

THINKING OF YOU

This morning as I rose from bed and saw the sun above
I softly said "Good Morning, God, bless everyone I love."

And right away I thought of you and said a loving prayer
That He would bless you specially and keep you free from care.

I thought of all the happiness your day could hold in store;
And wished it all for you, because no one deserves it more.

I felt so warm and good inside, my heart was all aglow-
I know God heard my prayer for you, he hears them all you know.



The Omaha Home for Boys

4343 N. 52nd Street Omaha, NE 68104

elcometo Our sisterhoods/Congregations.....

BETH EL NEWS

UPCOMING EVENT:

1. Beth El's Friday evening shabbat services for January and February will be held at 7:30 p.m. at our sanctuary at Main St. and Union St. in Bangor on the following dates: Jan. 6 and 20; Feb. 3 and 24. All are welcome. Free babysitting and a playroom are provided during services. There will be an Oneg Shabbat after each service.
 2. FAMILY SERVICES: Beth El will hold its special "Family Services" on Saturday, January 14 and Saturday, February 11 at 10 a.m. Family services are an opportunity for families with school age children to share in a Shabbat worship experience designed especially for them. We will use a children's prayerbook, do lots of singing and hear a story. It is a briefer service than our regular Shabbat services -- it's kid-length. Pre-schoolers and adults without children are also invited; babysitting is not provided.
 3. LEARN TO CHANT HAFARAH: Rabbi Milder will be teaching a series of eight-week classes in Haftarah cantillation on Tuesday evenings, beginning Jan. 10 and ending on March 7. This class is open to Bar/Bat Mitzvah students and adults, and will last for one hour each week. It will be held at the Beth El religious school classrooms in the former Jewish Community Center building. Please call the Beth El office for registration information at 945-4578.
- A-SOUP KITCHEN: Beth El will be preparing and serving meals at the

BETH ISRAEL

BETH ISRAEL JUNIOR CONGREGATION

Junior Congregation meets on the first Shabbat of every month at Congregation Beth Israel! Please join us for the different levels of B.I.T.T. study (Beth Israel Talmud Torah) on Saturday morning, January 7th beginning at 10:00 a.m.

The LITTLE B.I.T.T.S play in their own playroom ...
The MIDDLE B.I.T.T.S (4-6 year olds) are led by a parent volunteer (the January theme will be TuB'Shevat - What Else?? in a second classroom...

The BIGGER B.I.T.T.S (2-5 graders) conduct special Junior Congregation services with Susan Schonberger in the Synagogue Vestry...

And the BIGGEST B.I.T.T.S (pre-Bar/Bat Mitzvah) attend the Main Services.

THE BETH ISRAEL SONG FESTIVAL

Congregation Beth Israel is pleased to announce that the students of the Talmud Torah will perform for their third ZIMRIAH song festival on Shabbat Shirah, Saturday evening January 14 beginning at 6:00 p.m. All members of the Congregation and Community are invited to enjoy this 30 minute program, which is followed by a pizza

Smith, Bangor.
04401. Arrangement
Sisterhood, 144

President's Sisterhood



LILLIAN (RUDMAN) EMPL
BANGOR - Lillian (Rudman) Em-
ple, 90, wife of the late William H.
Emple, died Dec. 1, 1994, at her
home in Bangor. She was born in
Waterville, Feb. 10, 1904, the
daughter of Moses and Dora (Lill-
vine) Rudman. Lillian was a mem-
ber of the B'Nai Brith Hodasah, 117
Friendship Club and the Beth Isra-
el Synagogue. Surviving are one
daughter, Diane Emple, one son
Arthur S. Emple, both of Bangor.
Three nephews, Douglas Rudman of
Texas, Paul Tobias of New York and
Sanford Weinberger of Pennsylva-
nia; five nieces, Deborah (Rudman)
Cohen of California, Rhoda (Rud-
man) Cohen of Massachusetts, Au-
drey (Rudman) Edelstein of Califor-
nia, Hon. Deborah (Tobias) Portz of
New Jersey and Hope Blair of New
York. She was predeceased by two
brothers, Samuel Rudman and David
Rudman, and one sister, Ruth Tobl-
as. Graveside services will be held
12 noon Friday at the Beth Israel
Cemetery, Mount Hope Avenue, Ban-
gor, with Rabbi Joseph Schon-
berger officiating. Gifts in her mem-
ory may be sent to the Beth Israel

Our Senior Citizens.....



Enjoying the refreshments at the Senior Citizen Latke Party are from left to right: Alex Wilde, Barbara Wilde, Hazel Robinson, and Millie Rolnick.

SENIOR CITIZENS MEET

The Senior Citizen Friendship club held their monthly meeting on November 2, 1994. Barbara Wilde presided.

Following a petite luncheon, everyone enjoyed music performed by Janeen Teel and Norman Vincent.

On November 30th, the Senior Citizens held their Chanukah latke luncheon in the vestry of Beth Israel Synagogue. The delicious latkes were prepared by Celia Segal and her hard working crew.

After the meal, Dr. Anatole Wieck and Dr. Ginger Hwalek provided the crowd with a wonderful selection of music on the violin and piano.

The next meeting of the Senior Citizens will be held on January 4, 1995. Members are requested to bring a surprise gift to be used as a Bear prize.

On the occasion of their 30th anniversary, the Senior Citizen Friendship Club remembers those who have passed away.

- | | | |
|-------------------|-------------------|------------------|
| Anna Abrahams | Dora Gottlieb | Hilda Rosen |
| Rosalie Adelson | Hilda Gottlieb | Marion Rosen |
| Betty Alpert | George Gover | Sally Rosen |
| Shirley Berman | Jeanette Grunko | Sarah Rosen |
| Frances Bernstein | Sophie Hillson | Sophia Rosen |
| Fannie Bersten | Fannie Jacobson | Jennie Rubin |
| Sylvia Berson | Ida Kamen | Pauline Rudman |
| Anna Bloom * | Sarah Kamen | Julia Saltzman |
| Jacob Braveman | Anna Kaminsky | Louis Saltzman * |
| Lena Braveman | Tibby Kapelow | Dora Segal |
| Sadie Brenner | Lillian Kobritz | Julia Segal |
| Charles Brickel | Dora Kominsky | Sam Segal |
| Elsie Brickel | Max Kominsky | Anna Shafmaster |
| Bob Brown | Minnie Kominsky | Nettie Shapiro |
| Sue Brown | Phiip Kominsky | Sarah Shapiro |
| Bessie Byer | Sadie Kominsky | Sadie Share |
| Eva Chason | Betty Koritzky | Sarah Shiro |
| Fannie Cohen | Philip Koritzky | David Shuer ** |
| Harry Cohen | Larry Lait | Ida Shur |
| Robert Cohen | Ann Leavitt | Bobby Silver |
| Bluma Cooperstein | Benjamin Leavitt | Elsie Stern |
| Lillian Cummings | Ida Less | Sarah Striar |
| Pearl Dresner | Mary Levy | Mim Viner |
| Ida Ellis | Molly Levy | Pat Viner |
| Dorothy Emple | Betty Lieberman | Dorothy Wagman |
| Lillian Emple* | Helen Michelson | Bessie Wald |
| Anna Epstein* | Ruth Miller | Dora Wald |
| Marjorie Epstein | Bess Minsky | Jack Wald |
| Sadie Finn | Meyer Minsky | Edith Walman |
| Lena Friedman | Harry Mogul | Mary Weinstein |
| Lena Fox | Abraham Motuick | Dorothy Zitaner |
| Miriam Gedal | Bessie Motuick | |
| Fannie Ginsberg | Mollie Nissenbaum | |
| Jean Ginsberg | Philip Nissenbaum | |
| Abraham Golden * | Saul Nyer | |
| Alice Goldsmith | Sylvia Nyer | |
| Eva Goldsmith | Frances Oppenheim | |
| Harry Goldsmith | Julius Plaut | |
| Lillian Goldstein | Jenny Price | |
| Dora Goos | Edna Rapaport | |
| Freda Gopin | Estelle Rich | |
| Violet Gordon | Bertha Robinson | |
| Aaron Gottlieb | Ida Rolsky * | |

* Served as Friendship Club President

** Served as JCC Executive Director.

NOTE: If you know of any names that are missing or misspelled, please call the JCC office at 941-2950.

LILLIAN EMPLÉ



Lillian Emple, President of the Senior Citizen Friendship Club from October 14, 1972 to October 14, 1982, passed away on December 1, 1994.

During her tenure, Lillian initiated many activities for the Senior Citizens including Mother's Day luncheons, rummage sales, annual barbecues, trips to Lakewood for plays and annual trips to the Catskill Mountains.

Lillian was an active and beloved member of our community, and she will be missed.

CORRECTION

In our last issue, Marcia Braveman should have been named as a hostess of the 30th anniversary meeting of the Friendship Club.

LILLIAN (RUDMAN) BANGOR - Lillian Emple, 90, wife of the late Arthur S. Emple, died Dec. 1, 1994, at her home in Bangor. She was the daughter of Moses (Rudman) and Sarah (Rudman) of the B'Nai B'rith Friendship Club and Synagogue. Survivors include her daughter, Diane E. Emple, three nephews, Dr. Arthur S. Emple, I. Sanford Weinberg, Paul Tobias, and five nieces, Dr. Edna Cohen of California, Edna (Rudman) Edelman, Deborah New Jersey and Hilda (Rudman) New York. She was predeceased by her brothers, Samuel F. Rudman; and one son, Graveside services will be held at 12 noon Friday at the Mount Hope Cemetery, Bangor, with Rabbi Arthur S. Emple officiating. Arrangements may be sent to Sisterhood, 144 04401. Arranged by Smith, Bangor.

1980 NEWS OF OUR SENIOR CITIZENS

The Senior Citizens Friendship Club met for their regular meeting Wednesday, November 14th. At this time, Mr. Saul Nyer gave a most interesting report from his reading of the Jewish Press. Mr. Nyer's report will become a regular part of the monthly meetings.

Mrs. Ruth Lieberman arranged a delightful program. The guests of honor were no less than pedigreed dogs and their masters. For the animal lover, this program was indeed a pleasure. For the many who knew little of the training and pedigree history of the dogs, the explanation from their owners also made the program informative and interesting.

Arline Keith outlined some new ideas and goals that the group might wish to consider for future activities.

The most immediate activity being planned is that of the Flag Dedication and Chanukah supper to be held December 20th at the Center. In July, the Friendship Club won first prize at the Bangor State Fair for their Passover Booth. The Friendship Club competed with four other Senior Citizen groups from the Bangor area. It was the group's decision to donate the \$100.00 prize money to the Center towards the purchase of new Israeli and American flags.

For those Senior Citizens who plan to attend the dedication and who need transportation, please call the Center as soon as possible.

In October, the Senior Citizens Executive Council of the Greater Bangor Area, sponsored an area wide fashion show. The clothes were from Porteous, Mitchell and Braun. The success of this show was due largely to the effort and support from the many members of the Friendship Club. Their special contribution was indeed noticed and acknowledged by those in attendance.



1980 Shirley Berger (right) addressed the Center's Senior Citizens Club at their annual Hanukkah Party where he presented a new set of flags to the community in the name of the club. Seated next to him is his wife Betty, a teacher at the Bangor Hebrew Academy.

SENIOR CITIZENS FRIENDSHIP CLUB

By Arline Keith

The Senior Citizen's Friendship Club has presented their slate of officers for the coming year.

President - Lillian Emple
Vice-President - Ida Rolsky
Treasurer - Pearl Singer
Secretary - Bessie Wald
Scrap Book - Marcia Braveman
Program - Helen Michelson
Ruth Lieberman
Jewish Current Events - Saul Nyer
Legislature - Hyman Axelrod
Financial Secretary - Esther Dresner

The summer activities included a successful yard sale, and an outing to Camden. The highlight of the summer program was the Annual Barbecue held in August at the home of Paula and David Adelman. The refreshments were provided by the Senior Citizens and the hosts, Mr. and Mrs. Adelman. About 75 people attended. Special guests were: Mr. and Mrs. Sanfred Pastemack, Mr. and Mrs. David Shuer, Mrs. Louise Murcheson, a representative of the Task Force, and several guests from the area nursing homes. David Shuer presented a delightful program of harmonica music.

Future plans for the group include a week long trip to Stevensville, New York. Tentative plans are also being made for a fall foliage tour.

It has been a busy and happy summer.

ATTENTION SENIOR CITIZENS 1980

Perhaps some of you have old Jewish books and would like to put them to good use. The Lomdei Torah Society can use them.

We are organizing a reference library for Torah study. Some of your older books that might have been used by your father and seem outdated, actually are quite contemporary for those of us who study Torah.

Rabbi Tropper would be willing to pick up any available books. If interested, please call the Center.

Cont. Senior Citizens 1969

ven's forthcoming marriage, and was served at beautiful tables centered with spring flowers from the garden of Mrs. Anna Epstein.

The attractive models were Mrs. Morris Shafmaster, Mrs. Jacob Zitaner, Mrs. Morris Singer, Mrs. Hyman Cooperstein, Mrs. Benjamin Oppenheim, Mrs. A. B. Epstein, and Mrs. Morris Bloom.

Clothes were modeled by the courtesy of Freese's and the cosmetics were used through the courtesy of Fashion 220, Brewer, Maine. The afghan, made and donated by Mrs. Benjamin Hillson, was received by Stephanie Olliver, granddaughter of Mrs. Anna Epstein.

Mrs. Keith was presented with an orchid in appreciation for all the work she has done for the Senior Citizens.

The following women volunteered to work on this project: Mrs. Robert Rosen, Mrs. James Viner, Mrs. Louis Rolsky, Mrs. Sam Lieberman, Mrs. Arthur Hartstone, Mrs. Irving Broder, Mrs. Barry Lieberman, Mrs. Abe Miller, Mrs. Bernard Appelbaum, Mrs. Neil Glazier, Mrs. Jacob Serota, and Mrs. Elsie Brickel.

Seniors citizens attend barbecue

The Nineteenth Annual Barbeque of the Senior Citizens Friendship Club of the JCC was held at the home of the David Adelmans of Kenduskeag Ave.

This group was formed in 1964 by several volunteers, headed by Ida Ralsky, Mim Viner, and Freida Miller, whose main concern was to bring a group of elderly people together to be entertained. The group has grown to 75 members, headed by Marcia Braveman.

Entertainment was a new program sponsored by the Northern Casco Bank with Assistant Vice President Janet Ginn who spoke on investments, and was followed by a sing-along with Hal Wheeler's Combo.



SENIOR CITIZENS GROUP FOUNDER RETURNS

David Shuer, our Executive Director from 1964-1968, poses with Friendship Club President, Lillian Emple at the Mothers Day Luncheon held at the Red Lion. Mr. and Mrs. Shuer have chosen to return to Bangor for their retirement. Welcome back Dave and Grace! Enjoy your retirement!

Mr. Shuer was most recently Assistant Professor in the Sociology Department of the University of Bridgeport as the co-ordinator of Social Work courses and teaching of Marriage and Family.

A MEMORABLE VACATION IN THE CATSKILLS SENIOR CITIZENS FRIENDSHIP CLUB

Forty persons enjoyed a vacation at Stevensville Country Club at Swan Lake in New York which offered a complete program of activities - golf, health clubs, rowboating, in and outdoor pools, unisex salon, horseback riding, yoga, basketball shooting, shuffleboard, folk and line dancing, "The Hustle" Dance Class, quiz, bingo, sing along, dancing and, of course, showtime!

What with super deluxe rooms, and super meals, a most memorable vacation was assured. Many new friends were made from Nova Scotia, New York, etc. All this and kosher, too!

A trip is planned again next year and we hope to have an equally good attendance so - if you planned to attend this year but neglected to do so, "far gin zach" next year - you'll be glad you did.

SENIOR CITIZENS FRIENDSHIP CLUB

By Arline Keith 1980

The Annual Mothers Day Meeting was held May 13th at the Red Lion. A beautiful luncheon was served. An absolutely delicious kugel was served to each guest. The kugel was prepared and donated by Freda Miller. Mrs. Miller's gesture was done in loving memory of her mother, Sadie Share, and Ida Rolsky's mother, Sarah Rosen.

The guests of honor were: Mr. and Mrs. Alan Coren. On behalf of the Senior Citizen's President Lillian Emple presented Mr. Coren with a gift in appreciation of his dedicated work with the group.

The guest speaker was Mrs. Lawrence Peakes. Mrs. Peakes, a delightful and sparkling lady, is a retired school teacher. The Peakes Auditorium was named in memory of her husband. Mrs. Peakes address: "Bits and Pieces" was beautifully presented and proved to be an extremely moving experience for her audience.

Other guests were: Mr. and Mrs. David Shuer. Mr. Shuer was a former Executive Director here at the Center. He was the person responsible for the organization of the first Jewish Community Center Senior Citizens group. All of his friends were happy to see him again.

The group was delighted to receive Mary Silver as a new member. Ann Bloom extended a gracious invitation to the Senior Citizens to an Open House Party to be given at her home in honor of her husband's 100th birthday. MAZEL TOV!

Before the meal, Mr. Saul Nyer offered the blessing. The program closed with the singing of God Bless America led by Arline Keith.

Summer plans include a Yard Sale, June 15. The Annual Picnic-Barbecue will be held August 4 at the home of Paula and David Adelman.

SENIOR CITIZENS FRIENDSHIP CLUB HOLDS ANNUAL CHANUKAH LUNCHEON

Thursday, December 10th, in the Liss Auditorium of the Center, the Friendship Club enjoyed a luscious luncheon and, of course, the traditional latkes was served.

Rabbi Isaacs accompanied the Hebrew Academy Chorus in a delightful program.

The Club discussed their trip to the Catskill next Fall and a decision was made to go to the Raleigh Hotel. A deposit has been paid.

Many excellent programs have been enjoyed, in particular, Grace Shuer (Mrs. David) gave a very interesting talk at the November meeting on the importance of laughter in our lives.

Please note - if anyone desires to go on a real vacation in September to the Catskill, call Mrs. Emple at 942-9818.

HIGHLIGHTS OF THE SENIOR CITIZENS FRIENDSHIP CLUB

During the month of December, we had a Chanukah luncheon and joined the various organizations in a Chanukah program at the Center for children and adults which was enjoyed by all who attended.

We held regular meetings in January, February, March and April whereas we enjoyed fine programs and delicious refreshments.

On May 1st and 2nd, we held a very successful Rummage Sale.

On May 10th, a Mother's Day Luncheon was held at the Red Lion. On June 22nd, we plan to take a bus ride to Milbridge, Maine and stop at the "Rusty Anchor".

July 13th, will have us enjoying our annual Barbecue at the home of our gracious hosts, Paula and David Adelman. Entertainment is planned.

If there are any plays at Lake-wood worth seeing - and the price is right, we will discuss it.

We are looking forward to going to Stevensville Country Club at Swan Lake in the Catskill Mountains from September 7th to September 11th. If anyone wishes to sign up - we still have a few more seats on the bus.

Lillian Emple, President



*Shirley
Lillian
Ellen*



*Kathy O'Connell
Doris Goss
Bernie Katz*

"Swing your partner round and round"
The Young American Folk Dancers from
the YMCA. *Summer 1981*

**JCC SENIOR CITIZENS
FRIENDSHIP CLUB
ANNUAL BAR B-Q HELD**

Monday, July 13th was the date
and David and Paula Adelman were
the hosts for the 16th year to the
Friendship Club's Annual Barbeque.
Luscious hamburgers, hot
dogs, kugel, dessert and more were
served. And those in attendance
were treated to the
dancing of the
Folk Dancers
Bangor.



*Kath
Lillian
Ellen
Bernie
Doris
Paula
David*

"Please, no dessert, I've had enough
goodies!" *Summer 1981*



*Pauline
Ruth
Steve*

"Thanks Paula and David for a lovely
day at the Bar-B-Q!"

Annual barbeque

July 9 1984

The Senior Citizens Friendship Club of the Jewish Community Center, Bangor, is positively wild about its annual barbeque, held at the home of David and

July 9, 1984

Paula Adelman of Kenduskeag Avenue for the past 19 years. And what's more, the men and women of the club absolutely love Dave and Paula, who volunteered to help out so many summers ago, and are still doing it.

We learned that you don't have to qualify for senior citizen status to have fun with this group. Paula's aunt, Ida Rolsky, began involving interested persons of all ages when she helped to organize the group 20 years ago. At that time Ida's mother was a senior citizen. In addition to recruiting members for the club, Ida asked non-seniors to help with tasks such as driving or organizing activities. Paula Adelman, a young mother-to-be at that time, volunteered as a driver.

Twenty years ago the Jewish Community Center-based senior citizens council was very active and its activities were not limited to Bangor, but included several surrounding towns.

Among club friends included in Ida's memory of the most active years are Mim Viner, Freida Miller, and Dave Shuer, director of the WJCC at the time. Eventually Arline Rosen and Paula joined her; and shortly thereafter, Arline Keith founded the first of a series of annual fashion shows.

Over the years, club members have engaged in some interesting activities and worthwhile achievements. They have enjoyed luncheons, dinners, and excursions to the Lakewood Theater in Skowhegan and to the University of Maine at Orono for plays and other entertainments. They have given a television set for the use of patients at Bangor Mental Health Institute, donated American and Israeli flags to the JCC and raised funds for children's scholarships to Camp Sasone.

Club officers are: Marcia Braveman, president; Ida Rolsky and Ruther Leiberman, vice-presidents; Pearl Singer, treasurer; Esther Dresner, financial secretary; and Adrea Adams, corresponding secretary.



SENIOR CITIZENS CELEBRATE CHANUKAH

Nov 1983
macht eer alla? I hope you all had as lovely a Chanukah as I had and enjoyed lighting the Chanukah licht, benching and singing the prayer.

On Wednesday, December 7, when I walked into the Center for the meeting, I looked at the tables beautifully decorated with evergreens circling the Chanukah lychners with the colorful candles and the yellow place mats, I thought to myself, "Isn't it wonderful to be a Jew and to enjoy so many Yontaveem of thankfulness as we, as a people, have and do."

What a lovely party it was! Starting with Sandy Pasternack, our Director, lighting the candles and benching the brocha with many of us joining in. A delicious luncheon was served with all the latkes you could eat. The salads were made by Helen Michelson and Hazel Robinson. The latkes grated and prepared by Celia Segal with her frying crew was just delicious. The eggs, tuna, rolls and juice were donated by the Center. The dessert was donated by Marcia Braveman in memory of her mother's yartzeit.

I was pleased to see Ed Rosen, Saul Nyer, our invited guest, Louis Kornreich, President of the Council, extended Chanukah greetings and told us a cute story about his little daughter, Sarah.

As in the past, we were entertained by the Day School children singing with Rabbi Isaacs at the piano.

At our regular meeting that followed, birthday cakes and happy birthday was sung to the birthday girls; Fay Goodman, Rita Baron, Katie Carver, and Esther Gopan. Latkes were taken to the Nursing home for a Chanukah party. Bakers were: Pearl Singer, Sylvia Berson, Rita Baron, Florence Allen, Jean Brown, Ida Rolsky and Mim Viner. Katie Carver



The Pines Hotel - Catskill Mts, N.Y. Sept 1978

Mrs. W. Martin
 Mrs. P. Nussbaum
 Mrs. S. Isenko
 Mrs. Ryan
 Edna
 Bernice Adelson
 Jane Eisenberg
 Lil Emple
 Lillian Emple
 Muriel Flusk
 Bea
 Hazel Robinson
 Ed
 Kay
 Elsie
 Lillian
 M.

Ruth
 Fran
 Paul
 Fay
 Don
 Eve
 Esther
 Edie

THE PINES IN THE CATSKILLS
 March 1978.

When September rolls around
 and the Foliage is at its peak
 Our Friendship Club will board the bus
 and the pleasures they will seek.
 Four glorious nights at the Pines
 with entertainment from Broadway
 You can swim and even play golf
 Come on - now what do you say?
 You can dine on yiddish essen
 This trip you should not fergessen.

Original by Jane Cohen

(Call Lil Emple 942-9818 or the
 Center 945-5631 for reservations.)

*Nelson Mickelson
Arlene Keith
Ruth Striar
Chris Stark*

44 YEARS OF SERVICE



July 9, 83



THE CLARABELL Q. Conrad Award was presented Nov. 8 to Ruth Striar (left), who holds the record in Maine for the most consecutive years as an American Cancer Society volunteer. She has volunteered in the Penobscot Unit for more than 44 years. Making the presentation is Chris Stark, regional director of the American Cancer Society. The award was established in 1983 to honor one of the Maine Division's most active and ardent volunteers, who lost her battle against cancer in 1982. (NEWS Photo by Scott Haskell)



July 9, 83



July 9, 83

furnished the ice-crea. Place mats by Grace Shuer were donated to the nursing home. Entertainment will be presented by Arlene Keith and Scott Rapaport.

Would you believe that 47 members attended our party? Not bad, huh? And next month we will have a fish chowder luncheon. Aren't you glad you belong?

Ich hob geshriban a gantza megilah. Mir zeiman geven glicklach Dec. 7 - der zun hot geshinte -kalt is geven, latkes hase, oon tozent tameem.

Biz nextan monat
eir reportachka
Miryom Viner

SENIOR CITIZENS FRIENDSHIP CLUB

The Friendship Club held a meeting at the Jewish Community Center on Wednesday March 11th.

Discussion of the Annual Mothers Day Luncheon to be held May 13th took place.

At our next meeting, April 21, it was suggested that we have a Brown Bag lunch. Beano will be played. On the same date, the deposit for the Catskill trip should

be paid, and the money for the Mothers Day Luncheon.

Rummage Sale will be held at the Center on May 2nd.

Thank you notes were read for trees planted in memory of the following: Betty Lieberman, Minnie Kominsky, and Sara Striar.

A round of applause was given to Marcia Braveman for the delicious refreshments and excellent programs during the months of February and March.

March, 1982



The Senior Citizen's Friendship Club of the Jewish Community Center is planning their Annual Trip to the Catskill Mountains. This year it is the Stevensville Country Club on October 2nd through 5th. Reservations are a must by April 14th. Pictured are the group returning from the trip last year.

HERE I AM AGAIN ON THE GO WITH THE SENIOR CITIZENS FRIENDSHIP CLUB

By Miriam Viner

Marcia Braveman, President, opened the meeting with thirty-five members attending.

It was voted to give the Jewish Community Center \$50.00 for this year's rental.

A shower of cards were sent to Anna Kominsky who is now residing in Fairfield, Conn., in honor of her 93rd birthday. We all miss Anna; she was a devoted member of our group. Greetings were also extended to Ruth Striar, Pearl Singer, Lena Sclair, and Ida Rolsky, birthday girls.

A Gift Certificate was given to our Financial Secretary, Esther Dresner, in honor of her recovery and devoted service these many years, and hopefully, after her return home from Florida, she will take up her office duties again.

Feb 1983
Our Raffle will be out this month and will be raffled off at our annual Barbecue.

Our February Birthday girls will be greeted with Happy Birthday Wishes from the group. Ruth Lieberman, 2nd Vice President, Lilla Emple, our Past President, Bessie Wald, our Corresponding Secretary, Mary Silver, our Program Chairman, and guess who else, Mim Viner, your past Co-Advisor and now News Reporter.

A hilarious program was presented by the Beth Abraham Players in Yiddish "Pocayenta"! The cast of characters were: Janice Cohen - Mother Pocayenta (Pochantas); Morris Slep - Father Geronowitz (Geronomo); Barbara Podolsky - daughter Minnie Horowitz (Minnie Ha-Ha); Mickey Schneider - Sitting Bulvon (Sitting Bull); Narrator - Stephen Emery.

After the play, Lilla Emple, Diane Emple, and Hazel Robinson served Entermann's refreshments, tea and coffee.

SENIOR CITIZENS PREPARES MEALS FOR PATIENTS

Oct 1982
A few members of the Senior Citizens Friendship Club prepared a holiday dinner for the Jewish patients at the Orono Nursing Home.

The women donated their time and the food for a Kosher meal which consisted of gefilte fish, horseradish, Challah, wine, baked chicken, tzmis, noodle pudding, honey cake and fruit.

A private room was set up for eleven patients with a white table cloth and candles so that they may have a reminder of the New Year.



Nov 1982
Enjoying a class in crafts are from left to right: Hazel Robinson, Gece Shuer, instructor, Helen Michelson, Henrietta Rolnick, and Marcia Braveman. Still time to call the Center to register at 945-5631.



Lillian Emple, President of the Senior Citizens Friendship Club from October 14, 1972 to October 14, 1982, passed away on December 1, 1994.

During her tenure, Lillian initiated many activities for the Senior Citizens including Mother's Day luncheons, rummage sales, annual barbecues, trips to Lakewood for plays and annual trips to the Catskill Mountains.

Lillian was an active and beloved member of our community, and she will be missed.

April
1983

SENIOR CITIZENS FRIENDSHIP CLUB MARCH 10th MEETING

Well, here I am again to tell you what happened at the March 10th meeting. A bit noisy but what do you expect from 24 women - a couple of men?

After the business meeting, Marcia Braveman, president, introduced Mrs. Springer from Blue Cross & Blue Shield who spoke to us on the Companion Plan. She was a most interesting speaker with a great deal of patience to individual questions from our members for over a half hour.

Rummage Sale will be held on April 17 and 18 with Helen Michelson and Bessie Wald, co-chairmen. Please help us! But no schmatas!! Welcome back Bessie, we missed you!

Mother's Day luncheon was discussed. New members welcomed are Mrs. Gertrude Saxl and daughter-in-law, Jane Saxl, who told your reporter she was so impressed that she decided to join our club.

April birthday girls are: Helen Michelson, Pauline Smith, Mollie Nisenbaum, and Gertrude Podolsky. Each received a cup cake with a candle on it for them to blow out and please G-d to do it again next year.

For those of us who keep Pesach like our monter's did, we were happy to put the boards, dishes, and teplach away with the rest of the Pesacdia things. And as for myself, I had plenty of left over things to use the rest of the summer.

furnished the ice-crea. Place mats by Grace Shuer were donated to the nursing home. Entertainment will be presented by Arlene Keith and Scott Rapaport. *Dec 1983*

Would you believe that 47 members attended our party? Not bad, huh? And next month we will have a fish chowder luncheon. Aren't you glad you belong?

Ich hob geshriban a gantza megilah. Mir zeiman geven glicklach Dec. 7 - der zun hot geshinte -kalt is geven, latkes hase, oon tozent tameem.

Biz nextan monat

eir reportachka
Miryom Viner

It's a hard job to do at our age but let's hope to G-d we can do it again and gripe about bringing it in. It is a beautiful Yontif with beautiful memories as well as sad for some of us.

Delicious jelly roll and ice cream furnished by Arlene Keith in honor of her first grandson Adam Michael Paskow. Mazel Tov! *April 1983*

Thanks to my great niece, Amy Lieberman and nephews, Jimmy and Matthew, for complimenting me on my writing and to all at Shul Yiskor time, to Rabbi Isaacs who told me to keep it up, that he enjoys the "mama loshen" and a special thanks to Debby Trozky, who called at 9:30 p.m. to tell me how much she enjoyed it and understood my "mama loshen". When youngsters this day and age in Bangor tell me that, it makes it all worthwhile!!

SENIOR CITIZENS FRIENDSHIP CLUB *1983*

By Miriam Viner *Jan*

A delightful program took place at the November meeting of the Friendship Club when Arline Keith gave her personal impressions and experiences of her trip to Israel which was immensely enjoyed.

For those of us who had been to Israel before, the trip brought back wonderful memories of Eretz-Yisroel, and we were thrilled again.

A very Happy Birthday is extended to our dear Anna Kaminsky on her 93rd birthday. A contribution was made by the Friendship Club to Youth Aliyah in honor of her 93rd birthday.

At our December Annual Chanukah Latke Party, Rabbi Isaacs and the Academy students gave us beautiful renditions songs.

Delicious latkes were made by the hostesses Celia Segal and Lena Sclair who were ably assisted by Ida Bytensky, Lisa Berg, Esther Dresner, Molly Singal, Pearl Singer, and Marion Flash.

ON THE GO WITH THE SENIOR CITIZENS FRIENDSHIP CLUB

Hi Everyone: *Oct 1983*

This summer, we were kept busy with the barbecue at the Adelmans, and as usual, it was a wonderful day. A trip to Boothbay Harbor was enjoyed by 36 of our members. The fish dinner was delicious and a four-hour boat trip which took them down and around the Bath Iron Works and saw President Ford's yacht. Annie Abrahams told me it was one of the best days of their lives. On the way home the bus broke down, another bus was sent but despite the delay, they had a wonderful trip and got home by 9:00 p.m.

Mazel-tov was extended to Ruth Lieberman, and Sylvia and Lorney Berson in honor of their grandson, Matthew Lieberman, son of Marcia and David Lieberman's Bar Mitzvah.

Also Mazel-tov to October's birthday girls: Annie Abrahams, Ida Less, Bessie Katz, Artie Gottlieb, and Hazel Robinson.

Our first meeting of the season was held on October 12th. I will give you the highlights at the next writing.

Ich vinch aiche alemen a fraylichen tzeit beez nexton sriben.

ler Repotaka
Miriam Viner

Current events were given by Saul Nyer on the bombing which took place at the Washington Monument.

Mr. Axelrod spoke on Social Security. *Jan 1983*

The day before Chanukah, Lena Sclair and Celia Segal made a meal of latkes and took them to the nursing home.

Ida Rolsky, Grace Shuer and Arline Keith were in charge of a group of fifteen women who went to the Orono Nursing Home and made a Chanukah Party with gifts and refreshments. Rabbi Joseph Schonberger and Harry Gedal lit the Chanukah candles. Anna Abrahams made a generous donation for the food for the nursing home.

Look Your Best

STYLE:

Summer

by Deedy Schiro

Summer's best looks are brief and revealing. A body ready to wear the uncomplicated, relaxing, easy fashions of the bare summer styles needs to be physically fit. Beauty really begins with fitness. If you haven't been doing all you should for fitness, it's a great time to begin. With exercise you can make a change in your appearance, and feel better with your clothes and about yourself. A well-toned body involves only a little time each day.

Exercise will give you a feeling of energy and vitality. It can tone and tighten muscles, making you look firmer and slimmer. A well-toned body is indicative of good health and strength. It shows you really care about your appearance. If you want to be at your best, you will have to work for it. Fitness can help improve the quality of your life by helping you not only feel better, but also live longer and look younger. Shaping up should not be an isolated part of

your total body care, but should include activities and exercises you enjoy.

In your off hours, switch to a warmup suit, and work out. Accept and appreciate your body for what it is, and learn to improve it to what it can be. Choose an exercise program you like, and the one that will work the best for your needs. It can improve your shape and help keep you at your best weight. Discover what type exercise is best for your muscle type, your health condition and your athletic ability. Create your own schedule and condition your body by shaping up steadily and safely. During breaks and lunch hour, or on weekends, follow a strengthening stretching, toning program.

Exercise helps to relieve stress, and can help you unwind after a busy day. It helps your cardiovascular system to work effectively, helps you to increase stamina, to develop better sleeping patterns, to diminish appetite, and gives you an all over feeling of being fit.



EVELYN PLUMER

The Diet Corner

Talk Your Best

by Barbara Faucher
Area Director of
The Diet Workshop

Is this the place? The Eating place?

That's funny, I don't see a table and chairs. What I do see is a sofa and a television set. Or a bed and a night

eating?????

No! it is not! And do you know -- that may be the root of your trouble. Because a diet program should contain clear instructions about **where** to eat as well as directions about what and how much to eat. I assume that you are overweight, have been overweight, or are con-

MURPHY'S LAW

ANYTHING THAT CAN GO WRONG, WILL GO WRONG.
IF EVERYTHING SEEMS TO BE GOING WELL, YOU
OBVIOUSLY DON'T KNOW WHAT THE HELL IS GOING
ON.

NEVER ARGUE WITH A FOOL, PEOPLE MIGHT NOT
KNOW THE DIFFERENCE.

NO ONE'S LIFE, LIBERTY, OR PROPERTY ARE SAFE
WHILE THE LEGISLATURE IS IN SESSION.

BUILD A SYSTEM THAT EVEN A FOOL CAN USE, AND
ONLY A FOOL WILL USE IT.

MURPHY'S GOLDEN RULE: WHOEVER HAS THE GOLD
MAKES THE RULES.

IT IS MORALLY WRONG TO ALLOW SUCKERS TO
KEEP THEIR MONEY.

EVERYONE HAS A SCHEME FOR GETTING RICH THAT
WILL NOT WORK

EVERYBODY SHOULD BELIEVE IN SOMETHING—I
BELIEVE I'LL HAVE ANOTHER DRINK.

IF IT JAMS—FORCE IT. IF IT BREAKS, IT NEEDED
REPLACING ANYWAY.

IF YOU'RE FEELING GOOD, DON'T WORRY, YOU'LL
GET OVER IT.

INTERCHANGEABLE PARTS—WON'T.

NEVER PLAY LEAPFROG WITH A UNICORN.

A BIRD IN HAND IS SAFER THAN ONE OVERHEAD.
IN CASE OF DOUBT, MAKE IT SOUND CONVINCING.

SENIOR CITIZENS CELEBRATE CHANUKAH

Noo vos macht eer alla? I hope you all had as lovely a Chanukah as I had and enjoyed lighting the Chanukah licht, benching and singing the prayer. *Dec 1983*

On Wednesday, December 7, when I walked into the Center for the meeting, I looked at the tables beautifully decorated with evergreens circling the Chanukah lychners with the colorful candles and the yellow place mats, I thought to myself, "Isn't it wonderful to be a Jew and to enjoy so many Yontaveem of thankfulness as we, as a people, have and do."

What a lovely party it was! Starting with Sandy Pasternack, our Director, lighting the candles and benching the brocha with many of us joining in. A delicious luncheon was served with all the latkes you could eat. The salads were made by Helen Michelson and Hazel Robinson. The latkes grated and prepared by Celia Segal with her frying crew was just delicious. The eggs, tuna, rolls and juice were donated by the Center. The dessert was donated by Marcia Braveman in memory of her mother's yartziet.

I was pleased to see Ed Rosen, Saul Nyer, our invited guest, Louis Kornreich, President of the Council, extended Chanukah greetings and told us a cute story about his little daughter, Sarah.

As in the past, we were entertained by the Day School children singing with Rabbi Isaacs at the piano.

At our regular meeting that followed, birthday cakes and happy birthday was sung to the birthday girls; Fay Goodman, Rita Baron, Katie Carver, and Esther Gopan. Latkes were taken to the Nursing home for a Chanukah party. Bakers were: Pearl Singer, Sylvia Berson, Rita Baron, Florence Allen, Jean Brown, Ida Rolsky and Mim Viner. Katie Carver



Marcia Braveman, President, addressing the members of the Senior Citizens Friendship Club at the Annual Mother's Day Luncheon held at Miller's Restaurant, May 12th. *May 3, 1983*

16 MEMBERS OF FRIENDSHIP CLUB ATTEND OPEN HEARING

On Tuesday, May 3, 1983, sixteen members of the Senior Citizens Friendship Club joined 108 other seniors from all counties in Maine, and traveled in two buses to the Augusta Civic Center where an open hearing on Home-

Base Care vs. Nursing Home Care was held. The trip was sponsored by the Eastern Task Force on Aging.

Testimonies were given by many elderly and handicapped who were in nursing homes and now live independently.

A six million dollar appropriation was to be cut; 3.3 million for two years. This would entitle 2400 persons to the program for one year. In 1982, 642 persons were serviced by the program and 108 were on the waiting list.

It was a very rewarding day and each person there signed a petition hoping that the allocation would not be cut.

A total of 1500 senior citizens were present from all over the State of Maine.

Our group was welcomed personally by our local representative to legislature, Ed Kelleher, and we had a nice informal discussion with him.

Marcia Braveman
President of Senior Citizens

ON THE GO WITH THE SENIOR CITIZENS

Sept 1984
As eez tziet tsu shriben! Ich hof as eer alla gehut a gezuntan yomtov und zoomer.

Sandy Pasternack, our director spoke to us and suggested plans for the Fall season programs. After the meeting, the ladies were invited to go on a bus tour. The tour was narrated by Marilyn Gass who works for the National Historical Society. Zucchini Bread made by our President, Marcia Braveman, was served with dairy greens. It was a beautiful tour and enjoyed by the members.

Discussion was held about the plans for Senior Citizens for the Hinckley Estate on Broadway and Somerset for a live-in residence for Senior Citizens.

The girls had a marvelous trip to the Catskills and are making plans again to do this trip in two days next year - overnight in Vermont and then to Brickman's. Anyone wishing to go should contact Ida Rolsky for reservations.

Our November program should be most interesting with Marion McKenney, a farmer, and supervisor of music in the Bangor school system. She will

Sept 1984
give a talk and show slides of her trip around the world in 30 days. The Meeting, November 14 — Don't miss it!

Having gone around the world myself in almost three months with Fay Goodman and Julia Segal (may she rest in peace) it will bring back many memories.

I am very grateful to G-d that my brother-in-law, Lonney Berson is home and on the mend.

My zada, Aaron Michelson, once told me a joke from the old country. Thought you might enjoy it.

"For A Person Who Puts Things Off" Ich hob gezolt Deenstig as ich can need gane Meetvoch, den ven zol ich gane Donerstig az Fritig eez shane erev Shabbos.

Well, for those of you who don't understand our mama lochen, should try to find a way to learn it. It is beautiful.

Oh yes, November birthday ladies are: Ann Abrahams, Jean Ginsberg, Sylvia Berson, Mrs. Harry Gedal, Gertrude Sazin, Isabelle Davidson.

From Your Reporter
Mim Viner

ON THE GO WITH THE SENIOR CITIZENS

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From Your Reporter
Mim Viner

● ON THE GO...

Potato latkes and pastry were taken to the Nursing Home. A Get Well card was signed by the members to Ruth Lieberman and get well wishes were extended to Pauline Smith.

Congratulations to Sylvia and Lonney Berson on the occasion of their 51st Wedding Anniversary, December 30. December birthday greetings to: Rita Baron, Fay Goodman, and Esther Gopan. January birthday greetings to: Ida Rolsky, Lena Sclair, Ruth Striar, Pearl Singer, Anna Kaminsky, and Mrs. Harry Gordon. February birthdays to

Dec 1985
(CONTINUED FROM PAGE 1)
Ruth Lieberman, Lillian Emple, Marjorie Epstein, Fannie Bernstein and G-d willing my 80th birthday, February 18th.

Al Shuman suggested that we cancel our January and February meetings due to the weather and start up again in March.

Letha and Willie Wallace sent best wishes from Virginia.

Ich hoff as eer vet hoben a gezuntan vintar, oon tsu onzara senior citizens in the varama land of Floriday, a freylichan 1985.

Eir reportka
Miriam Viner

JCC's Ida Gopan Receives John W. Coombs Award



Dave Cole, Executive Director of the United Way of Penobscot Valley presented the John W. Coombs Award to Ida Gopan at the Annual Meeting of the United Way held at the Red Lion Restaurant, March 27. Inscription on the plaque read: "John W. Coombs Memorial Award to an outstanding United Way Agency employee in recognition of high professional standards and personal commitment to our community, presented by United Way of Penobscot Valley to Ida S. Gopan, Jewish Community Center, 1986."

On The Go With The Friendship Club

May 1986
The monthly meeting of the Senior Citizens Friendship Club was held April 9th. A delicious dessert was served by Mary Silver and her able committee.

We voted to make a donation to the "Widows, Orphans, and Wounded Soldiers of Israel", in memory of Mrs. Bessie Motiuk.

If necessary, we voted to help purchase a freezer for the Center. It is hoped that one would be donated.

Edgar Goldsmith brought in several ideas for day trips for the summer.

Marcia Braveman, program chairman, presented Robert Seavey, a retired worker from the Bangor Daily News, who was most interesting showing slides and narrating the early history of Bangor.



ED ROSEN was honored Saturday at a surprise testimonial to him for the number of years he has devoted to public service. President of the Meals for Me. program since its inception in 1972, he was honored at the Ban-

gor House where Sen. Olympia Snowe spoke. Pictured with Rosen is Velma Oliver, vice president of Meals for Me. In addition to his work for Meals for Me., Rosen has made significant contributions to Eastern Maine Medical Center. (NEWS Photo by Scott Haskell)

On The Go With The Senior Citizens Friendship Club

Summer of 1986

Thirty-eight Senior Citizens Friendship Club members attended the Mother's Day Luncheon at Holiday Inn on Thursday, May 15th.

The table motif was in pink and white and May Day baskets made by Henrietta Rolnick filled with candy donated by Ida Rolnick, were placed at each setting.

A delicious luncheon was enjoyed by all, after which an entertaining program was presented featuring Barbara Podolsky, Sandy Pasternack, and Rachel Hartstone. Songs from yesteryear and the present were heard.

Hilda Goodstein read an article entitled: "What Is A Mother?"

Dave Dorsky reported on feasible day trips.

Beautiful weather was provided for this delightful day.

By Ruth Striar

Senior Citizens On The Move

April 1985

Marcia Braveman

The Senior Citizens Friendship Club enjoyed a Mother's Day Luncheon on May 15th at Miller's Restaurant. Committee in charge of arrangements were: Ruth Lieberman, Chairman, Mim Viner, Diane Emple, and Lillian Emple.

Ida Rolsky contributed the mints and nuts for this affair in memory of Sarah Rosen and Mrs. Share, charter members of the Friendship Club.

May 21st, a Senior Citizens Rally held at the Elks Club was a great success with 300 people present. Our group acted as hosts for the affair and Marcia Braveman, our President was the Mistress of Ceremonies and was given a round of applause for a job well done on the affair. We hope this will become an annual event. The Rummage Sale was very successful under the capable hands of our wonderful Helen Michelson.

We welcome Henny Rolnick from her trip to Greece and hope she tells us all about it.

A very busy summer is planned - the Annual Barbecue will take place at Paula and David Adelman's home, a musical and play at Peakes Auditorium, June 20 at 8 p.m. will be attended by the group. The price is \$4.00 and rides will be provided. We will meet at the Center. Anyone interested, please bring your money to the next meeting, June 12.

The Friendship Club hosted a social afternoon for the Israeli students and invited the Capelhart Senior Citizens group to join them in a lovely social after-

noon honoring the students from Israel who spoke to them of Israel and showed interesting slides.

Israeli Students Feted By Senior Citizens Friendship Club

April 1984



IDA S. GOPAN (left), administrative executive secretary of the Jewish Community Center in Bangor, receives the John W. Coombs Memorial Award for public service Thursday from David A. Cole, a staff member of a United Way of Penobscot Valley. The award was made in recognition of Gopan's many years of service as a volunteer in many Jewish organizations, in addition to her services as a member of the League of Women Voters and a Brownie and Girl Scout leader. (NEWS Photo by Marc Blanchette)



Monday June 23, 1986

ADMIRING THE choice of desserts, Sen. William S. Cohe on Sunday joined the Bangor Senior Citizens at the Fourteenth Street Community Center for a luncheon. With him is Elaine

Boardman, president of the organization. The local group welcomed 250 senior citizens from New Brunswick for a "Hands Across the Border" celebration. (NEWS Photo)

The Senior Citizens Friendship Club of the Jewish Community Center will hold a gigantic Rummage Sale on Sunday, June 8 from 9 am to 4 pm; Monday, June 9 from 9 am to 1 pm. The sale will be held at the Jewish Community Center, 28 Somerset Street, Bangor. *June 1986*

JCC Friendship Club

The referendum question dealing with the Maine Yankee atomic power plant will be the topic when the Senior Citizens Friendship Club of the Jewish Community Center holds its monthly meeting at 2 p.m. Tuesday, Oct. 13, at the Jewish Community Center on Somerset Street in Bangor. *Oct 13, 1987*



We Had A Ball





...r Senior Citizens...



Enjoying the refreshments at the Senior Citizen Latke Party are from left to right: Alex Wilde, Barbara Wilde, Hazel Robinson, and Millie Rolnick.

SENIORS' BARBECUE



THE SENIOR Citizens Club of the Jewish Community Center held its 22nd annual barbecue Sunday at the home of David and Paula Adelman on Kenduskeag Avenue in Bangor. From left are Paula Adelman, Ida

Roisky and Miriam Viner, who were members of the council's advisory board 22 years ago when the first barbecue was organized. The Adelmans have hosted the event since then. (NEWS Photo by Jack Loftus)

JCC Friendship Club

The referendum question dealing with the Maine Yankee atomic power plant will be the topic when the Senior Citizens Friendship Club of the Jewish Community Center holds its monthly meeting at 2 p.m. Tuesday, Oct. 13, at the Jewish Community Center on Somerset Street in Bangor.

Friendship Club

At the regular meeting of the Senior Citizens Friendship Club on Tuesday, Oct. 13, Cindy Bourque-Simonds, the new executive director of the Jewish Community Center, extended greetings and spoke of future programs at the JCC.

Jane Saxl, who was on the Bangor School Board for three years and is running for a seat on the City Council, offered to supply applications for absentee ballots for those unable to go to the polls on election day. Several members took advantage of the offer.

Speakers for the program were Bill Cohen, who spoke in favor of keeping Maine Yankee open, and Maria Holt, an Augusta legislator, who spoke in favor of closing Maine Yankee.

The club will hold a beano meeting at 1 p.m. Oct. 27.

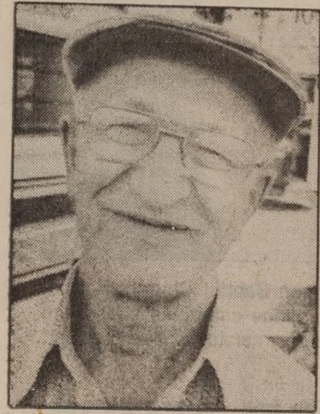
Sept. 1979



Street Talk

Editor's note: The following column, compiled by members of the Magazine staff, will appear on this page each week. Readers may send suggestions for timely questions to: Street Talk, Bangor Daily News, 491 Main St., Bangor, Maine 04401.

If you could give Bangor a present on its 150th birthday, what would you give it?



NEWS Photos by Jim Verrill

Harry Gedal of Bangor:
"More homes for the elderly, the retired people." And, he said, there should be more shelter for those with-
"There should be a place
sleep. This is very



Jewish Community Center

• The Senior Citizens Friendship Club of the Jewish Community Center, together with other area senior citizens, have returned from a trip to The Pines in South Fallsburg, N.Y. They also visited Hyde Park, N.Y., where they viewed Sarah Roosevelt's home, where Franklin Roosevelt lived as a boy, and the home of Eleanor and Franklin. The museum was also of great interest. Ida Rolsky, leader of 40 people on the bus trip, was honored at The Pines, as were other group leaders from different places.

ON THE GO WITH THE SENIOR CITIZENS FRIENDSHIP CLUB

By Ruth Striar (Mrs. Louis)

Oct 1987

For the 22nd year in a row, Paula and David Adelman hosted the annual Senior Citizens Friendship Club barbecue in the gardens of their lovely home. Sandy Pasternack and Louise Murchison spoke to the Club.

A board meeting was held at the home of Lillian and Diane Emple to formulate plans for the coming year.

The Club and other area senior citizens made their annual tour to the mountains, traveling this year to the Pines; also to Hyde Park, New York to view the homes of Sarah, Franklin and Eleanor Roosevelt. Touring the museum was enjoyed.

Grace and David Dorsky won the sweater which was made and donated by Elizabeth Jude, as a raffle on the trip.

During Americana night at the Pines, leader, Ida Rolsky was honored, along with leaders from other groups.

The Club made a donation to the Happy Day Fund in honor of Ida Rolsky for her efforts in arranging a fabulous trip.

Among those taking the trip were three former Bangorians now living in Augusta, - Belle Grodinsky, Anne Lipman, and Beverly Gass.

SENIOR CITIZENS FRIENDSHIP CLUB OCTOBER MEETING *1987*

By Ruth Striar (Mrs. Louis)

The regular monthly meeting of the Senior Citizens Friendship Club was held on Tuesday, October 13, at the JCC. Cindy Bourque-Simonds, the new Executive Director of the JCC, extended greetings and spoke to the group of future programs that will take place at the Jewish Community Center. She also supplied tickets to the program at the Ellsworth Theatre featuring Judy Sloan, which was enjoyed by those attending.

Jane Saxl, who was on the school committee for three years, and who is running for a seat on the City Council, spoke to the group and offered to supply applications for absentee ballots for those unable to go to the polls on election day. Many took advantage of this offer.

It was decided that each member will pay \$5.00 for transportation to go on a day trip.

Sara Lait and Jane Saxl were welcomed as new members.

Members were asked to send cards to Sally Shuman who is in the Brewer Nursing Home.

Program: Topic - Whether to keep open or to close the Maine Yankee electricity plant. This will be voted on November 3rd on the statewide ballot.

SPEAKERS: Bill Cohen, after giving us pertinent information, urged us to vote "YES".

Maria Holt, of the Augusta Legislature, used visual aids while speaking, and urged us to vote "NO".

We hope everyone was better informed and that the speakers helped us to make a decision on which way to vote.

NOTE: Bill Cohen is the capable grandson of our member Faye Goodman.

The club enjoyed a beautiful foliage trip to Sugarloaf at a later date.

THE JOY OF A TRIP *Sept 1987*

TO THE CATSKILL MOUNTAINS *87*



SHOWN ABOVE are the JCC senior citizens and friends from Bangor, Augusta, Waterville, Portland, New York, Presque Isle and even Florida who experienced a great week at the Pines Hotel in the mountains. Next year's trip is to a different hotel and reservations have already been made.

**ON THE GO WITH THE
SENIOR CITIZENS
FRIENDSHIP CLUB** *1984*

June
I'm back again - and guess what? We had 46 senior citizens attending our June 10th luncheon meeting. Thanks to the capable committee: Celia Segal, Helen Michelson, Ruth Lieberman, Ida Rolsky, Pearl Singer, Esther Dresner, and our President, Marcia Braveman. A delicious deli banquet was served and the desert of beautiful individual plates of fresh fruit was done by Ida Rolsky.

It was nice to see so many familiar faces. Since it was President Marcia Braveman's birthday and those of other members, "Happy Birthday" was sung.

We are looking forward to our Boothbay Harbor trip, a luncheon and boat trip is included on June 18. July 9th is the date of the Annual Barbecue at the home of Paula and David Adelman. September 10th, we are heading for the Stevensville Country Club in the Catskill Mountains.

The Raffle Tickets are out and the winner will be the recipient of a \$25.00 gift certificate to the Shop and Save Stores.

Sandy Pasternack gave us a nice little talk on the upcoming film series. Dr. Myerowitz was our guest speaker and guess what, he had our undivided attention. Your reportaka never heard him and I was just delighted with his talk and mannerisms, as were all of us. We could have listened to him another hour. He promised to come again next season. We are looking forward to that!!

It was nice seeing Marcia Allen Grodinsky who lives in California.

I want to especially thank Ida Gopan for her wonderful write-up while I went to Boston to attend an engagement and Bat Mitzvah.

I want to see you at the Barbecue. Oh yes, I almost forgot the bakers - alla koshera balabostas: Faye Goodman, Lilla Emple, Celia Segal, Pearl Singer, Rita Baron, and your reportaka, Miryom Viner.

Ich vinch eich alaman a gezunten oon fraylichan zoomarl!

Miryom Viner,
eir reportaka

**SENIOR CITIZENS FRIENDSHIP CLUB
November Meeting** *87*

The monthly meeting of the Senior Citizens Friendship Club was held at the JCC on November 10, 1987. Ida Rolsky welcomed everyone and thanked Adele Miller and Henrietta Rolnick for chairing the refreshment committee. Tables were decorated with colorful Thanksgiving "turkeys" made by Henrietta Rolnick, some of which served as prizes.

A letter was read from Karen Greer of Central Place Galleries, inviting the Club to view works of art. Also, a letter was read from George Vafiades of the Penobscot Theatre, inviting the group to attend the plays of the season at senior citizen prices.

Plans were made for the annual Chanukah Party meeting to be held on December 8th. Latkes and pas-

tries will be shared with those in nursing homes.

New members announced: Beverly Gass, Anne Lipman, Belle Grodinsky, Jean Naiman, Irving and Ann Silverberg, Freda Garson, Sarah and Fred Sterns, Meredith and Charlotte Shapiro, Gerald and Roz Kaprow, Neil and Fran Glazier, Violet Rothchild, Allen and Barbara Ollove, Pauline Berenson, and Annette and Harold Chason.

Jane Bragg of the Polly Thomas School of Dance, presented some of her students in a delightful program. They performed so well and wore such lovely costumes that everyone felt that this was a pleasant conclusion to the meeting.

**ON THE GO WITH
THE SENIOR CITIZENS FRIENDSHIP CLUB**

By Ruth Striar (Mrs. Louis)

June 1987

Ida Rolsky welcomed members and guests to the last meeting of the season at the Senior Citizens Friendship Club meeting at the Jewish Community Center on Tuesday June 16th.

Ida Rolsky donated the refreshments in view of the fact that she was grateful that she had attended a number of happy occasions within her family recently.

Helen Michelson received a letter re our Bangor High School scholarship donation. Letter reprinted below.

Sandy Pasternack was presented with a gift of books in appreciation of his association with the Club. Everyone wished him the best of luck - including Broadway- and who knows - maybe even Hollywood.

Mrs. Bytensky was also extended best wishes on her planned move to New York in the near future.

The yearly barbecue was planned for July 19th at the home of Paula and David Adelman, who never cease to tire of having the Club as their guests. In fact, we tried to talk them out of it this year, but they insisted.

Entertainment was provided by Greater Bangor Talent Education, who use the Suzuki method. The youngsters presented a most enjoyable program.

Dr. Shinichi Suzuki started the program in Japan at the end of World War II. Through the Suzuki method, children learn to play by repeatedly listening to the music and by watching their teachers. Students are taught to play the instrument before they are taught to read music.



BANGOR HIGH SCHOOL
885 BROADWAY BANGOR, MAINE 04401

May 19, 1987

Mrs. Helen Michelson
11 Sunbury Street
Bangor, ME 04401

Re: Senior Citizens Friendship Club
of the Jewish Community Center

Dear Mrs. Michelson:

David E. Williams received the \$50.00 award from the Senior Citizens Friendship Club of the Jewish Community Center.

David is the son of Mr. & Mrs. Harold Williams, 99 Birch Street, Bangor. He is a member of the National Honor Society with a 3.5 Grade Point Average.

Very truly yours,

Gerald E. Ballenger
Gerald E. Ballenger, Chairman
Scholarship and Awards Committee

lb

cc: Mr. Roger Moody
Business Office

by Ida Rolsky

The Senior Citizens Friendship Club met Wednesday, March 12th after a two months vacation. It was good to see everyone and get back in the swing again.

A Petite Luncheon was served by our new members, Bea Kaskin, Hazel and Edgar Goldsmith, Grace and Dave Dorsky.

Plans were finalized for our Annual Mother's Day Luncheon which will be held Thursday, May 15th at 12 o'clock.

Lisa Berg was presented with a corsage as a token of our love and appreciation for her devotion to the club for many years. Lisa is moving to Massachusetts. She will be missed!

We voted to host a tea on March 26 to honor the Israeli students. Hilda Goodstein chaired this affair. Members of Capehart and Bradford Commons seniors were our guests. The club also voted to make a donation to the Area Agency on Aging.

We are looking forward to a very busy summer. Edgar Goldsmith and Dave Dorsky will be arranging our day trips.

If you are fifty-five or older, and you don't know what to do - just join the Senior Citizens and they will welcome you. There's lots of fun and laughter and you never will feel blue - as the years go rolling on.

ON THE GO WITH THE SENIOR CITIZENS FRIENDSHIP CLUB

May 1987
By Ruth Striar (Mrs. Louis)

Ida Rolsky, President, welcomed members to the Senior Citizens friendship Club meeting on Tuesday, April 7th.

The meeting was held at the Jewish Community Center.

A Mother's Day Luncheon will be held on Tuesday, May 12th at 12:30 p.m.

Sandy Pasternack, Executive Director extended greetings to the group.

On Tuesday, June 9th, the June meeting will be in the form of a tea to which we hope to welcome new members.

Florence Lieberman, EMMC Staff Dietician, was the interesting guest speaker. She gave an educational and informative presentation.

Among subjects discussed were diet, health, nutrition, cholesterol, iron, calcium, vitamins, zinc, selenium, sodium and fiber, after which she graciously agreed to answer questions. Everyone felt that the program was one of the best we have had.

Senior Citizens Friendship Club

Oct 1986
Members of the Senior Citizens Friendship Club enjoyed a trip to the mountains Labor Day week. Before arriving at Brickman's, historic visits were made to Sturbridge Village, Mass., and Hyde Park, N.Y., where the famous Rose Garden and the bed in which Franklin Delano Roosevelt was born, were viewed. A good time was had by all.

Lena Sclair, who will be moving from Bangor shortly, was honored at the September luncheon meeting. Ida Rolsky gave a resume of Lena's activities and accomplishments which benefited the club. Other speakers were Arline Keith, Sandy Pasternack and Grace Shuer. Arline sang Yiddish songs that Lena taught her

over the phone. A plaque was presented to Lena, along with a standing ovation.

A moment of silence was observed in memory of two former members, Julia Saltzman and Mildred Gordon.

Attention was drawn to the beautiful clock on the wall which the club donated to the Jewish Community Center with donations from members and members' families. Also the club gave \$500 to the Center to help with the new roof.

Arline presented a musical program consisting of Arline Keith, Arline Hamilton and Rita Gallon, singing and playing the piano. This concluded the colorful afternoon.

by Ruth Striar
(Mrs. Louis)

On The Go With The Friendship Club

Sept. 1986



At the Barbecue - the Friendship Club enjoying a talk by Dee Saintcross on the

lovely grounds of Paula and David Adelman's home.

By Ruth Striar [Mrs. Louis]

For the 21st consecutive year, Paula and David Adelman graciously hosted the Annual Barbecue of the Senior Citizens Friendship Club for 50 members and guests on Wednesday, July 9, 1986 at their lovely home and on their beautiful lawn which was enhanced by colorful flowers. Paula started out as a volunteer helper with the Senior Citizens Friendship Club 21 years ago and has continued her kindly efforts. And in these 21 years, her husband, David Adelman, has labored over the barbecue as chief cook. He has been assisted by Philip Nisenbaum.

After a delicious lunch, Casco Bank sponsored the program which consisted of Dee Saintcross, who spoke on wills and trusts, leaving pamphlets and souvenirs and Hal Wheeler and his group who played familiar and enjoyable tunes.

Joan Golden won the raffle - a beautiful serving platter. The order for perfect weather was filled, and a good time was had by all.

On The Go With The Friendship Club

Dec 1986

The Senior Citizens Friendship Club held their monthly meeting on Wednesday, November 12, 1986 at the Jewish Community Center.

It was reported that the group went on a foliage trip to Dover-Foxcroft, Guilford and Milo after which lunch was enjoyed at the Blethen House in Dover-Foxcroft.

It was decided to donate a \$50 scholarship yearly to a senior in Bangor High School - as long as the Senior Citizens Friendship Club is active. The scholarship will be given to a senior who is exemplified through his or her actions, consideration and compassion for his or her peers.

A new meeting date was chosen - the second Tuesday of the month. The December meeting will be on December 9th and will be in the form of a Chanukah party. The Club will also remember those in the nursing homes and a committee will make the annual visit with latkes and other goodies.

Grace Shuer presented the program in honor of Jewish Book Month, telling of "The Fiddler" from Tevya stories by Sholom Aleichem, which proved to be a very interesting and delightful program.

Refreshments were donated by Mary Silver and served by Mary and her committee.

HAPPY CHANUKAH!

The monthly meeting of the Senior Citizens Friendship Club was held on Tuesday, December 9, 1986 in the form of an annual Chanukah party. The delicious smell of golden latkes frying, which were prepared by Celia Segal and Committee, permeated

the air throughout the whole Jewish Community Center.

Before the meeting, latkes were taken to the Orono Nursing Home. On the 29th of December a group from the Club, together with Rabbi Schonberger, will hold a Chanukah party there, bringing gifts and refreshments.

Selma Stein was welcomed as a new member.

"Happy Birthday" was sung to Katie Carver, Faye Goodman, Selma Stein and Esther Gopan.

It was decided to suspend meetings until March.

It was voted to donate \$50.00 to the new Open Heart Surgical Unit at the Eastern Maine Medical Center.

Ida Rolsky introduced Rabbi Isaacs who said "Among other things, I am an entertainer." And entertain he did, playing the piano and singing lively Chanukah and "Zayde" songs, which were enjoyed by all.

Ruth Striar
(Mrs. Louis)

Lena Sclair Honored



Pictured above from left to right: far left, Lillian Emple, standing Ida Rolsky, president, presenting a

plaque to Lena Sclair, next to her is Esther Dresner. *Dec 1986*

In her tribute to Lena, Ida Rolsky, President, said the following: "Lena Sclair has been a member of the Senior Citizens Friendship Club for seventeen years. If a vote was taken as to who has done the most for the organization through the years, her name would have to be at the top of the list. She made afghans, shawls and sweaters to use for raffles. She helped do the booths for the Bangor Fair which won first prize two years. She made curtains and took part in the fashion show, co-chair of refreshments for about ten years, and always said 'yes' to everything she was asked to do - 'I can't' or 'I'm too

busy' was not part of her vocabulary. She will be missed!

Best Wishes for Health and Happiness in your new home.

Your Fellow Members"

ON THE GO WITH THE SENIOR CITIZENS FRIENDSHIP CLUB

April 1984 Mim Viner

Guess what! I'm back again! Our last meeting was held, March 2 with President Marcia Brave-man opening the meeting. Reports were read.

A contribution of \$50.00 was voted on to give to Beth Abraham Synagogue re the fire of the Shul.

Plans were made for a Mother's Day Luncheon on May 10th at the Center with Peggy Hallee of the Cracker Box, catering. A Rummage Sale is planned for May 6th. Helen Michelson and Henrietta Rolnick will co-chair it. No smataz, please. On June 18, a boat trip on the Lineken II and a luncheon on Fisherman's Wharf is planned at Boothbay Harbor. Those who do not wish to participate in the hour and a half boat ride can schmiah around the town.

July 9th is our Annual Barbecue at the home of the David Adelmans. And on September 10th, the Annual Trip to the Catskill Mtns. will take place. Reservations are being made currently, the balance for the trip to be paid at the Barbecue in July. A tentative trip is planned for October.

On the Go with the Senior Citizens Friendship Club

Dec 30 1987
By Ruth Striar (Mrs. Louis)

Adelaide Rosnich was welcomed as a new member at the March 10th meeting of the Senior Citizens Friendship Club.

After Sandy Pasternack made a few announcements, a report on the Chanukah visit to the Orono Nursing Home was given. All the patients enjoyed the party and asked the group to return.

Plans for the Mothers' Day luncheon will be announced at the April 7th meeting.

Dr. Walter Ziffer, Professor of Theology from Bangor and Nova Scotia, was the interesting guest speaker. Members remained attentive while he related his experiences of being in a German concentration camp, and being deported along with his family when he was 14 years old.

He told how two people risked their lives for him—a Dutch Jewish doctor and a lady who nursed him back to health. He has tried

to repay these people by doing good deeds for others.

He spoke of the "Book of Ruth" and the main theme of his message was "Friendship."

Ruth Striar is Chairman of the Raffle which is a \$25.00 Gift Certificate. It will be given out at the Barbecue.

March birthday people are Esther Dresner, Florence Allen Phil Nisenbaum, Eva Chason Diane Emple.

A moment of silence was held for our beloved member Ann Bloom.

Our next meeting in April will be a brown bag lunch.

And here it is April. Vos mack teer alla? Vos ken iech aich zogon. Bah meer es shane erev Peasah oon far meer es allez gracer fargenegan az ich ken machan dee micholem and to shlep the things up from the cellar. Boards and teplach but its different and those of us who do it gripe a little, so let's gripe and please G-d; to do it again next year.

This month's birthday people are Edra Adams, Liza Berg, and Saul Nyer.

Condolence was extended to Phil Nisenbaum on the passing of his brother Jack, and to Anna Abrahams on the passing of her brother, Sidney.

It was announced that the speaker for the Mothers' Day

Friendship Club

Dec 16 1987
Celia Segal, Hilda Goodstein and Ruth Striar, representing the Senior Citizens Friendship club, Rabbi Joseph P. Schonberger of Beth Israel Synagogue, and Scott Rappaport and his group of singers entertained residents of Orono Nursing Home with a holiday program of joyous music and song, home-baked food and ice cream. Everyone in the home enjoyed the visit and fellowship.

Senior Citizens' News, Lounge Program

Oct 1985
The Senior Citizens' monthly meeting and program will take place on Wednesday, November 10, at 1:30 p.m. The entertainment will consist of Rita Silver, first violin; Bernice Sawyer, second violin; Martha Biscoe, viola; and Marion Horan, cello, playing excerpts from Hayden, Godart, Mignon, and a few others.

The Friendship Club's special meetings are the second Wednesdays of the month. At the other Wednesdays of the month, a new lounge program will be offered, assisted by Mary Ford, a social work student at the U of M, who was assigned as a field student. Mrs. David Shuer will develop a crafts program during these afternoons. Mrs. Louis Rolsky and Mrs. James Viner are co-chairmen of the J.C.C. Board's volunteer advisory committee.

JUNE 1987

ON THE GO WITH THE SENIOR CITIZENS FRIENDSHIP CLUB

June 1987
By Ruth Striar (Mrs. Louis)

The Senior Citizens Friendship Club held a Mother's Day Luncheon on Tuesday, May 12th, at which time Ida Rolsky, President, extended a belated Happy Mother's Day to all.

Ann Abrahams, Catherine Carver, and Ida Stein were made honorary members and were presented with corsages.

Hilda Goodstein read the amusing, "Profile of a Senior Citizen", and Jan Whitman, who teaches Sociology at the University of Maine, spoke and showed beautiful slides on Native American Art.

Friendship Club

• The monthly meeting and Ha-

nukkah party of the Senior Citizens Friendship Club was held Dec. 8 at the Jewish Community Center in Bangor. Traditional potato pancakes were served and were delivered to those who were unable to attend.

Rabbi Joseph Schonberger and Susan Schonberger of the Beth Israel Synagogue, together with Nancy Ofenberg, Diane Emple and Ida Gopin, provided entertainment which included an explanation of Hanukkah, singing and dancing. Rabbi Schonberger explained that even more important than presents is the chance to get together with each other and with family to sing, dance and have fun.

• The club will visit the residents of the Orono Nursing Home on Monday, Dec. 21. They will take gifts, entertainment and refreshments for everyone at the home.

• A moment of silence was held for Frances Bernstein, a former member.

Dec, 1987

The Festival of Lights

Friendship Club celebrates Hanukkah

By Tom Weber
Of the NEWS Staff

The chorus of "When Irish Eyes are Smiling" in Yiddish might never become a Hanukkah tradition, but the familiar potato latkes were heaped high on the plates and two candles glowed in the menorah to mark the occasion. The Festival of Lights, as Hanukkah is otherwise known, got an early start at the Jewish Community Center in Bangor when the Friendship Club gathered to celebrate the approach of the joyous occasion.

Harry Gedal, one of the 45 members of the senior citizens club, began the ceremonies by lighting the first of eight candles. Beginning on Dec. 15, the true first day of Hanukkah, a candle is lit each day for eight days in Jewish homes.

The festival is essentially a celebration of religious liberties, which the Israelites won by overcoming their oppressive Greco-Syrian rulers. It commemorates the rededication in 165 B.C. of the Second Temple of Jerusalem, after its desecration three years earlier by the Syrian king Antiochus IV Ephiphanes. According to legend, the lighting of a candelabrum called a menorah recalls how a small supply of oil — a day's worth — miraculously burned in the temple for eight days.

But Hanukkah is also a celebration of family, explained Rabbi Joseph P. Schonberger, who accompanied the Yiddish singers on his flute.

"Hanukkah is a festival of togetherness. Blessings with songs, games, and foods enhance this family experience," he told the gathering. "The most important thing is that this is a good chance for the family to be together."

This year, Schonberger said, Jews will pray for the freedom of refuseniks in the Soviet Union and for the strength and wisdom of world leaders to work for peace.

Schonberger said he heard the most interesting interpretation of Hanukkah several years ago when he spoke to a group of kindergartners at Governor's Island Coast Guard Base in New York. When asked what Hanukkah was, the young daughter of a Protestant minister piped up, "That's the kind of camera my daddy uses."

Marcia Braveman, who grew up in a Jewish home in Bangor, still enjoys the tradition of giving a present a day to children during the eight days.

"When I was a child we had a Hanukkah bush in our house," Braveman said between songs and potato pancakes. "Actually, it was really our fireplace, but we use



Esther Dresner sings a Hanukkah song

to put presents around it."

The toys were always simple items, she said, such as the traditional Jewish four-sided spinning top called a dreidel.

Braveman's sister, Helen Rolsky, remembers the inescapable pressures of being a Jew among mostly Christian neighbors during the Christmas holidays. As a concession, her mother used to allow the children to hang stockings on the fireplace.

At Dora Gotlib's childhood home in Montreal, each candleholder in the menorah was filled with oil and a floating wick. The children received money as gifts — a couple of Russian kopecks, perhaps.

"But really, Hanukkah is a celebration of civil rights," another woman said. "Every one of our holidays is a celebration of civil rights."

After singing the traditional Maos Tzur (The Rock of Our Strength), the Friendship Club, with Nancy Offerman conducting, launched into the Yiddish version of "On Top of Old Smoky."

In a blend of two languages, it goes something like this: "On top of old Smoky, beshoten mit shney, I lost my true lover, a-courting too slow, oi veh!"



Friendship Club

The Senior Citizens Friendship Club of the Jewish Community Center and other area citizens recently enjoyed a beautiful foliage trip to Sugarloaf.

Oct 14 87



Friendship Club 1987

• Members enjoyed hearing the early history of Bangor as presented by Katie Carver and Phil Koritzky at the January meeting at the Jewish Community Center in Bangor.

A flowering plant was sent to Anna Kaminsky in Connecticut who has celebrated her 98th birthday. Gertie Hartstone and Ross Alpert won the door prizes. Hilda Godstein was the refreshment hostess. Members enjoyed viewing the art of Mordechai Rosenstein.

1988 Friendship Club

• A Mother's Day luncheon was held at Pilots Grill. Annie Miller and Katie Carver, the two oldest members, were presented corsages. Peggy Hallee provided the entertainment. She gave readings from Erma Bombeck's book, "Motherhood, The Second Oldest Profession," which was on the best-seller list for more than a year.

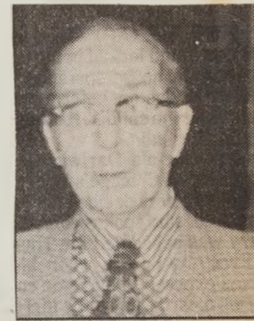
Senior Citizens Friendship Club

• Nancy Offenberg's noodle pudding made a big hit at the luncheon meeting on the sunny afternoon of March 8 at the Jewish Community Center.

New members Lillian and Bob Salzman were welcomed. Plans were made for the annual Mother's Day luncheon.

Members have volunteered to provide a Passover dinner at the Orono Nursing Home.

Paula Adelman provided an interesting program titled "How to Make Life Easier." She demonstrated all kinds of gadgets used by people from new brides to senior citizens.



PHILIP N. KORITZKY

BANGOR — Philip N. Koritzky, 89, Bradford Commons, Bangor, died 1. 20, 1988, at a Bangor hospital. He was born in Rockland, May 8, 1908, the son of Nathan and Lizzie (patoky) Koritzky. He was a well-known auto body repairman and the owner of the Bangor Auto Body Shop and Koritzky's Garage. He was a U.S. Army veteran of World War I, the Lewis W. Williams Post American Legion, the 40th & 8th Club Veterans of World War I, and the Congregation B'nai Israel. Surviving are three sons,

Edward S. Koritzky of Framingham, Mass., Morris D. Koritzky of Orrington and James A. Koritzky of Bangor; four grandchildren, David of Bangor, Leah and Lisa, both of Boynton Beach, Fla., Laura of Bangor; one brother, Jack Koritzky of Florida, nieces and nephews. Funeral services will be held 12 noon Thursday at the Jewish Funeral Chapel, Center St., Bangor, with Rabbi Joseph Schonberger, officiating. Interment will be in Beth Israel Cemetery. Arrangements by Brookings-Smith, 133 Center St., Bangor.

Harry Geis of the Friendship Club lights the menorah Dec. 1987 NEWS Photos by Bob DeLang



A Special Place for Special People

Fairmount Adult Day Care Services Program at the Fourteenth Street Community Center in Bangor is a special place for special people. The staff is friendly, the setting attractive and the cost is reasonable.

Program members participate in group and individual activities, have delicious meals, take day trips, and most of all, enjoy each other's company.

Anyone in the greater Bangor-Brewer area who would like to become a member of Fairmount Adult Day Care Services or would like more information, contact Bernice Damon at 941-2874.

Fairmount Adult Day Care Services is a program of the Eastern Area Agency on Aging.



Busy program members