



HAR SHALOM MEN'S CLUB NEWS

February 2012

Jewish Guys – Doin' Good, Havin' Fun!

We hope that you had a good holiday and wish you a happy and healthy new Common Era year. There have been many Men's Club events this year and there are many more to come. If you haven't yet participated, then make it a new year's resolution that will be fun and rewarding to keep – participate in a future event. Have fun, make new friends and enrich your experience as part of the Har Shalom family.

Some of our recent events include: dinner & movie for the Adult Kids Club; Poker evening for the BOYZ Club; the Blue Yarmulke Man of the Year dinner and a brunch featuring Witold Dzielski (of the Polish Embassy in Washington whose duties include a focus on Polish – Jewish affairs); and a latke party for Hebrew School students.

We want to hear from you and to keep you informed. Give us your suggestions. They will be evaluated by the Men's Club Board and we will help good ideas become reality. You can provide these suggestions by email or by coming to the Men's Club Board meeting. Let Joe Kromash know the topic so that he can put it on the agenda. There are many ways to keep in touch with the Men's Club. We try to let you know what is happening through the Shabbat Shalom email, the TABLET, a monthly newsletter and email about specific events. If you have any questions, suggestions, opinions, or want to participate at events requiring an RSVP listed below, contact us at mensclub@harshalom.org. Alternatively, you can contact the two divisions of the Men's Club – BOYZ Club and the Adult Kids Club activities at boyzclub@harshalom.org or adulthoodclub@harshalom.org respectively.



Yashur Koach

Yashur Koach to:

Ken Shere for being the Har Shalom BYMOY honoree.



Hal Freed for being Executive Vice President of the FJMC Seaboard Region and for chairing the annual Blue Yarmulke Man of the Year Dinner (BYMOY).

The Har Shalom Sheva Brachas singers for performing at the BYMOY dinner.

Judd Kessler for organizing a very successful synagogue sing-along.

Upcoming Events

Sunday Speaker Series & Brunches

Note: The Men's Club has taken great pleasure in providing interesting speakers and a great brunch nearly every month during the school year. These lunches have always been open to all Har Shalom members and their guests. These brunches comprise the greatest Men's Club expense. As you can imagine, cost has been increasing. Beginning with the February 2012 brunch, the Men's Club is requesting a \$5.00 donation from all non-Men's Club members who join us and enjoy our delicious food. Even with these requested donations, the brunch represents a great bargain.

World Wide Wrap – Sunday, February 5, 2012, at 9:00 am



Join the World Wide Wrap will be celebrated on Sunday February 5th as we get assemble to put on tefillin as an organization. Members will be available to provide refresher training to those of us who have gotten rusty in this Jewish men's religious obligation. Bring along your post-Bar Mitzvah children and grandchildren.

Poker, Wednesday, February 5, 2012 – BOYZ Club event

On Wednesday, February 5th there will be another exciting and friendly Poker Night. If you are interested in bonding and having fun with other younger Har Shalom men, you are welcome to join the game. The game will be at one of member's home (TBD) at 7:30 pm. Stay tuned for the forthcoming emails.



Sunday, February 12th! At 9:15am featuring Rabbi Adam Raskin,



Note: this is the 2nd Sunday

Rabbi Raskin will talk about the importance of Purim.

The five minute health tip will be presented by Stuart Taylor, MD, a local pediatrician. He will discuss pertussis, also known as whooping cough, which is a highly contagious bacterial disease. Symptoms are initially mild, and then develop into severe coughing fits, which produce the namesake high-pitched "whoop" sound in infected babies and children when they inhale air after coughing. He will discuss the effectiveness and protection duration of vaccines, symptoms and prevention methods.

Dinner and movie night, Wednesday, February 22, 2012 – BOYZ Club event

Because of the ever changing movie schedule, the movie has not been determined as of press time. However, be assured it will be something geared towards the age demographic of the BOYZ Club.



Anyone interested in joining us for this, or other, upcoming BOYZ Club events, or who wants more information about the BOYZ Club, please contact the Men's Club at 301-299-7087, x 416.

Cards - Bridge, Thursday February 23 – Adult Kids Club event



Since poker is very successfully being done by the BOYZ Club, it was decided to try a night of bridge. If you want to participate, contact Ken Shere or send an email to adulthoodclub@harshalom.org. Players of all skill levels are welcome. There are no master points involved – just a good time.

2nd Annual Scotch tasting – Wednesday, February 29

This scotch tasting event sponsored by The Macallan. Learn about, and taste, fine scotches. \$20/General Admission. \$15/Paid-up Men's Club members and their families. Entry for those over 21 with ID only. Space is limited. Reserve immediately [here](#) or through the Har Shalom web page at <<http://harshalom.org/>>. Questions: Richard S. Sternberg ScotchTasting2012@harshalom.org.



Sunday, March 4th at 9:15 am – Annual Men's Club Health Fair featuring Dr. Susan Milstein.



Dr. Milstein is a Health Education Specialist. Her topic will be "How to Age Well and Retain Your Sexuality." Enjoy an excellent and abundant brunch. Following the brunch, go to the other part of the social hall and participate in the health fair.

April – NO BRUNCH DUE TO PESACH which starts on Friday night, April 6th and ends Saturday, April 14th.

OTHER ITEMS OF INTEREST

Har Shalom Community Singers

After a rousing start in January, the Har Shalom Community Singers (you included) plan to meet monthly on the second Sunday night of each month. The next led session; by Hazzan Ozur Bass, Judd Kessler and Michal Marcus; will be **March 11 at 7 PM** in the Gordon Sanctuary. No experience required – just bring your love of music!



Note that February has been skipped because we want you to attend the following event on Saturday evening, February 11 from 8:00 to 10:00 at Shaara Tefila.

Community Wide Sing on Saturday Night Feb. 11

Congregation Shaare Tefila will host its second annual Community Erev Shira in celebration of Tu B'Shevat. We urge all Har Shalomers to attend. Group singing will be led by area musicians: Sally Heckelman, Teddy Klaus, Liz Kruger & Jill Moskowitz. To reserve for this program please use the information below:

PLANTING THE SEEDS OF SONG

____ Yes, I want to help start this new Washington area tradition!

Name: _____ E-mail address: _____

Address: _____

Number of reservations desired: _____ Amount enclosed: _____

Checks should be made payable and mailed to:
Shaare Tefila Congregation, 16620 Georgia Ave., Olney, MD 20832

www.ShaareTefila.org, or www.facebook.com/ShaaareTefila, ☎ [301-593-3410](tel:301-593-3410) Shaare Tefila Congregation is located at 16620 Georgia Avenue, Olney MD, between Emory Lane & Emory Church Rd., on the west side/service road of Georgia Avenue, about 1.5 miles north of the ICC.)

VOLUNTEERS NEEDED – HAR SHALOM HOUSE TOUR, May 20,2012

Men's Club has volunteered to supply greeters at one of the houses of the Har Shalom House Tour on May 20. We need 16 people (men and/or women) to properly staff the house for the morning and afternoon sessions. Men--and your companions--please volunteer now and put this important fundraising event on your calendars. ***This is a major fund raising activity. Please donate 3 hours of your time.*** Contact Mickey Burstein either directly or by emailing mensclub@harshalom.org.

VENDORS NEEDED for the Health and Wellness Fair on March 4

It isn't too late to act. If you know a perspective vendor, contact Rob Trachman with the information as indicated below. The third annual Congregation Har Shalom Health and Wellness Event is scheduled for Sunday, March 4, from 10:00 AM until 2:00 PM. It begins with a Sunday Brunch featuring a noted Health and Wellness expert speaking about a subject of interest to our congregational membership (men, women, and our families). The brunch is followed by a Health Fair which will feature many health screenings performed by the health educators and nurses from Adventist HealthCare. Also our Health Fair will include many local vendors (limit 15 vendors) sharing their educational information, programs and products that encourage a healthy lifestyle. Refreshments will be available throughout the event.

Rob Trachman, Health Fair Event Coordinator, 240-328-3431, or robtrachman@comcast.net

Hearing Men's Voices

No it's not a singing group. The Men's Club hopes to soon organize the first gatherings of a new program called "Hearing Men's Voices." In a nutshell, the program (which was originated by the Federation of Jewish Men's Clubs) consists of gathering men in an comfortable meeting place (probably a member's home) to share their thoughts on a pre-selected topic such as parenting teenagers, managing career and family pressures, caring for elderly parents, how Keruv families work things out, and a long list of other possible topics (which you are encouraged to participate in suggesting). If you have ever felt frustrated that you were not getting to meet and talk with other congregants in a meaningful way about subjects of mutual interest, this is a structured

chance to do that. A trained facilitator will be charged with smoothing the flow and focusing the discussion. Among other things, it's an opportunity to share ideas about how Jewish values may influence the way we deal with issues – though there is absolutely no pre-conceived agenda or objective – other than, hopefully a free and frank exchange among our very interesting and varied members. For further information, please contact Judd Kessler at 202-778-3080(W) or (301) 775-9979 (H) – also jkessler@porterwright.com

Five Minute Health Tip: Avoiding Falls Presented by Rob Trachman, Wellness Committee Chairperson

“I’ve fallen and I can’t get up!” Hopefully this is just a line from a television commercial and not a part of your life. Falling at any age is painful and dangerous. The risk of falling increases with age and is greater for women than for men. Two thirds of those who experience a fall will fall again within six months. From age 65 to 69, one in 200 falls results in a hip fracture. For individuals 85 or older, one in ten falls will result in a hip fracture. Sadly, about one quarter of folks that fractures their hip, die within six months.

The causes of falls are known as risk factors. The greater your number of risk factors, the greater your risk of experiencing a fall, and the resulting threat to your independence. There are five major risk factor categories. The first is osteoporosis, which is the condition wherein bones become more porous, less resistant to stress, and more prone to fractures. Prevention includes eating or drinking sufficient calcium. Calcium-rich foods include milk, yogurt, cheese, fish and shellfish, selected vegetables such as broccoli, soybeans, collards and turnip greens, tofu and almonds. You can also get sufficient vitamin D through exposure to sunlight, but some older adults may need supplements.

The second risk factor is lack of physical activity. Engage in more regular exercise to increase muscle and bone strength, and to improve balance and flexibility. Walking and swimming are very good forms of exercise as we age. It is important to take the time to recover balance when we get up from a chair or get out of bed, even as we straighten-up after bending. Such simple activities may cause a temporary change in blood pressure resulting in a balance issue.

The third risk factor is impaired vision. Cataracts and glaucoma alter older people’s depth perception, visual acuity, peripheral vision, and susceptibility to glare. See your ophthalmologist or eye care professional for regular checkups. You can also add contrasting color strips to first and last steps to identify change of level. Of course, you should clean your eye glasses often to improve visibility.

Medication is the next risk factor. Sedatives, anti-depressants, and anti-psychotic drugs can contribute to falls by reducing mental alertness, worsening balance and gait, and causing drops in systolic blood pressure while standing. Additionally, people taking multiple medications are at greater risk of falling. Talk with your physician or pharmacist about ways to reduce your chances of falling by using the lowest effective dosage, and the need for walking aids while taking medications that affect balance. Have your physician or pharmacist conduct a medicine review of all current medications. Lastly, limit your intake of alcohol as it may interact with medications.

The last risk factor is environmental hazards. At least one-third of all falls in the elderly involve environmental hazards in the home. The most common hazard for falls is tripping over objects

on the floor. Other factors include poor lighting, loose rugs, the lack of grab bars, or unsteady furniture. Prevention tips include conducting a safety walk-through of your home both inside and out. Be sure to use nightlights, and illuminate stairs and walkways well. Remove throw rugs, and use nonstick pads and appliqués in tubs and showers. Install hand rails and grab bars as well. Remove clutter and be sure electrical cords are tucked away.

The best advice is to be careful and take your time to avoid a fall. Watch your step through clean glasses and well illuminated areas, and steady yourself a moment upon standing. Reduce your exposure to the above risk factors. And the next time you hear someone say “have a nice trip”, and “see you next fall”, let’s hope they are wishing you well about enjoying the high holidays in Israel.