

The *Herald* published by *Shomrim of Philadelphia* *and the Delaware Valley*



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SHOMRIM - Means Guardian

**Is formed to promote the religious spirit of members of the police, fire, and other law enforcement agencies of the Jewish faith and their families*

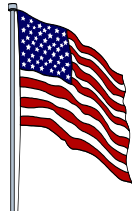
**To promote social well-being, strengthen friendships and promote welfare of all our members and their loved ones*

**To develop general welfare in our community and cooperate with all those who would have us make progress*

Affiliated with the National Conference of Shomrim Societies and Jewish Community Relations Council



Meeting Notice
Thursday, May 11, 2006, 7:30 PM
Jewish "Y" Center, Red Lion Road and Jamison Avenue
"Support Shomrim, Get Involved, Attend Meetings"
"Refreshments will be served"
BOARD OF DIRECTORS MEETING - 6:30 PM, at the "Y"



MESSAGE FROM OUR PRESIDENT, *Merrill Kelem*

Shalom: Lets all honor our mothers on **Mother's day**, and our veterans on **Memorial day**.

Can you believe that the summer season is just a few week-ends away and that its just one month to our **69th Annual Banquet at Har Zion?** So don't forget June 7th, at 6:30 PM, to eat, drink and take part in a wonderful evening. **Karen Tandy**, DEA Director, is our **Person of the Year** and our Chaplain, **Cantor Alan Edwards** is our **Humanitarian of the Year**. Who better than **Alan Edwards** in getting this award for all he has done, not only for **Shomrim** and our community, but the world. So send in those reservations (with your choice of meals) to **Mike & Josephine Gilbert** to be sure of a wonderful evening. Also, Don't forget those ads. Remember, its the ad monies that keep **Shomrim** operating during the year.

As you know, this month's meeting is dedicated to **"Men's Health Awareness."** The topic will be prostate cancer, and how to get checked for any symptoms in dealing with this dreaded disease. Remember, this is a treatable disease if caught in time and this meeting will give you a 'heads up' on what to look for. I want to thank **Howard Rabinovitch and Jerry Marks** for their leg work in getting the speaker for this month's meeting.

We have a lot of good programs lined up for the fall season. Our good friend from the **South Jersey JCRC**, **Mike Perloff**, has a whole new program on the mideast situation. This will probably be our November program. The annual Fire Prevention program in October will be hosted by our own **Mike Roeshman**, (Battalion Chief, PFD) and our guest speaker will be Fire Fighter **Frank Squillace**, of the Fire Prevention Unit of the PFD. If anyone has any suggestions for the other winter and spring meetings, contact our chairperson, **Howard Rabinovitch**. By the way, get well wishes to **Howard** who recently spent a few days in the hospital.

We have a couple of new members to be voted on before we can welcome them into **Shomrim**. We will also have a guest from the **New Orleans PD** at the meeting, a nice Jewish boy who will spending a few days in the Phila. area. He will also be our guest at the upcoming banquet. Also, don't forget to bring a bottle of cheer to the meeting on May 11, so we can make a **"basket of cheer"** to be raffled off at the banquet on June 7.

By the way, did I mention that we will have a **"Jewish Bagpiper"** at the banquet. **Dave Barnett from Shomrim of Southern California** will play for us throughout the night. And of course, we will have a dance band for your dancing and listening pleasure.

So, two dates to put in your book. May 11, for this month's meeting, and June 7, for the banquet. So don't forget those ads and reservations. Also, the June meeting will be on June 8, the night after the banquet.

So, be safe, be happy and stay healthy.

Merrill

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DELEGATES TO NATIONAL SHOMRIM

Michael Gilbert, *President*

Bob Clearfield - *Mid-Atlantic*

Merrill Kelem - *Chairman for 2006 Convention*

MAY....HAPPY BIRTHDAYS

1. Robert Duboff
Ryan Share
2. Margot Similes
Bruce Kanis
3. Maria Richman
4. Brian Wolfson
Juliet Shalon
5. Eileen Kaminer
6. Bruce Brown
Paula Warren
Barba Steiner
7. Mitchell Sklar
8. Joanne Margolis
9. Elaine Coggan
Lori Kessleman
12. Sam Leshansky
Gabriel L. Nathan
13. Matthew Waldman
15. Matthew Nodiff
Judith F. Rubino
16. Helen Cohen
17. Seana Frank
21. Cordell Castenova
Michael Burak
22. Bernard M. Gross
23. Michael J. Mednick
Charles Rachelson
24. Bruce Blum
Suzanne Williams
25. Susan Moskowitz
Isaac Sklar
26. Sima Horwitz
Bonnie Malone
29. Abraham Novitsky
Dave Warren
31. Michael Brister

MAY....HAPPY ANNIVERSARY

2. Stanley & Judith Kolmetsky (47 years)
3. Paul & Shannon Paris, (8 years)
9. Michael & Josephine Gilbert (24 years)
11. Howard & Denise Kravitz (21 years)
15. Aaron & Mildred Krauss (46 years)
16. Brian & Diane Shapiro (2 years)
17. Marvin & Evelyn Rosenberg (33 years)
24. Stanley & Barba Steiner (8 years)
29. Renee & Morris Lederhandler (57 years)
30. Michael & Linda Freedman (14 years)
Gary & Ginny Wolf (30 years)
31. Harold & Nancy Shalon (26 years)
Mitchell & Shari Sklar
Mitchell & Shari Sklar

SUNSHINE COMMITTEE: Please call Marty Borowsky, 215-342-7045 about any members who are ill or hospitalized.

MESSAGE FROM THE EDITOR:

If you have not been included on Birthday and/or Anniversary listings, please forward the information to the Editor for future listings -

HAVE YOU PAID YOUR DUES YET?

on the town

Get well soon: Heard from **Len Glauser**. He has had a series of illnesses, now staying with his daughter in Georgia while recuperating from a foot infection, heart problems and pneumonia. Also to **Howard Rabinovitch**, home recuperating after a short stay at Frankford Hospital.

Condolences: To family and friends of longtime member **Mitchell Lipshutz**, who passed away some time ago. Trees will be planted in **Israel** in his memory.

GUEST SPEAKER: Our guest speaker this month will be **Michael Feloney, MD**. He will give a presentation on **Prostate Cancer**. This is an important “must know” program for all of us. Dr. Feloney functions as a clinician, researcher and medical educator. He is in female pelvic medicine and reconstructive surgery at the Robert Wood Johnson School at Camden Cooper Hospital and University Medical Center and Graduate Hospital of Philadelphia. He is a member of the American Urological Association and the American Urogynecological Society.

So bring your significant other and friends and lets have a great turnout for our guest speaker at this meeting!!!

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Upcoming events:

Philadelphia Police and Fire Memorial Service, Wednesday, May 3, 2006, 12 Noon, Franklin Square. FOP Survivor's Luncheon as well as a luncheon at Firefighter Local #22 immediately follows, **F.O.P. 10th Annual Police Survivor's Fund Benefit**. Saturday, May 20, 2006, 3:00 PM to 7:00 PM, Finnegans Wake, 3rd & Spring Garden Streets. \$20.00 per person in advance, \$25.00 at the door. Call the F.O.P. Lodge 5 for tickets - 215-629-3600.

Shomrim of Philadelphia and the Delaware Valley Presents the 69th Annual Dinner / Dance, Wednesday, June 7, 2006, At the Har Zion Temple, 1500 Hagys Ford Road, Penn Valley, PA 19072, **Honoring "Person of the Year" Karen Tandy, Director, DEA, and "Humanitarian Award", Cantor Alan Edwards**. Tickets are \$60.00 per person. Call **Mike Gilbert** for tickets. 610-649-4615 **Saturday, September 16, 2006, Executive Fellowship Board, 26th Annual Police & Fire Picnic**, Police Academy, 8501 State Road, 11:00 AM to 3:00 PM - **FREE!!!!**

Forwarded from the 'net by Merrill Kelem:

Bananas - (After reading this, you will never look at bananas in the same way again)

Bananas contain three natural sugars - sucrose, fructose and glucose, combined with fiber, give an instant, sustained and substantial boost of energy. Research has proven that just two bananas provide enough energy for a strenuous 90 minute workout. No wonder the banana is the number one fruit with the world's leading athletes. But energy isn't the only way a banana can help us keep fit. It can also help overcome or prevent a substantial number of illnesses and conditions, making it a must to add to our daily diet.

Depression: According to a recent survey undertaken by MIND amongst people suffering from depression, many felt much better after eating a banana. It also helps people suffering from **Seasonal Affective Disorder (SAD)**. This is because bananas contain Tryptophan, a type of protein that the body converts into serotonin, known to make you relax, improve your mood and generally make you feel happier.

PMS: Forget the pills - eat a banana. The Vitamin B6 it contains regulates blood glucose levels, which can affect your mood.

Anemia: High in Iron, bananas can stimulate the production of hemoglobin in the blood and so helps in cases of anemia.

Blood Pressure: The banana is extremely high in potassium yet low in salt making it the perfect way to reduce the risk of blood pressure and stroke.

Brain Power: Research shows that the potassium packed fruit can assist learning by making the pupils more alert.

Constipation: High in fiber, bananas in the diet can help restore normal bowel action without the use of laxatives.

Hangovers: Make a banana milk shake sweetened with honey. The banana calms the stomach, the honey builds up depleted blood sugar levels, while the milk soothes and re-hydrates your system.

Heartburn: As bananas have a natural antacid effect in the body, try eating a banana for soothing relief.

Morning Sickness: A banana between meals helps keep blood sugars up and avoid morning sickness.

Mosquito Bites: Many people have found rubbing the affected area with the inside of a banana skin amazingly successful in reducing swelling and irritation.

Nerves: Bananas are high in B vitamins that help calm the nervous system.

Ulcers: The banana is used as the dietary food against intestinal disorders because of its soft texture and smoothness. It also neutralizes over-acidity and reduces irritation by coating the lining of the stomach.

Temperature Control: Many other cultures see bananas as a 'cooling' fruit that can lower both the physical and emotional temperatures of expectant mothers.

Smoking: Bananas can also help people trying to give up smoking. The B6 & B12 they contain as well as the potassium and magnesium found in them, help the body recover from the effects of nicotine withdrawal.

Stress: Potassium is a vital mineral which helps normalize the heartbeat, sends oxygen to the brain and regulates your body's water balance. When we are stressed, our metabolic rate rises, thereby reducing our potassium levels. These can be rebalanced with the help of a high-potassium banana snack.

Strokes: According to research in "The New England Journal of Medicine," eating bananas as part of a regular diet can cut the risk of death by strokes by as much as 40%!

So, a banana really is a natural remedy for many ills. When you compare it to an apple, it has four times the protein, twice the carbohydrates, three times the phosphorus, five times the vitamin A and iron and twice the other vitamins and minerals. It is also rich in potassium and is one of the best value foods around. So maybe its time to change that well known phrase so that we say "**A banana a day keeps the doctor away.**"

From the **Orlando Sentinel**, Tuesday, March 14, 2006 -

Norfolk, VA. - Evangelical broadcaster **Pat Robertson** said Monday on his live *700 Club* television program that Islam wants to take over the world and is not a religion of peace, and that **radical Muslims are "satanic."** Robertson remarked that the outpouring of rage elicited by cartoon drawings of the Prophet Mohammed "just shows the kind of people we are dealing with. These people are crazed fanatics, and I want to say it now: I believe it's motivated by demonic power. It is satanic, and its time we recognize what we are dealing with."

From the **New York Times**, March 21, 2006, - The Consumer -

Hand Sanitizers, Good or Bad? By Deborah Franklin

What started out as an informal classroom experiment at East Tennessee State University has turned up disturbing evidence about some alcohol based instant hand sanitizers - the antiseptic gels and foams that have become popular as a quick way to disinfect hands when soap and water aren't available.

Many such sanitizers - whether a brand name or a generic version - work well, and are increasingly found in hallway dispensers in hospitals, schools, day care centers and even atop the gangways of cruise ships as one or more safeguard against the hand-to-mouth spread of disease. Several studies from such settings have shown that the use of the alcohol-based rubs on hands that aren't visibly soiled seems particularly helpful in curbing the spread of bad stomach and intestinal bugs.

But a study published in this month's issue of the journal *Emerging Infectious Diseases* found that at least one brand of sanitizer found on store shelves, as well as some recipes for homemade versions circulating on web sites about crafts or directed at parents, contain significantly less than the 60 percent minimum alcohol concentration that health officials deem necessary to kill most harmful bacteria and viruses.

"What this should say to the consumer is that they need to look carefully at the label before they buy any of these products," said Elaine Larson, professor of pharmaceutical and therapeutic research at Columbia's nursing school. "Check the bottle for active ingredients. It might say ethyl alcohol, ethanol, isopropanol or some other variation, and these are all fine. But make sure that whichever of these alcohols is listed, its concentration is between 60 and 95 percent. Less than that isn't enough."

Alcohol doesn't cut through grime very well, so dirt, blood, feces or other body fluids must be wiped or washed away first if the sanitizer is to be effective. In such cases, hand washing with soap and water is advised. Alcohol based sanitizers, of the correct formulation, in these cases are used not to replace soap and water but as an important supplement.

How much goop should you use? Vigorously rub all sides of your hands with enough gel or foam to get them wet, and rub them together until they are dry. If your hands are dry within 10 to 15 seconds, according to C.D.C. guidelines, you haven't used enough.

Forwarded from he 'net by member **Robert Schwartz**, now retired and living in sunny Florida:

'A better option than Long Term Care Insurance' -

"No nursing home for me!"

About 2 years ago my wife and I were on a cruise through the Western Mediterranean aboard a Princess liner. At dinner we noticed an elderly lady sitting alone along the rail of the grand stairway in the main dining room. I also noticed that all the staff, ships officers, waiters, busboys, etc. all seemed very familiar with this lady. I asked our waiter who the lady was, expecting to be told that she owned the line, but he said he only knew she had been on board for the last 4 cruises, back to back. After dinner, I caught her eye and stopped to say hello. I said "I understand you've been on this ship for the last 4 cruises." She replied Yes, that's true." I stated "I don't understand." She replied without a pause "It's cheaper than a nursing home."

Looking into it I found that the average cost of a nursing home is \$200.00 per day. Checking on reservations with the Princess line, I found that I can get a long term discount and senior discount price of \$135.00 per day. That leaves \$65.00 a day to cover gratuities of about \$10.00 per day.

I will have as many as 10 meals a day, including room service, which means I can have breakfast in bed every day of the week. The ship has 3 swimming pools, a workout room, free washers and dryers and shows every night. They have free toothpaste and razors, free soap and shampoo. They treat you like a customer, not a patient.

An extra \$5.00 in tips will have the entire staff scrambling to help you. T.V. broken? Light bulb need changing? Need to have the mattress replaced? No problem! They will fix everything and apologize for the inconvenience. Clean sheets and towels every day, and you don't even have to ask for them.

You will get to meet new people every 7 or 14 days.

If you fall in the nursing home and break your hip, you are on Medicare. If you fall and break your hip on a Princess ship they will upgrade you to a suite for the rest of your life.

Now hold on for the best! Do you want to see South America, the Panama Canal, Tahiti, Australia, New Zealand, Asia, or name wherever you want to go? Princess will have a ship ready to go.

So don't look for me in a nursing home. Just call shore to ship!

P.S. And don't forget - when you die, they just dump you over the side at no extra charge!

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May, 2006 issue

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