Tishrei's holidays are more than just a reminder of the past. Each one unlocks immediate connection to an exciting future -

beckoning us to play our part to bring the world to holiness and harmony. Torah is the guide, and its mitzvot are the tools: and Tishrei is the time packed with this potential.

Enter the wonder of the Jewish year and tap into the power of this mighty month!

**ROSH HASHANAH – THE HEAD OF THE YEAR**  
**WEDNESDAY EVENING, September 20<sup>th</sup>**  
**THRU FRIDAY, September 22<sup>nd</sup>**

Rosh Hashana is the day on which G-d completed the creation of the world by creating Adam and Eve. Their very first act was to proclaim the Almighty as King of the Universe. They called upon all the creatures: 'Come let us worship, bow down, and kneel before G-d, our maker.' Each Rosh Hashana, we too proclaim the Kingship of G-d, and reaffirm our commitment to serve Him well. Just as on the original Rosh Hashana, G-d created the world for the first time, so each Rosh Hashana He reconsiders and re-evaluates the quality of our relationship with Him, and creates our world anew.

### What are the special Rosh Hashana foods and when are they eaten?

It is customary on Rosh Hashana to eat foods symbolizing sweetness, blessings and abundance.

At the first meal, on Sunday Night, October 2nd, challah is dipped in honey. Afterwards we eat a piece of apple dipped in honey. After the appropriate blessing on the apple, we add: "May it be Your will to renew for us a good and sweet year" – Yehee Ratzon Milfancho She-te-chadash Aleinu Shana Tova Um-tuka.

Other customs include eating the head of a fish (so that we be a 'head' and not a 'tail'), pomegranates (so that our merits be as numerous as the seeds) and carrots ('meren' in Yiddish, which means to multiply).

### Second night of Rosh Hashana

On the second night of Rosh Hashana, Monday Night, October 3rd, it is customary to eat a 'new' fruit (i.e. a fruit that one has not partaken of this season) at the conclusion of the Kiddush, before the meal.

### Why is the Shofar integral to Rosh Hashana?

- The shofar proclaims the coronation of G-d as King of the Universe.
- It 'awakens' us to make amends and return to G-d.
- It reminds us of the shofar heard at Mount Sinai at the giving of the Torah.
- It represents the simple, primal outcry from the depth of the soul.

# The 5778 High Holiday Guide

- It presages the call of the “Great Shofar” described by the Prophets, which heralds the advent of the Redemption.

## What is the Shofar?

The Shofar is made out of an animal horn. Any horn may be used, except the horn of a cow or a bull, for their horns would be a reminder of the Golden Calf which the children of Israel had made in the desert, coming out of Egypt. The common practice is to use a ram’s horn, which recalls the readiness of our forefather Isaac to be sacrificed for G-d. At the last moment before Abraham was about to sacrifice his son Isaac, G-d instructed him to offer a ram instead. Thus we recall and invoke Isaac’s great merit. The Shofar is bent to show that we have to bow our hearts to G-d. It is kept simple, with no decorations.

## When do we hear the Shofar this year?

This year the shofar is sounded Thursday, September 21<sup>st</sup> and Friday, September 22<sup>nd</sup>.

## ‘Tashlich’ - What is it and when do we do it?

Tashlich prayers which ‘cast away our sins’ are recited by a body of water or pond containing live fish. As fish depend upon water, so do we depend upon G-d’s providence. Also, a fish’s eyes never close, symbolizing G-d’s unceasing watchfulness over us.

Tashlich prayers are recited on the first day of Rosh Hashana, Thursday, September 21<sup>st</sup>, following the afternoon prayers.

## ‘Ten Days of Teshuvah - Return’

The first ten days of the month of Tishrei – two days of Rosh Hashana, the seven days following, and Yom Kippur - are an auspicious time in which to rectify our shortcomings and draw closer to G-d. They are therefore known as the ‘Ten Days of Teshuvah’.

## Teshuvah

Teshuva frequently translated as repentance, actually means returning. Judaism emphasizes that our essential nature - our soul - is pure, holy and innocent. True repentance is achieved not through harsh self condemnation, but through the realization that our deepest desire is to do good.

Teshuva means to return to self, to be aligned with our inner G-dly consciousness. Thus, since our soul is a ‘part of G-d’ Who is infinite, so too our ‘return’ to G-d has no limits. This means that even the most righteous can and ought to do ‘Teshuva’, and that ‘Teshuva’ is not merely to amend wrongdoings, but to deepen and improve our good habits and practices as well.

## ‘Shabbat Shuvah’ - Shabbat of Return

This year, Shabbat Shuvah (from the evening of September 22<sup>nd</sup> until nightfall of September 23<sup>rd</sup>).

Shuvah’, so called after the Prophetic reading for that day:

“Return (Shuvah), O Israel unto G-d Thy L-rd”. Shabbat is a day of delight and celebration, thus this day imparts a sense of joy and pleasure in our ‘Teshuva’.

## The Fast of Gedaliah

Sunday, September 24<sup>th</sup> is a fast day. The fast begins at 5:28 am and ends at 7:17 pm. It commemorates the assassination of Gedaliah, a great Jewish leader during the Babylonian exile, and the end of Jewish independence.

## YOM KIPPUR

FRIDAY EVENING, SEPTEMBER 29<sup>th</sup> –  
SATURDAY, SEPTEMBER 30<sup>th</sup>

## Can Yom Kippur be a happy day?

Though these Days of Awe, as they are often called, are solemn, they are not sad. In fact, Yom Kippur is, in a subtle way, one of the happiest days of the year. For on Yom Kippur we receive what is perhaps G-d’s most sublime gift; His forgiveness and the opportunity to deepen our relationship with Him.

When one person truly forgives another, it is because of a deep sense of friendship and love that overrides the effect of whatever wrong was done. Similarly, G-d’s forgiveness is an expression of His eternal, unconditional love. Though we may have transgressed His will, our essence - our soul - remains G-dly, and pure. Yom Kippur is the one day each year when G-d reveals most clearly that our essence and His essence are one. Moreover, on the level of the soul, the Jewish people are all truly equal and indivisible. The more fully we demonstrate our essential unity by acting with love and friendship amongst ourselves, the more fully G-d’s love will be revealed to us.

## The Eve of Yom Kippur, Festive Meals

On the day preceding Yom Kippur, Friday, September 29<sup>th</sup>, we eat two festive meals, one during the day, the other just before the fast to demonstrate our faith and confidence in G-d’s mercy.

## Eating Kreplach

Many have the custom of eating kreplach (small pieces of ground meat enveloped in dough) in the meals before Yom Kippur. One reason for this custom is that the dark meat covered by the white dough symbolizes our sins becoming ‘whitened’ and cleansed.

## Blessing the Children

Another beautiful custom for this day is that of parents blessing their children with the Priestly Benediction: “May G-d bless you and guard you... May G-d shine His countenance upon you and be gracious to you... May G-d turn His face toward you, and grant you peace.”

## Please Forgive Me...

Yom Kippur atones for sins against G-d, but not for wrongdoing between man and man. It is therefore important, before Yom

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Kippur, to apologize and seek forgiveness from friends, relatives, and acquaintances, to heal any ill feelings which may have arisen.

## Five Prohibitions

On Yom Kippur in addition to the prohibition of work, as on the Sabbath, there are five activities specifically prohibited on Yom Kippur:

- eating and drinking
- anointing oneself with perfumes or lotions
- marital relations
- washing (for pleasure)
- wearing leather shoes.

## Yom Kippur Service Highlights:

### Viduy

During each main prayer throughout Yom Kippur, we recite the 'Viduy' (confession), enumerating all the sins we may have committed, and asking G-d's forgiveness.

### Kol Nidrei

The evening service begins with the chanting of 'Kol Nidrei', recited three times by the chazzan. Kol Nidrei is a declaration rendering unbinding any vows we may make in the coming year.

### Morning Service

After the reading of the Torah, Yizkor, the memorial prayer for the deceased is recited.

### Neilah

The final prayer of the day, as our judgement for the coming year is being sealed, is called 'Neilah'. Neilah is the only service of the entire year during which the doors of the Ark remain open from beginning to end. This signifies that the gates of prayer in Heaven are wide open to us at this time. Neilah culminates with the 'Shema Yisrael' and other verses said in unison which express the essence of our faith and the essence of our Jewishness. The Shofar is then sounded and Yom Kippur is concluded with the prayer 'Next Year may we be in Jerusalem!'.

### Jonah Swallowed By the Fish - A Yom Kippur Story

The Haftorah that is read on the afternoon of Yom Kippur tells the story of how G-d commanded the prophet Jonah to go to the city of Ninveh and warn the people there to repent lest G-d destroy their city.

Jonah did not want to fulfill this mission and ran away on a ship. G-d caused a terrible storm to occur and eventually the sailors threw Jonah off the ship - as the only way to make the storm abate. G-d caused a great fish to swallow up Jonah. Eventually Jonah was saved from the fish and went to do G-d's bidding in Ninveh. The people sincerely returned to G-d and were spared.

Beyond the obvious lesson about the power of repentance, the

story contains another lesson as well. This lesson concerns the importance of loving our fellow Jew:

Jonah knew that if he went to Ninveh the people would repent. He also knew that the Jewish people had not repented in spite of all the chastising the prophets had given them. Rather than make his fellow Jews appear bad in G-d's eyes, Jonah chose to 'run away' knowing that he would personally have to suffer the consequences...

**SUKKOT & SIMCHAT TORAH -  
SEASON OF OUR REJOICING  
OCTOBER 4<sup>th</sup> AT NIGHT  
THRU OCTOBER 13<sup>th</sup>**

**FIRST DAYS YOM TOV (HOLY DAYS)  
WEDNESDAY EVENING, OCTOBER 4<sup>th</sup>  
THRU FRIDAY, OCTOBER 6<sup>th</sup>**

### Why do we sit in a Sukkah?

Immediately following the awesome days of Rosh Hashana through Yom Kippur, we prepare for the joyous exuberance of Sukkot, the 'Season of our Rejoicing'. After leaving Egypt, during the forty years of wandering in the wilderness, the Jewish people were surrounded by protective 'clouds of glory'. In commemoration, and to enhance our awareness of G-d's all-embracing love and protection, we are commanded, "In Sukkahs (booths) you shall dwell, seven days" (Lev. 23:42).

### Why is Sukkah such a unique Mitzvah?

Eating festive meals and spending time in the outdoor Sukkah is a delightful and unique experience. Some have the custom of decorating the Sukkah with elaborate ornaments; others prefer to preserve its unadorned simplicity. But whatever one's style, the Sukkah is the only Mitzvah in which we are completely surrounded, from head to toe, by the Mitzvah itself enveloped, as it were, in the Divine presence.

### When do we sit in the Sukkah?

During the entire festival, from Wednesday evening, October 4<sup>th</sup>, until Thursday afternoon, October 13<sup>th</sup>, all meals are eaten in the Sukkah. Up until Thursday evening, October 12<sup>th</sup> when partaking of a meal containing at least two ounces of bread or cake, we say the blessing 'Leyshev BaSukah' (see calendar, blessing #6).

### Shake it up

Another special mitzvah of Sukkot is the shaking together of the 'Four Species' - the esrog (citron), Lulav (palm branch), three Hadassim (myrtle branches), and two arovot (willow branches). Each day of Sukkot (except the Sabbath) we shake the 'four kinds' during the daytime. We begin shaking the 'Four Kinds' Thursday, October 5<sup>th</sup> through the afternoon of Wednesday, October 11<sup>th</sup>. During the Hallel prayer and the special prayer of Hoshanot the 'Four Kinds' are held.

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Take the lulav (with haddasim and aravot attached) in the right hand, say the appropriate blessing(s). Then take the esrog in the left hand with the point, or pitom, up, (i.e. the stem is on the bottom) bring it together with the other three kinds, and shake them. See calendar. Thursday, October 5<sup>th</sup> blessings 7 & 5 (or first time this year). On subsequent days blessing 7.

## United we stand

Each of the four kinds represents a different type of Jew. The fact that the mitzvah requires all four kinds symbolizes our oneness as a people: we all need another. The four species are waved in all four directions, and up and down, signifying that G-d is everywhere.

### Intermediate Days of Sukkot - Chol Hamoed SATURDAY, OCTOBER 7<sup>th</sup> THRU WEDNESDAY, OCTOBER 11<sup>th</sup>

The third through the seventh days of Sukkot, from Saturday, October 7<sup>th</sup> until Wednesday, October 11<sup>th</sup> are called Chol Hamoed - the intermediate days. Besides Shabbat (during which no manner of 'work' may be done) on the rest of Chol Hamoed, only necessary work should be done. Special prayers called hoshanot are said each morning (except that on Shabbat we don't circle the Torah scroll).

Throughout Sukkot (including Shemini Atzeret and Simchat Torah) it is customary to not wear tefillin. Throughout the seven days of the Festival, we continue our celebration in the Sukkah, in ever-increasing joy and happiness.

### HOSHANA RABBA WEDNESDAY, OCTOBER 11<sup>th</sup>

The seventh day of Sukkot, Wednesday, October 11<sup>th</sup>, is called Hoshana Rabba. It is customary to stay awake the night before and recite the Book of Deuteronomy and the entire Book of Psalms.

The six Hoshanot recited on all the previous days of Sukkot are said while circling the bimah. Then the special prayer for Hoshana Rabba is said and the Bimah is circled for a 7<sup>th</sup> time. In an ancient rite of profound mystical significance, five bound willow branches are beaten on the floor with a special prayer - symbolically 'sweetening' G-d's judgment. It is customary to eat a festive meal where the challah is dipped in honey and one of the dishes includes kreplach - a meat filled dumpling.

### 'SHEMINI ATZERET' AND 'SIMCHAT TORAH' LAST DAYS YOM TOV (HOLY DAYS) WEDNESDAY, OCTOBER 11<sup>th</sup> FRIDAY, OCTOBER 13<sup>th</sup>

## The Height of Simcha

On the eve of Simchat Torah, Thursday, October 12<sup>th</sup> and in many communities on the previous eve of Shemini Atzeret as well, we make seven 'hakafof' (circlings) around the Bimah, singing and dancing with the Torah scrolls.

On the morning of Simchat Torah, Friday, October 13<sup>th</sup>, three and a half 'hakafof' are done around the Bimah. The final Torah portion is then read followed by the reading of the first section of Bereshis - the beginning of the Torah once again.

The festival of Sukkot and especially Simchat Torah is the opportunity to 'bring down' simcha - joy and happiness into our lives for the whole year to come. The greater the joy and celebration that we experience and generate during this time, the greater our joy for the year to come.

## More Festive Meals...

On the eighth day of Sukkot, Thursday, October 12<sup>th</sup>, which is Shemini Atzeret, we continue to eat meals in the Sukkah, but without reciting the blessing 'Leyshev BaSukah'. We resume eating meals indoors from Thursday night, October 12<sup>th</sup>.

## Why do we dance rather than study?

Why don't we celebrate Simchat Torah by learning Torah? Would it not be more appropriate to have learning sessions in order to celebrate the completion of reading the Torah? Yet the Torah is closed, tied up and covered with its mantle.

The reason is because the joy of Simchat Torah is far greater than any delight we may derive from intellectual understanding. By dancing with the Torah we demonstrate the fact that Torah is not merely profound and deep wisdom. The Torah is Divine and is therefore, in essence, beyond all understanding and reason. Indeed, at this level all Jews relate to the Torah equally, for we are different only in terms of our intellectual or emotional capacities. At our core we are all equal. On Simchas Torah we express that as we dance as one.

Shana Tova! May you be written and inscribed for a Happy & Sweet New Year!

Rabbi Avram Banon



The Rabbi will be providing esrogs (citron) and lulav (palm branch).

The last date to order is before October 1st.  
514-512-1493.

# *Rosh Hashannah 2017 / 5778*

Reesa, David, Jessica  
and Adam Midlash  
wish all their family  
and friends a very  
Happy Shana Tova.

Jack Sculnick  
wishes all his family  
and friends a happy and  
healthy New Year

Ruth, Carol and Wendy  
Lesser wishes everyone a  
happy, healthy and  
peaceful New Year.

Annie and Bernie Borenstein  
and family wish all their  
friends and relatives  
l'Shana Tova Tikah Tevu

Danny and Lona Pascal  
wish the Laval Jewish  
community a happy, healthy,  
peaceful and successful  
New Year.

Thelma and David Smith  
wish their family and  
friends a peaceful,  
healthy and happy New Year

Rosalie Simon and  
Reuben Schwartzman  
wish everyone a happy  
and healthy New Year.

Best wishes in  
the coming year.  
Ethel Kendall and family.

# *Rosh Hashannah 2017 / 5778*

Norman, Gina, and Shawn Fogel  
Cindy, Olland, Nathaniel  
and Lily Scarlett Pallatz  
wish everyone a healthy, happy  
and peaceful New Year

We wish you a year filled  
with peace, health and  
happiness.  
The Grief Family  
Sandra, Harry, Gail, Andrea, Warren,  
Jamie, Matthew, Rudy and Ross

Miriam Levy  
extends her best wishes  
to family and friends,  
for a happy, healthy  
and peaceful New Year

Sheila and Gersh Madan  
and family extend their  
sincere best wishes to  
all for a happy, healthy  
and peaceful New Year

Paul, Mark, Jordan, & Shari Kulik  
and family extend their  
best wishes to everyone  
for a happy, healthy  
and peaceful New Year

Sally Rubin, Audrey & Stewart,  
Shari & Earl Levett, Marci &  
Lorne Rubin wishing all our  
family and friends a happy  
and healthy new year.

Irving Zwirek  
extends his best wishes  
to family and friends  
for a happy, healthy  
and peaceful New Year

Wishing our family and  
friends good health, happiness  
and a peaceful New Year  
Beatrice & Ralph Levine  
and family

# *Rosh Hashannah 2017 / 5778*

Lenore and Frank Schachter  
extend their best wishes  
to everyone for a healthy,  
joyous and peaceful New Year

Eleanor Tylbor and family  
extend their best wishes  
to everyone for a happy,  
healthy and peaceful New Year

Sandra Reback wishes her  
family, friends, and  
clients a happy and  
healthy New Year

Best wishes to  
all our friends  
and family.  
Rose and Gerson Byer

Wishing everyone a healthy,  
happy, prosperous and  
sweet New Year.  
Eva, George, Rose, Jonathan,  
Jennifer, Joshua, Jasmine,  
Cash and Bowie Lux Finkelstein

Doris and Danny Silverman  
wish all their family and  
friends a healthy, happy  
and peaceful New Year.

Natalie and Adrian Bercovici  
and family extend their best  
wishes to family and friends  
for a happy and healthy  
New Year

Eleanor Wiseblatt and  
family wish relatives  
and friends a happy  
healthy New Year

# *Rosh Hashannah 2017 / 5778*

Wishing all our family and friends the best of health and happiness for the coming year.  
Charlene, Fred, Joshua  
and Adam Burak

Lucy and Nathan Yacowar  
and family wish everyone  
a happy and healthy  
New Year

The Krupka Family  
Roz, Cindy, and Ellen  
wish their relatives and  
friends a Happy and Healthy  
New Year.

Barbara Braiter and family  
wishes everyone a healthy,  
happy and peaceful New Year

Bernice & Harry Chyfetz  
wish all their family and  
friends Good Health and  
Happiness in the coming year.

The Executive  
of the  
Young Israel of  
Chomedey  
wishes the entire  
congregation  
a healthy, happy  
New Year.

The Shainbach Family  
Debbie, Naphtali, Yardena,  
Leah, Ariel, Jordana, and  
Samuel wish everyone a Shana  
Tova, a year of health,  
happiness and peace.

# *Rosh Hashannah 2017 / 5778*

Susan and Eugen Erdelyi  
and family wish everyone  
a happy, healthy and  
prosperous New Year

We would like to wish everyone  
in our Young Israel family, and all  
our dear friends in the community,  
a Shana Tova, filled with health,  
happiness, love and prosperity.  
From Lillian and Fred Rudy, Beth,  
Steven, Jaycie & Ryan Dworzak

Abe and Heather  
Tabachnick wish  
you a happy and  
healthy New Year

Norma and Marvin Cooper  
wish everyone health,  
peace and happiness  
in the coming year

Leo Stiglitz & family  
wish their relatives  
and friends health,  
peace and happiness  
in the coming year

Wishing our family & friends  
good health, happiness  
and a peaceful New Year  
Suzanne & Barry Borer,  
Eilene, Warren & Eliza,  
Steven & Erica

Hilda, Saul and Robin Stark  
Fern and Carey Singer  
and grandchildren  
wish everyone  
a happy, healthy and  
peaceful New Year.