

**TEMPLE SINAI (Established July 6, 1955)**

**Rabbi Séverine Sokol (1-314-628-9196)**

***rabbiseverine@gmail.com***

**Administrator - Mary Beth Colgan - *admin@nnsinai.hrcoxmail.com***

**(757) 596-8352 - office (757) 596-8492 - fax**

**Web address: *http://www.templestinai-nn.org/***

***www.facebook.com/pages/Temple-Sinai/161739667352609t***

**twitter account, addresss: *templestinai\_nn@templestinai\_nn***

**OCTOBER 2016 - 5777**



***A Message from the Rabbi***

*'Simchat Torah' by Ruth F. Brin*

*'We have finished the Torah now,  
Reading of the days of our teacher, Moses,  
And we have begun at the beginning once more.*

*We have moved from the story of Israel  
To the creation of light,  
Resolved to make a new and better beginning  
In our study of Torah.*

*Before God created man,  
God created time, evening and morning.*

*God created the stars and the planets whirling in their courses,  
And the patterns of motion for earth and sun and moon.*

*He created plants and birds, animals and the creatures of the  
sea,  
Each with its beginning, its flowering, and its ending,  
Its rhythm of death and of birth.*

*Though we move in cycles, like every work of Thy hand,  
We are not bound to a wheel revolving on a fixed axis;  
We can move forward in the path Moses taught us.*

*Inspire us, O Adonai, to continue the cycle of Torah,  
Strengthen us to renew the life of Israel,  
Help us to bring Thy life to the lives of men;  
Speed us toward the bright morning of peace.'*

During the course of the hustle and bustle of everyday life we tend to get bogged down and focus too much of our time and energy on trivial matters. We are quick to compile and multiply challenges for ourselves and are prompt to overlook what matters most, what deserves our undivided attention. As we complete this cycle of *Torah* and begin afresh, let us come to appreciate and embrace the value of the blessings God ennobled us with.

Let us go back to these precious basics, allowing God's pristine Creation guide our uncertain steps. Let us pause and consider God's infinite wisdom, and let us ascend to a higher plateau and nurture our deepest aspirations, moving on in the right direction, and influencing each other for good.

May we keep God by our side, loving and supporting each other as we experience our *Torah* with a renewed gusto that will contribute to our betterment and to the advancement of our congregation. Only then shall we feel refreshed and transformed. Only then shall we find peace. *Kein y'hi ratzon*, may it be God's will. *Gam kein y'hi retzoneinu*, may it be our will too.

*B'Shalom,*  
Rabbi Séverine Sokol



***Welcome new members:***

Michael & Dianne Haley  
103 Fleming Court  
Newport News, VA 23606  
Him: (812) 604-0130  
Her: (812) 604-0140

Thank you to everyone who contributed plastic bags to our TREX recycling project. We achieved our goal and the new bench is now in our Biblical Garden. We are trying for a second bench. Keep those bags coming!



**Religious Calendar  
OCTOBER 2016**

**8:00 p.m., Sunday, October 2nd**

Rosh Hashanah Eve Service

Childcare available



**10:00 a.m., Monday, October 3rd**

Rosh Hashanah Morning Service

**YAMIN NORAIM SHELI** - Educational Childcare available

**Friday, October 7th**

NO Shabbat Eve Service

**10:00 a.m., Saturday, October 8th**

Shabbat Morning Service

**Torah Portion:** Vayelech  
(Deut. 31:1-31:30)

**Security Usher &**

**Announcements:** Frank Scott

**NO Childcare** available

**8:00 p.m., Tuesday, October 11th**

Yom Kippur Eve Service

**Security Usher &**

**Announcements:** Frank Scott

**Childcare** available



**Wednesday, October 12<sup>th</sup>, Yom Kippur**

**10:00 a.m.** - Morning Service (YAMIN NORAIM SHELI - Educational childcare available)

**Security Usher &**

**Announcements:** Frank Scott

**2:00 p.m.** - Afternoon Service

**3:45 p.m.** - Yizkor Service (childcare available)

**4:45 p.m.** - Ne'lah Service followed by Break-the-Fast

**7:30 p.m., Friday, October 14th**

Shabbat Eve Service

**Torah Portion:** Ha'azinu  
(Deut. 32:1-32:52)

**Security Usher &**

**Announcements:** Paul Brindza

**Childcare** as needed - call Temple office

**7:30 p.m., Friday, October 21st**

Shabbat/Sukkot Service

**Torah Portion:** Chol HaMo'ed  
(Ex. 33:12-34:26)

**Security Usher &**

**Announcements:** Ilene Leiss

**Childcare** as needed - call Temple office

**7:30 p.m., Friday, October 28th**

Shabbat/Simchat Torah Service

**Torah Portion:** B'reisheet  
(Gen. 1:1-6:8)

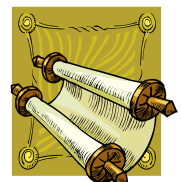
**Security Usher &**

**Announcements:** Larry Linn

**Childcare** as needed - call Temple office

Starting October 16, 2016 we will be making some changes to our Friday night Shabbat Eve services by having a Pre-Oneg. The Pre-Oneg will take place prior to services rather than after services, as in the past. The Pre-Oneg will start 45 minutes prior to services (6:45 p.m.). Services that are held on Saturday morning will still have the kiddush after services (not prior).

**HAPPY NEW YEAR  
5777**



Temple Sinai's Annual High Holy Day Food Drive to benefit LINK. Bags will be available at the Temple Please provide any of the following non-perishable items. If you prefer, you can make a monetary donation; be sure to make your checks payable to LINK. Drop off your donation to Temple any time before Yom Kippur. Your generosity is greatly appreciated.

Canned meats	Canned & dry milk
Beef stew	Coffee & Tea
Canned chicken or tuna	Canned juices
Canned beans	Cake Mix
Macaroni and cheese	Flour
Canned fruit	Cornbread mix
Canned vegetables	Oil
Peanut butter	Bread
Jelly	Sugar
Canned soups	Mayonnaise
Cup of noodles/ramen	Cookies & crackers
Rice-a-Roni	Paper towels, napkins & tissues
Stuffing mix	Diapers-sizes 1-6
Canned pasta	Carnation Good Start
Rice	Instant formula
Spaghetti or other pastas	Baby food - stages 1-3
Spaghetti sauce	Boxed baby cereal - stages 1-6
Boxed potatoes	Infant juices - stages 1-3
Sloppy Joe mix	Soap
Oatmeal, grits, & cereals	Other non-perishable items
Dish detergent & other cleaning items	

#### ***High Holiday Ticket Policy***

Members of this or another Temple member of the Union of Reform Judaism (URJ) will be admitted for all services upon presentation of a current membership card or letter.

Nonmembers should prepay the current charge prior to attending the service. Those with authentication enter through the main doors; others enter through the library door (which also serves as entrance for those with disabilities). The charges for non members for the first year are \$125 for an individual, \$300 for a family. For a second year attendance, the charges are doubled. Should a prospective attendee's financial situation require special consideration, application should be made to the Finance Committee.

***High Holiday Service Leaflets*** - are only handed out at the eve & morning services.

***Cemetery services*** - Sunday, October 9th, 11:00 a.m. Rabbi Dror will lead the graveside service at the Jewish Cemetery of the Virginia Peninsula (Rosenbaum). Rabbi Sokol will lead the service at the Peninsula Memorial Park @ 1:00 p.m.

***Updated 2015-2016 Temple directories*** will be available for you to pick up during High Holiday Services. They will be in a tray on the bookshelf arranged in alphabetical order.

If you are taking part in the High Holy Day services please be sure to sit towards the front of the sanctuary, it will help keep our services to a reasonable time frame.

Thank you!

***It's that time of year again!*** LINK is gathering and preparing for PORT. We need additional used and new socks, new or clean and gently used underwear, Sweaters, hoodies, sweat pants and tops, jeans, boots, shoes, t-shirts, long sleeved shirts, coats for winter warmth/rain/snow, scarves, hats, gloves, hygiene items, toothbrush, toothpaste, face cloths, towels, deodorant (we have an abundance of soaps thank you).

Please drop donations off at LINK located at 10413 Warwick Blvd, Newport News, VA 23601, between now and November 1, 2016. Women's and men's clothing. All sizes needed especially XXL XXXL XXXXL.

## Yahrzeits



### **October 2 - October 8 (29 Elul - 6 Tishrei)**

Samuel Aronsohn	Tishrei	4	
Isadore Falk	Oct.	3	Grandfather, Paul Aronoshn & Leslie Borwick
Lucille Goldsmith	Oct.	4	Mother, Barbara Seligman
Spurgeon O. Ledford	Oct.	4	
Seth Leonard Strick		4	
Max Weber		4	Father, Maynard Weber
Rose Bloom Harkavy		5	
Betty Lubert		5	Mother, Ruth Sacks
Martin A. Gold		6	Husband, Ruth Gold Williams
Adelaide Wolf		7	
David Hillerson		8	Father, Karen Katz
Reba Nichols		8	Sister, Mary Hetawole

***Names will be read during Shabbat Morning Service on Saturday, October 8th***

### **October 9 - October 15 (7 - 13 Tishrei)**

Emanuel E. Falk	Oct.	10	
Mildred Lebow Kaplan		10	Cousin, Sue Anne Bangel & Joanne Roos
Joseph Hirshman		11	
Martin Aronsohn		11	Father, Paul Aronsohn & Leslie Borwick
Eugene Ostrovsky		11	Husband, Nella Ostrovsky
Erwin Benson Drucker		12	
Vincent L. Revier		14	
Ronald M. Hyman		15	

***Names will be read during Shabbat Eve Service on Friday, October 14th***

### **October 16 - October 22 (14 - 20 Tishrei)**

Hattie W. Eisenman	Oct.	16	
Bessie E. Markoff		16	
Adele Topkis Gerson		17	
Samuel Torn		19	Father, Sandra Teichman
Maurice Lewin		19	
Gregory Dean Chigos		20	
Harry Ellenson		20	
Rita Lessner Newman		20	Mother, Lona Ross
Belle P. Polasky		20	
Leopold Mallinger		20	Uncle, Ilene Leiss
Ivor J.D. Worrall		21	
Amy Sue Owens		22	

***Names will be read during Shabbat Eve Service on Friday, October 21st***

*(cont'd on next page)*

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**October 23 - October 29 (21 - 27 Tishrei)**

Jack Spivak	Tishrei	26	Father, Gloria Ostroff
Janice Lee Aronsohn	Oct.	23	Sister, Paul Aronsohn & Leslie Borwick
Rossye Nachman Becker		23	
Dora Rosentahl Wolf		24	
Larry Cooper		25	Uncle, Ilene Leiss
Lina Oppenheimer		25	Grandmother, Lynne Schofield
Maurice G. Eisenman		26	
Marilyn L. Goldberg		26	Wife, Stanley Goldberg
Edythe Arch Sear		27	
Burton Macy Rudy		28	
Marilyn R. Schaefer		28	
Rae Schaffer		28	
Donald M. Sagman		28	Friend, Beryl Leavitt

**Names will be read during Shabbat Eve Service on Friday, October 28th**

**October 30 - November 5 (28 Tishrei - 5 Cheshvan)**

Florence R. Gerber	Oct.	30	
Arnold Wachsmann		30	Brother, Rita Meyerson
Victor M. Harkavy		30	
Mary Lebow	Nov.	2	Great-Aunt, Sue Anne Bangel & Joanne Roos
Ben Lebow		2	Great-Uncle, Sue Anne Bangel & Joanne Roos
Morris W. Schwartz		2	
Sima Solomon		2	Great-Grandmother, Sue Anne Bangel & Joanne Roos
Haim Kessel		4	Father-in-law, Michael Byalik
Ruth White		4	
Ann Cooper		4	Aunt, Ilene Leiss

**Names will be read during Shabbat Eve Service on Friday, November 4th**

**Floral Fund**

Contact Sherri King (595-8100)  
Donation \$35.00



**September 10th**

Sisterhood in memory of Dr. Eugene Heatwole

**September 16th**

Mrs. Sheila Schoenberg in memory of Jeffrey M. Schoenberg

Ms. Judy Kline in memory of Irving L. Kline

Mr. Vladimir Byalik & Ms. Rita Gorokhovskaya in memory of Anna Gorokhovskaya

Sisterhood in honor of Mary Beth Colgan's 25 years of service to Temple Sinai

**September 23rd**

Mr. Stanley Goldberg in memory of David Goldberg

Mr. & Mrs. Maynard Weber in memory Samuel Abrams

**October 28th**

Mr. & Mrs. Aaron Ostroff in memory of Jack Spivak

Starting in November, you will notice a change to the Pulpit flowers. We will be using artificial arrangements for most services. We have worked with Stephen, at Bert's Flower Shop, to make arrangements similar to the fresh arrangements we now use. Stephen is the designer who makes the fresh arrangements. Fresh flowers will be used for the High Holidays and can be ordered by members to commemorate a special event if they choose. Starting in November, we will no longer be requesting donations for the Floral Fund.

### *Contributor's Corner*



#### **ENDOWMENT FUND**

##### **IN MEMORY OF DR. EUGENE HEATWOLE**

by Mrs. Ruth Gold Williams, Mrs. Lona Ross, Mr. & Mrs. Aaron Ostroff, Mr. & Mrs. Jack Seligman, Mr. Larry Chenkin, Mr. & Mrs. Mike Keech, Mr. & Mrs. Michael Sukman, Ms. Judy Kline, Mr. & Mrs. Arthur Fass, Mrs. Lona Ross, Mrs. Norma Frank, Mr. & Mrs. Martin Krinick, Mr. Alan Altschuler, Mrs. Shirley Stein, Commonwealth Architects, Janet Rash, Mr. & Mrs. John Frantz, Mr. & Mrs. Larry Linn, Mr. Paul Brindza, Ms. Wendy Shulman; **FRANK FRIEDLAND** by Mr. & Mrs. Aaron Ostroff. **IN HONOR OF THE BAR MITZVAH OF SAMUEL CHENKIN** by Ms. Judy Kline, Mr. & Mrs. Michael Keech, Mr. Paul Brindza & Ms. Wendy Shulman; **JACOB WILLIAMS** by Mr. & Mrs. Michael Keech. **RECOVERY WISHES FOR RABBI SOKOL'S FATHER** by Mr. & Mrs. Michael Keech

#### **LYDIA SHIPMAN EDUCATION FUND**

##### **IN HONOR OF THE BAR MITZVAH OF SAMUEL CHENKIN** by Mrs. Lona Ross

There was an error in last month's bulletin. There was a donation listed under New Rabbi Fund but should have been listed as below:

#### **RABBI'S DISCRETIONARY FUND**

##### **IN HONOR OF THE BAR MITZVAH OF SAMUEL CHENKIN** by The Chenkin Family

### *Mazel Tov*



#### **Birthdays:**

Bill Bangel, Jeff Caplan, Alex Gartsman, Shirley Gilmont, Vicki Kaplan, Aaron Ostroff, Larry Starner, Shirley Stein

### *Brotherhood News*

Our October 23rd Men's Club will be a joint breakfast sponsored by the Rodef Sholom men's club. Our guest speaker will be Dr. Quentin Kidd, Professor of Political Science at CNU, and member of Rodef Sholom. Many of our congregation heard Dr. Kidd a few months ago speak on the upcoming election and next month he will have the latest interesting or not information on the election. If you are like me I can't wait for Election Day to get here. As usual our meeting will start at 10 a.m. with the usual gourmet breakfast by chef Mel. All are welcome.

Larry Linn  
Brotherhood President



### *Sisterhood Changes*

Starting in November, you will notice a change to the Pulpit flowers. We will be using artificial arrangements for most services. We have worked with Stephen, at Bert's Flower Shop, to make arrangements similar to the fresh arrangements we now use. Stephen is the designer who makes the fresh arrangements. Fresh flowers will be used for the High Holidays and can be ordered by members to commemorate a special event if they choose. Starting in November, we will no longer be requesting donations for the Floral Fund.

Also, starting in November we will be funding onegs through donations to the oneg fund instead of asking for a sponsor or co-sponsor for each oneg. Contributions to this fund are \$36 and can be made to commemorate a Yahrzeit or celebrate special occasions such as anniversaries, birthdays and graduations. Contributions will be listed in the monthly bulletin and the weekly service leaflet. Please consider making one or more contributions to this fund so that we can continue the tradition of having onegs in conjunction with Shabbat Services.

Leslie Borwick  
Sisterhood President



### ***Nutritional Information***

Nutrition and healthy living are about more than just what you eat and how often you work out. Sleep is a very important factor of wellness that many take for granted and abuse. It is easy to get in the habit of sleeping less to have more time in the day, but there is a growing amount of research showing a link between lack of sleep and obesity, type 2 diabetes, and heart disease. Sleep is important for metabolism and digestion and when this process is interrupted your health suffers. Sleep deprivation, which could be as simple as cutting your sleep time by an hour or two a night, also has a few ways of leading to a higher weight status. When you sleep less you are more likely to increase your calorie intake, especially in the form of snacks. If you think about the kind of foods you may choose when you are tired you can understand how this might lead to weight gain. High calorie/low nutrient fast foods exist for convenience and I can't think of anyone more interested in convenience than a sleep deprived person. It's hard to find the motivation to put together a healthful meal when you simply don't have the energy. It also becomes much harder to become or stay active if you're tired. It is well worth figuring out what you need in order to get more sleep as getting enough sets you up for better food choices, better digestion, and better health.

Happy October!

Sarah Dill

Brondel, L., Romer, M. A., Nougues, P. M., Touyarou, P., & Davenne, D. (2010). Acute partial sleep deprivation increases food intake in healthy men. *American Journal of Clinical Nutrition*, 91 (6), 1550-1559. doi:10.3945/ajcn.2009.28523

Cauter, E. V., Spiegel, K., Tasali, E., & Leproult, R. (2008). Metabolic consequences of sleep and sleep loss. *Sleep Medicine*, 9. doi:10.1016/s1389-9457(08)70013-3

Nedeltcheva, A. V., & Scheer, F. A. (2014). Metabolic effects of sleep disruption, links to obesity and diabetes. Current Opinion in *Endocrinology & Diabetes and Obesity*, 21(4), 293-298. doi:10.1097/med.0000000000000082

***Help Temple Sinai Religious School*** - every time you shop at Farm Fresh earns points towards free items for our religious school. Last year the method changed to using key fobs. It's easy, at check out just give your key fob to the cashier and it will be scanned. If you have one from last year they are still good, if you need to pick one up they are available in the Temple office.

### ***Caring Committee – Funeral/Shiva/Memorial***

***Reception:*** If requested, the Caring Committee is available to assist regular temple members or their families with plans for a memorial reception held at Temple Sinai in honor of your loved one who was a regular member. The Sisterhood provides all the table cloths, paper products, plastic ware, beverages (coffee, hot tea, and lemonade) and condiments (sugar, cream) at no cost to you. You will be responsible for the cost of the reception food and, if available, kitchen and/or custodial help. The Caring Committee will assist with set up, clean up, and will ask you for the maximum amount of money you wish to spend, approximate number of attendees, food items you would like us to purchase for you, and how many tables/chairs you would like to have set up for the reception. Payment for goods and services should be made payable to Temple Sinai. An itemized statement can be provided to you after all receipts for expenses have been turned in to the Temple.

If you and/or your family would like to plan your own memorial reception, the Caring Committee would be glad to offer guidance, if needed.

### ***SAVE THE DATE***

Super Brunch Sunday December 18th, 2016 between 11 AM and 2 PM hosted by the Endowment Fund to benefit the Rabbi Fund (NRF II).

This event will be free to all members and invited guests and feature a superb catered brunch, assorted libations and a chance to socialize with your congregants as we launch the NRF II.

Please save the date and plan to attend.

Temple Sinai Endowment Fund



*"And on your joyous occasions—your fixed festivals and new moon days—you shall sound the trumpets over your burnt offerings and sacrifices of well-being."*

*Number 10:10*



## **Celebrate Rosh Chodesh with Temple Sinai Sisterhood**

Rosh Chodesh,  
the festival of the New Moon has become a traditional women's holiday.  
According to legend, the holiday was a reward given to the women of Israel  
because they refused to surrender their jewelry for the creation of the  
Golden Calf. Because of their righteousness, the women were exonerated  
from working on Rosh Chodesh.

# **Tuesday, November 1 6 p.m.**

**Home of Nella Ostrovsky  
205 Richter Lane, Yorktown**

The Rosh Chodesh service will be followed by a meal.

Please bring a dish for a potluck dinner.

RSVP to Nella Ostrovsky at 757-867-9725 or email [nostrovsky@cox.net](mailto:nostrovsky@cox.net) by  
October 28.





# **Enjoy a taste of New York**

## **with a deli-style corned beef lunch from Temple Sinai**

Each lunch includes:  
a corned beef sandwich on rye  
chips, dill pickle, cole slaw, gourmet cookie, condiments,  
plastic ware and napkin

**for only \$10**  
**Wednesday, November 9**  
**10:30 a.m.-1 p.m.**

We will deliver orders of 10 lunches or more between 10:30 and noon or you can pick up  
your order at Temple Sinai between 10:30 and 1 p.m. (Please enter on Gatewood Rd.)  
All orders (delivery or pickup) must be prepaid and received by November 1, 2016.

### **Corned Beef Lunch Order Form**

Name of person or business \_\_\_\_\_

Delivery address \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

Total # of lunches x \$10 (10 minimum for delivery) \$ \_\_\_\_\_

Please mail check and order to : Temple Sinai  
11620 Warwick Blvd.  
Newport News, VA 23601  
596-8352

# October 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<i>1</i>
<b>2</b> <u>10:00 a.m.</u> Relg. School (RST) NO Relg. School (TS) <u>8:00 p.m.</u> Rosh Hashanah Eve Service (Childcare available)	<b>3</b> <u>10:00 a.m.</u> Rosh Hashanah Morning Service (YAMIM NORAIM SHELI - Educational Childcare) OFFICE CLOSED	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b> NO Shabbat Eve Service	<b>8</b> <u>10:00 a.m.</u> Shabbat Shuvah Morning Service (NO childcare available)
<b>9</b> <u>10:00 a.m.</u> Relg. School (RST) No Relg. School (TS) <u>1:00 p.m.</u> Service @ Peninsula Memorial Park	<b>10</b> <u>7:00 p.m.</u> Sisterhood Meeting	<b>11</b> <u>8:00 p.m.</u> Yom Kippur Eve Service (Childcare available)	<b>12</b> <u>10:00 a.m.</u> Y.K. Morning Svc (YAMIM NORAIM SHELI/ <u>2:00</u> <u>a.m.</u> Afternoon Svc/ <u>2:00</u> <u>a.m.</u> Yikkar Svc. (Childcare available)/ <u>4:45</u> <u>a.m.</u> No'lah Svc./ Break-the-fast OFFICE CLOSED	<b>13</b>	<b>14</b> <u>7:30 p.m.</u> Shabbat Eve Service (Childcare as needed - call Temple office)	<b>15</b>
<b>16</b> <u>10:00 a.m.</u> Relg. School (TS) & (RST)	<b>17</b> SUKKOT	<b>18</b> <u>7:00 p.m.</u> Temple Board Meeting	<b>19</b> <u>1:30 p.m.</u> NCJW Book Club Meeting	<b>20</b>	<b>21</b> <u>7:30 p.m.</u> Shabbat/Sukkot Service (Childcare as needed - call Temple office)	<b>22</b>
<b>23</b> <u>10:00 a.m.</u> Brotherhood Breakfast/ Relg. School (TS)	<b>24</b> SHMINI ATZERET	<b>25</b> SIMCHAT TORAH	<b>26</b>	<b>27</b>	<b>28</b> <u>7:30 p.m.</u> Shabbat/Simchat Torah Service (Childcare as needed - call Temple office)	<b>29</b>
<b>30</b> <u>10:00 a.m.</u> Relg. School (TS) & (RST)	<b>31</b>					

**Temple Sinai Brotherhood Membership – 2016 – 2017**

(please check all applicable categories):

- ☐ Membership Dues \$25 (does NOT include breakfasts)
- ☐ Men of Reform Judaism Donation: \$ \_\_\_\_\_  
(dues must be paid by December breakfast meeting)
- ☐ All Breakfasts - Brotherhood Member (does NOT include spouse) \$35  
single breakfast \$6
- ☐ All Breakfasts - non-member \$40  
single breakfast \$6
- ☐ Kiddush Cup fund for Bar/Bat Mitzvahs \$5
- ☐ Annual picnic for Religious School students \$5

Please make check payable to "Temple Sinai Brotherhood".      Date: \_\_\_\_\_.

Name: \_\_\_\_\_      Total submitted: \$ \_\_\_\_\_.

Email address: \_\_\_\_\_      Phone: \_\_\_\_\_.