

### SALE OF HAMETZ FORM

I, \_\_\_\_\_, hereby authorize Rabbi Joshua Hammerman to act as my Shaliach (representative) and empower him (or any agent operating on his behalf) to sell all hametz owned by me, or in which I have a share, whether it is in my possession, being shipped to me, or stored elsewhere, as of 10:00 a.m. on April 3, 2015. This includes any stocks or shares in corporations or businesses that buy or sell hametz. (The term, "hametz," is understood according to the Rabbinic definition of leavened food and is to include all types of such food or liquids in pure or mixed forms). Since the buyer must have free access to the hametz he purchases, I also agree to authorize him to rent those premises in which these foods are stored and agree to keep these items separated and to seal them off. This sale is to be concluded in accordance with all the requirements of Jewish law and the terms of the general authorization contract used by the Rabbi for this purpose. Stores engaged in the sale of hametz during Passover are excluded.

Estimated value of my hametz foodstuffs and liquids \_\_\_\_\_

My signature below legally grants Rabbi Hammerman, or his agent, the power to act on my behalf in this matter in accordance with both halachic regulations and the laws of Connecticut and other states. I agree to abide in good faith by the results of this sale without any reservations, either expressed or implied.

Witness my hand this \_\_\_\_\_ day of \_\_\_\_\_, 2015.

Name \_\_\_\_\_

Home address \_\_\_\_\_

City \_\_\_\_\_

Business address \_\_\_\_\_

City \_\_\_\_\_

Summer home \_\_\_\_\_

City \_\_\_\_\_

Other address \_\_\_\_\_

### **IMPORTANT!**

**To be valid this letter must be received by April 3, 2015.**

**You may fax your form to (203) 322-0532.**

### ***Happy Passover from TBE Sisterhood***



***Visit Judy and Barbara in the Gift Shop  
for your Passover needs.***

### REYUT/FRIENDSHIP

Mental illness is not uncommon. More than one-in-four Americans will find themselves touched by emotional ill, either their own or a family member's every year. In our Reyut meetings we have discussed the issues of reaching out and talking to someone who is physically ill and how to provide comfort, compassion and caring. What can we do when the ailment is emotional difficulties?

What is the proper role, if any, in reaching out, and offering support (not treatment) to those struggling with a mental illness? Most emotional troubles do respond to treatment. There are clearly more stereotypes and stigma around mental illness than physical illness. It is an ailment frequently cloaked in shame.

On March 25 we will open up a discussion about this topic with guest speakers from Laurel House, a non-profit organization serving eight towns in lower Fairfield County, that provides resources and opportunities for people living with mental illness to lead fulfilling and productive lives. In addition, Eve Moskowitz, LCSW, Director of Clinical Services at JFS, and Glenn Wolff, LCSW, two highly respected therapists in Stamford, talk about less serious emotional ills and how therapy can help. We will also discuss how, as non-professionals, friends and volunteers can be supportive to someone who is depressed, anxious or going through emotionally trying times.

*Roni Lang, LCSW*

### TBE/HAZON CSA

Our Temple Beth El/Hazon CSA is accepting new member sign-ups for the 2015 season which will feature produce from Simpaug Farms of West Suffield, CT. The season will last for 24 weeks beginning the first week in June with food drop-off on Wednesdays in the same location as last year. In addition to seasonal vegetables, new for this year, both full and half-shares will receive a full dozen eggs every other week, spring strawberries, some herbs, and some canned and baked goods in the fall.

Simpaug will accept both full-share and half-share purchases. A full-share will be \$800 (\$825 after April 1) and a half-share will be \$425. Rabbi Hammerman has reviewed the ingredient list of all prepared items that may be included and while the food is not prepared in a certified kosher kitchen, the farm will include in our shares only items that contain only kosher ingredients.

If you would like more information please email Bob Friedman at [robert.michael.friedman@gmail.com](mailto:robert.michael.friedman@gmail.com) or call Bob or Susan at 203-569-7200.

To order a full or half-share, mail your check to Simpaug Farms, 38C Grove Street, Ridgefield, CT 06877 and include a note stating that you are joining the Temple Beth El Hazon CSA. Please, also send a note (including your name, email address and telephone number) to Bob advising him that you sent a check.