



Members of the Hastings Middle School chorus at their spring concert, May 28. They were directed by Dan Lyon. photo by ED McINTYRE

## GHC Installs Officials

An installation ceremony for officers, trustees, Sisterhood and Parent Teachers Association officials of Greenburgh Hebrew Center, Dobbs Ferry, N.Y. took place during the temple's Friday evening services, May 28.



Fran Singer

Mrs. Fran Singer of Ardsley was installed for a second term as the synagogue's president. According to GHC Rabbi Lyle A. Fishman, Mrs. Singer is the first woman in the history of the synagogue to serve as congregation president.

Rabbi Fishman installed Mrs. Sally Fried of Ardsley as Sisterhood president and Cantor Sidney Rosenfeld installed Mrs. Claire Oram of Ardsley and Mrs. Doreen Samuel of Dobbs Ferry as co-presidents of PTA.

Herbert Zwibon of Ardsley installed other officers and trustees. These included Harold Shields of Irvington, treasurer; Mrs. Cynthia Hertz of Ardsley, executive secretary; Edwin Pollaine of Hartsdale, financial secretary; Mrs.

Hanna Meltzer of Hartsdale, recording secretary; Edwin Lichtenfeld of Ardsley, vice-president, activities; Mrs. Lilyan Brower of Hartsdale, vice-president, education; Marvin Woo of Ardsley, vice-president, management; Ralph Sternberg of Dobbs Ferry, vice-president, religious affairs; Jay Dworkin of Ardsley, vice-president, youth.

### RELAXATION WORKSHOP ANNOUNCED

Echo Hills Community Walk-In Service in Dobbs Ferry has announced plans for a six-session relaxation workshop. The series, titled "The Art of Relaxation: A Survival Kit for Modern Times," will be led by Dorothy Leicht, CSW. Mrs. Leicht, an individual and family therapist at Echo Hills Clinic, uses relaxation techniques extensively in her work. She describes the series as a "process for rediscovering our natural abilities to relax." She

adds, "We can't rid our lives of stress, but we can rebuild our relaxation skills and create a more comfortable balance between tension and relaxation. Members of the workshop will not only find the weekly hour and a half a pleasant, relaxing experience, but they will learn techniques to apply to their daily lives."

The sessions will be held at the Echo Hills Community Walk-In Service in the Dobbs Ferry Library on six Thursdays, from 3-4:30 p.m. starting June 24 and running

through July 29. The series will cost \$25 and will have a limited enrollment of 10 people.

Those interested in participating should call the Echo Hills Mental Health Clinic in Dobbs Ferry at 693-9100 Monday through Friday 9 to 5 and on Tuesday and Thursday evenings up to 8 p.m. In view of the limited enrollment it is recommended that reservations be made as early as possible in order to insure a place in the workshop.

**R**

### CAN YOU SPARE A DAY FOR DAD?

Too often, Dad gets lost in the shuffle of a great many important June activities. Of course, graduation is important and so is the end of school. And, June weddings are beautiful occasions; however, the guy that very often makes them all possible gets too little recognition.

Instead of our usual weekly health message we would like to dedicate this space to all the Fathers in our community and take a moment to wish them all a—

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