

B'NAI B'RITH BANNER

MARCH 2017

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Paper or Plastic — How About Neither?



([NewsUSA](#)) – “Paper or plastic?” That is the major question that shoppers usually face as they check out at the supermarket. However, both options take a major toll on the environment. It’s estimated that somewhere between 500 billion and a trillion plastic bags are used each year throughout the world — many of them winding up in landfills, where it can take hundreds or thousands of years for them to decompose. And about 14 million trees are cut down each year to make paper grocery bags.

Increasingly, both by personal choice and by law, consumers worldwide are moving away from using paper or plastic bags. And they’re choosing reusable grocery bags as a convenient and environmentally friendly option. California Innovations has leveraged their knowledge of insulated technology to develop a quality line of durable, reusable grocery totes. Their 45 Can Freezer Tote features high-density thermal insulation plus Therma-Flect Radiant Barrier, so groceries stay cold for hours. The interior is easy to wipe clean and has Microban, which helps protect the lining from bacteria that cause odors and stains. All of these grocery totes carry the Ultra Safe designation, which means that the interior of the bags is PVC free and lead and phthalate safe.

California Innovations’ innovative grocery totes help protect the environment because they can be used over and over — unlike both paper and plastic bags, which are often used once and discarded. Aside from the environmental benefits, reusable tote bags are far more durable, carry more groceries, and can easily double as a beach or picnic tote. Practical, environmentally friendly and insulated to keep food cold — seems like an easy choice for consumers. California voters passed a ban on single-use plastic bags in November 2016.

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A Note from the co-president of the Residents' Association

The first day of spring is March 20th! Whatever the weather from now on, we know we've turned the corner into spring! We also know that March can be full of surprises—we have a blustery, very windy month ahead of us in order to usher in the springtime. It seems that the wind is a necessary part of clearing out the cold. It huffs and it puffs until the way is clear for tender new shoots to venture above ground. How very welcome they will be!

But we don't have to wonder about the programs here at B'nai B'rith! We have more programs than we can attend, thanks to Carolyn and Bryna. There is literally "something for everyone". There have been lunch and shopping trips to different places, a variety of concerts to please everyone, plus a health talk from St. Barnabas, exercise classes each week and Bingo as often as it can be fitted in!

Quite a number of us enjoyed a bus trip to the Livingston Library (huge) for a concert performed by two members of the New Jersey Symphony Orchestra. The director, a violinist, and the bass fiddle player delighted us with their performance of favorite tunes, as well as some new ones, in an international program. There is another free concert scheduled for March 17th at the Library. See Carolyn to be signed up for the bus.

The Residents' Association sponsored a ziti/pizza dinner on Wednesday, February 15th and about a dozen people thoroughly enjoyed food from the Reservoir Restaurant. The full cost of the dinner was \$11.00. To those who donated to the Residents' Association during the year, the cost was held at \$5.00 with the Residents' Association making up the balance.

To celebrate those whose birthdays are in the first quarter of the year (Jan. Feb. and Mar.) management is providing entertainment for us. We will not have a regular meeting in March. All residents are always welcome to regular meetings and to all special programs.

Please keep the calendar that Carolyn includes with the B'nai B'rith Banner handy and watch the bulletin board for changes in date or time and to sign up for new programs. There are bound to be many things you'll enjoy.

Lavinia A.. Walker, co-president Residents' Association



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IS IT A COLD OR THE FLU?

In general, the **flu** is worse than the common **cold**, and symptoms such as fever, body aches, extreme tiredness, and dry cough are more common and intense. Colds are usually milder than the **flu**. People with colds are more likely to have a runny or stuffy nose. If you suspect that you have more than a cold, see your doctor.

TAKE CARE OF YOURSELF!

Birthday Wishes

03/02 David Nachevnik
03/10 Rosalie Sussman
03/17 Annie Lemon
03/20 Martin Carrigan
03/25 Edward Rybnick
03/26 John E. Perkins



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February was a very active month at B'nai B'rith. On Sunday March 5th the residents enjoyed the Super Bowl with chips, dips, fruit, cookies and ice cream.



(above picture of Super Bowl Sunday)

On Monday March 6th, residents enjoyed Learning & Lunch at our once monthly Life Long Learning program .
Monday March 16th the residents watched a movie on Martin Luther King, chips and dips, & drinks were served.

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MARCH HAPPENINGS

- March 1 Livingston/Short Hills Malls Exercise class Movie Night
March 2 Trader Joe's Florham Park Adult coloring all day Bingo Night
March 3 Rabbi Glicksman Trivia @ 3:00
March 6 Life Long Learning Essex Green shopping Bingo Night
March 7 Stop & Shop **Golda Och Children are coming at 10:00 am**
March 8 Rt 10 shopping Exercise Movie Night
March 9 Rt. 22 shopping Adult coloring all day Bingo Night
March 10 **Rabbi Glicksman's Purim party @ 11:30** Trivia @ 3:00
March 13 JCC Purim Concert
March 14 ShopRite Games all day Bingo Night
March 15 Red Lobster for lunch Bible Club Exercise Movie Night
March 16 Games all day Bingo Night
March 17 Rabbi Glicksman Livingston Library for a Lecture Trivia
March 20 "Spring begins" Kean Art Gallery @ Kean University Bingo Night
March 21 Stop & Shop Residents' Assoc. Birthday's celebration Bingo Night
March 22 Livingston/Short Hills Malls Exercise Movie Night
March 23 Sands Casino
March 24 Rabbi Glicksman Trivia
March 27 Panera, Bed Bath and Beyond, Harmons Games all day Bingo Night
March 28 ShopRite Show & Tell Bingo Night
March 29 Essex Green shopping Exercise Movie Night
March 30 Charlie Brown's for lunch Games all day Bingo Night
March 31 Rabbi Glicksman Trivia



Resident Service Schedule @ B'nai B'rith

Rabbi Glicksman every Friday @ 11:30

Kathleen Silver, Social Worker is here on Tuesdays, all day, make an appointment with her @ 973-637-1764 (before Tuesday) and she will be here every other Friday.

Our Congregate program is available on a sliding scale based on income. We have two aides who do light housekeeping, laundry, friendly visits etc. Speak to Bryna if you are interested.

Office Hours: Monday thru Thursday 9-5, Friday 9-4

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PURIM REFLECTIONS

A MESSAGE FROM RABBI GLICKSMAN

Purim this year will begin on Saturday night March 11th . It is a joyous day celebrating the deliverance of the Jews of their Persian Empire, from the evil plot of the wicked Haman. The story of Purim is contained in the Biblical Book of Esther, Megillat Esther, which describes how Haman, the prime minister of Persia, convinced the foolish King Ahasuerus to allow for the destruction of all of the Jews of the empire. Mordecai, the leader of the Jewish people convinced Queen Esther, his niece to expose the evil plot to the King and save her people. She does so, and while the decree was not rescinded, the Jews were allowed to defend themselves, and were saved. Ever since that event, the Jewish people celebrated Purim, named for the lots that Haman cast to choose a date for his plan to take place. Purim has been a joyous day, in which we read the Book of Esther, and celebrate by eating, drinking, exchanging gifts of food, and masquerading.

It might surprise you to know, that while we attribute our being saved on this day to G-d's intervention, and we express it in our thoughts and prayers, G-d's name is not mentioned in the Book of Esther as having played a role. While this was noted by our commentators, and they took great pains to figure out where his name might be implied, I believe that the omission has a purpose.

I believe that the omission of G-d's name teaches us two things. Firstly, it teaches us that while G-d plays the primary role in sustaining and preserving our lives, He expects us to resort to our own efforts in order to better our situation. When G-d split the Red Sea, he didn't do so until Nachshon ben Aminadav walked into the Sea, showing that he had faith in G-d. We don't just sit back and wait until G-d does something. We take the plunge and show our faith in G-d's deliverance.

A second teaching is that when good things happen to us through our own efforts or the efforts of other people, we need to recognize the fact that G-d is behind it, even if it is not so apparent.

I wish you all a Happy and joyous Purim, filled with the holiday cheer, and inspired by its deeply meaningful message.

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Greetings from Bryna

Spring is around the corner on March 20. The winter weather has been unusual. One day the temperature is a balmy 59° and the next day we had a snow storm. With spring around the corner hopefully the flowers will start coming up and the last of the snow will fade away.

Purim starts on the evening of March 11th. Please join Rabbi David Glicksman in the community room on March 10th for a short reading from the Megillah and enjoy some hamantaschen (which is a pastry traditionally made with poppy seeds and other fruits such as apricots, prunes, cherries).

“Hamantaschen, literally “Haman’s hat,” reminds us of the bad guy from the story of Purim, who hatched a plot to kill the Jews of Persia. But we also have Queen Esther, the story’s heroine, to thank for *mun* (Yiddish word for sweet poppy seed jam). When Esther was living in the palace with her husband, King Ahasuerus, she wanted to keep kosher, so she turned down the lamb tagine and ate a lot of beans and seeds instead. Tradition says that we eat hamantaschen filled with poppy seeds also in her honor.” *Molly Yeh, Forward, February 5, 2017.*

My door is always open or you can call me at 973-530-3950.

Bryna



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Meryl Streep Movies

Find and circle all of the Meryl Streep movies that are hidden in the grid.
The remaining 40 letters spell an additional Meryl Streep movie.

L	D	E	A	T	H	B	E	C	O	M	E	S	H	E	R	E	E
M	A	C	R	Y	I	N	T	H	E	D	A	R	K	T	O	N	F
S	P	S	R	E	T	T	A	M	K	R	A	D	R	Y	A	J	I
S	B	L	A	S	T	A	I	M	A	M	M	A	M	C	U	O	L
K	T	M	E	N	N	N	S	H	E	D	E	V	I	L	N	B	R
R	S	I	A	N	H	I	U	C	K	H	E	R	I	E	E	E	U
A	T	I	L	L	T	G	S	H	E	A	F	A	T	F	C	V	O
M	S	M	L	L	R	Y	U	H	R	A	E	R	O	I	M	O	Y
E	H	A	R	K	O	O	T	L	F	E	U	R	O	I	A	L	G
R	E	R	D	E	W	F	F	O	T	E	E	H	S	D	N	N	N
V	A	V	G	A	O	O	T	S	T	A	C	D	E	O	H	I	I
S	R	I	N	C	P	U	O	H	N	S	G	E	E	F	A	G	D
K	T	N	I	P	O	T	I	D	E	O	W	N	U	H	T	N	N
R	B	S	N	R	N	N	A	I	O	N	I	F	I	O	T	I	E
A	U	R	E	I	G	F	H	T	O	U	I	L	R	C	A	L	F
M	R	O	V	M	T	P	T	R	I	U	B	G	N	A	N	L	E
E	N	O	E	E	O	T	I	E	E	O	V	T	H	E	N	A	D
R	T	M	R	S	N	O	I	T	I	D	N	E	R	T	S	F	D

A Cry in the Dark
Adaptation
Before and After
Dancing at Lughnasa
Dark Matter
Death Becomes Her
Defending Your Life
Doubt
Evening
Falling in Love
Heartburn
Ironweed

Kramer vs. Kramer
Lions for Lambs
Mamma Mia
Manhattan
Marvin's Room
Music of the Heart
One True Thing
Out of Africa
Plenty
Prime
Rendition
She-Devil

Sophie's Choice
Still of the Night
The Deer Hunter