



FROM YOUR NHC MEN`S CLUB

Below is an excerpt from: <https://www.juf.org>

Rosh Hashanah is ... the anniversary of creation, the birthday of the world.

BY ANITA SILVERT ON JULY 30, 2013

Rosh Hashanah is a holiday of "ReNewal". This means you're not starting from scratch. ReNew is coming back around to what's already been. Rosh Hashanah—the head of the New Year, is the beginning of a new cycle - it is a "recycle", going back again to where we left off last year. We're not beginning from a nothing place, however. We start with a something place. We start with who we are and who we've been all year long. When we reCycle, we find new uses for the things that have been used before. It's the same with Rosh Hashanah's reCycling. Last year's actions have been used up, emptied, holding nothing for us. But they can be made into something wonderful. We re-energize, re-engage, re-new.



In the spirit of recycle-please support our MEN`S CLUB. Just drop off your redeemable bottles and cans at the **CAN IN CASH OUT Bottle Redemption Center**, during normal business hours and tell them it is for Nanuet Hebrew Center Men`s Club.

And have a Happy Healthy New Year.

Can In Cash Out BOTTLE REDEMPTION

**25N Middletown Road
Nanuet, NY 10954
tel: 845.323.1865**



Mitch Spiegel

Admin · September 25, 2019

Volunteers Needed for High Holiday Chair Set Up

This Sun 9/29 at 9:30 Immediately After Morning Minyan



Turn on job features for this post to reach more applicants.

Turn On



Paul Kurland and Bruce Pollack

3 Comments · Seen by 25



Like



Comment



Mitch Spiegel Men's Club will provide Bagels and Coffee

Like · Reply · 32w



Mitch Spiegel This will be the last time we have bagels for the rest of the year.

Like · Reply · 32w



Nanuet Hebrew Center

Men's Club Meeting and Program

Sunday, October 27, 2019

Please join us for Minyan at 9:00 AM - Followed by our Famous Men's Club Breakfast at 9:30 AM. *Open to ALL !!!*



At our Men's Club Meeting we will review the upcoming calendar in preparation for Men's Health Awareness Month - followed by our first "Hearing Men's Voices Program led by Bart Bookman.

Please mark your calendar and join us at these exciting upcoming events:

- Sunday, Oct. 20th: "Burgers, Brats and Beer in the Booth" (Men's Club BBQ in the NHC Sukkah). 5pm - 8pm; \$18 per person. Please RSVP by Tues. Oct. 15th (see flyer for more info)
- Wednesday, Oct. 23rd: NHC Sukkah Take Down (we will start in the late afternoon).
- Sunday, Oct. 27th: Men's Club Breakfast/Meeting/"Hearing Men's Voices" Program. Minyan at 9:00 AM followed by program at 9:30 AM.
- Sunday, Nov. 3rd: Health/Nature Hike led by our own Ira Rifken. (Watch for details!)
- Sunday, Nov 17th: Men's Club Breakfast/Men's Health Speaker "TBD". Minyan at 9:00 AM followed by program at 9:30 AM



For more info, please contact Mitch Spiegel at Mitspi@verizon.net

Nanuet Hebrew Center

Men's Club Wellness Hike

Sunday, November 3, 2019



Please join us on Sunday, November 3rd at 9:30 AM - immediately following morning minyan for our first NHC Men's Club Wellness Hike (weather permitting) led by our own Ira Rifken. We will be meeting in the upper parking lot at NHC and car-pooling to the Silver Mine parking lot at Harriman State Park. Our hike will be approx. 2.5 miles long.

Remember to bring:

- Appropriate foot wear
- Water
- Snacks

Some benefits of taking a hike include:

- Lower stress levels, improved mood, and enhanced mental wellbeing
- A reduced risk for heart disease
- Lower blood pressure
- Lower cholesterol levels
- Improved control over healthy weight
- Lower body fat
- Improved bone density
- Improved osteoarthritis outcomes
- Increases in flexibility and coordination
- A better quality of life
- Enhanced relationships with friends and family

There is no charge for this hike, and it is open to everyone - including all ages!

For more info on this hike, or on our very active Men's Club, please contact Mitch Spiegel at mitspi@verizon.net

US.MOVEMBER.COM

NHC Men's Club's Mo Space

November, the month formerly known as November, is a moustache growing charity event held during November each year that raises funds and awareness for men's health.



Seen by 18



Help me change the face of men's health this November

Fundraiser for Movember by Jeff Schragenheim

My motivation is to use the power of the moustache to have an everlasting impact on the face of men's health.



Please Join Us this Sunday, "Movember" 17th!

- 9:00 Morning Minyan
- 9:30 Men's Club Health Breakfast & Meeting



Be Prepared and Know What to Do

Back Care Tips
(especially when Shoveling Snow)
Presented by Mitch Spiegel, P.T.



Signs & Symptoms of a Heart Attack ...

What to Do?
Presented by Eric Zweigbaum



Open to all - including Men and Women!
(You don't need to be a member of our Men's Club to join us!)

If you have any questions, or to learn more about NHC's very active Men's Club, please contact Mitch Spiegel at mitspi@verizon.net

Nanuet Hebrew Center - 411 South Little Tor Road, New City, NY 10956 (845) 706-9181 / office@nanuethe.org

A Fun Fundraising Evening of Bowling



Presented By:

Men's Club & Sisterhood



Nanuet Hebrew Center

Cost: \$20 per person includes 2 games and shoe rental (prepaid only; pay at the door if space is available for \$23)

SUNDAY
JAN. 12, 2020
7:00pm - 8:30pm

Space is Limited so First Come, First Served - Open to anyone 13 and over



Please RSVP by Friday, January 10th with full payment to Helene Kornstein at:
birdena1@aol.com
or (845) 634-4068

Please make checks out to:
Nanuet Hebrew Center Sisterhood
and mail to:
Helene Kornstein, 5 Lupine Court,
New City, NY 10956

** In the event of snow, event will be held on Sunday, January 19, 2020*



90 North Main Street, New City, NY 10956 (845) 634-4067
www.NewCityBowlingAndBattingCages.com

NHC Men's Club Meeting and Program

Sunday - December 15, 2019

Minyan at 9:00 am

followed by our Famous

NHC Men's Club Breakfast at 9:30

also featuring Gematria 101 with Rabbi Kurland

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100



Please mark your calendar and join us.

- Dec 15: Men's Club Breakfast/Meeting/Gematria Program with RPK
- Jan 11: Men's Club Shabbat
- Jan 12: Men's Club/Sisterhood Bowling
- Sun Feb 2: World Wide Wrap



Please contact Mitch Spiegel at Mitspi@verizon.net if you have any questions



Nanuet Hebrew Center shared a post.

...

December 15, 2019

The Federation of Jewish Men's Clubs ("FJMC") and Nanuet Hebrew Center ("NHC") Men's Club support the Jews of Abayudaya. We have purchased a limited number of "Nanuet Hebrew Center" handmade Ugandan Style kippot to sell. Kippot are \$25.00 and available for pick up in the NHC Office. Please make check out to NHC Men's Club.

For more information on NHC's very active Men's Club, please e-mail Mitch Spiegel at mitspi@verizon.net or leave a message with the NHC Office for Mitch or Eric (our NHC Men's Club Co-Presidents).

NHC Men's Club

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The Jews of Abayudaya

The Abayudaya are a Baganda community in eastern Uganda near the town of Mbale who practice a form of Judaism. Abayudaya means "people of Judah". They are devout in their practice, keeping kashrut, and observing Shabbat. About 100 years ago, a chieftain named Semei Kakungulu, after studying different religions, decided to reject all the forms of biblical religions except for the Torah. He embraced his own textual interpretation of the first five books of Moses, which made him (and his followers and later their descendants) something very close to Jews.

Initially, they did not convert, but rather just followed the path of Judaism. They suffered persecution under Idi Amin (in the 1970's) and the community dwindled to 300. In 2008, the head of the community, Gershom Sizomu, came to the USA to officially convert under the auspices of the Conservative movement. The entire community then underwent a conversion and was recognized as part of the Conservative movement in 2009. As of today, most of the 2,500 members of the community have converted. These Jews are isolated and suffer from poverty. As a community they are not recognized as Jewish by Israel's Orthodox Chief Rabbinate.



NHC Men's Club Sukkah Replacement Project



NHC Men's Club is raising funds to replace our Synagogue Sukkah that was destroyed during a torrential wind storm this past October.



112 Views

Nanuet Hebrew Center
September 12, 2019 · 🌐

Save the Date! We hope you enjoy this short video with information on our next NHC Men's Club Shabbat, which will be held on Saturday, January 11, 2020

WORLD WIDE WRAP 2020 at NHC



👤 Joev Schragenheim · Paul Kurland and 5 others

Seen by 23



Mitch Spiegel

Admin · February 26

Vote MERCAZ to support Jewish pluralism

In the United States the World Zionist Congress election ends on March 11, 2020 and American Jews will elect 152 people as delegates to the Congress.

It is critically important that we get as many delegates as possible by casting our ballots for the MERCAZ Slate (Slate #6) - the official voice of Conservative/Masorti Judaism.... [See More](#)



Mike Moore and Andrew Alper

1 Comment Seen by 31



Mitch Spiegel



Like · Reply · 10w

...



Nanuet Hebrew Center shared a post.

February 18

...

We are honored that David Rubinstein will be NHC's Man of the Year recipient at this year's Hudson Valley Region of Federation of Jewish Men's Clubs Annual Awards Dinner. We also are especially honored that Zachary Spiegel will be NHC's Youth of the Year recipient at the Federation's dinner.

We cordially invite you to join us at this event - on Sunday, May 3rd, 4:00 PM at Orangetown Jewish Center. Please click here for the full details:

<http://www.nanuethc.org/.../Mens-Clu...> [See More](#)



We cordially invite you to attend the

17TH ANNUAL J. HAROLD NISSEN AWARDS DINNER

Hudson Valley Region of the Federation of Jewish Men's Clubs

Honoring Nanuet Hebrew Center congregants

David Rubinstein, 2020 Man of the Year

Zachary Spiegel, 2020 Youth of the Year

Region Honoree - Jason Eidlitz, 2020 Stanley Stern Exemplary Service Award

and honorees from other Conservative Synagogues in the Hudson Valley Region

Sunday, May 3, 2020 at 4:00 PM

Orangetown Jewish Center

8 Independence Avenue, Orangetown, NY 10962

Business Attire

Reservations at \$80 per adult, \$70 per child (under 13)

After April 20th, reservation prices increase to \$90 per adult and \$80 per child

JOURNAL AD Prices

BACK COVER	\$1,100	Includes 8 Reservations
INSIDE COVERS (2)	\$700	Includes 4 Reservations
GOLD PAGE	\$450	Includes 2 Reservations
SILVER PAGE	\$380	Includes 2 Reservations
FULL PAGE	\$180	
HALF PAGE	\$120	EIGHTH PAGE \$54
QUARTER PAGE	\$90	BOOSTER \$20 (Name Listing Only)

Donations are tax deductible in accordance with the law!

All reservations and journal ads must be purchased online at

www.hvrfjmc.org

PAYMENT BY CREDIT CARD OR PAY PAL ONLY.

ADS RECEIVED AFTER APRIL 19, 2020 MAY BE PUBLISHED AS A SUPPLEMENT.

RESERVATIONS MUST BE PURCHASED BY APRIL 27, 2020.

NO ADMISSION WITHOUT A RESERVATION.

Involving Jewish Men in Jewish Life



Leadership • Innovation • Community