

CBT Nu'z



Nisan-Iyar 5770, April 2010 * Congregation B'nai Torah, Olympia, Washington, U.S.A.

Nurturing the Jewish Body, Soul, and Mind

Congregation B’Nai Torah is our congregation. We have been in existence almost 15 years, and we have endeavored to nurture a sense of *kavanah* as well as a concern for the spiritual well-being of our members. With the change in seasons and the opportunity for each of us to enjoy the more temperate climate of spring, it is also time for us to step back and contemplate ourselves as individuals and how we can enhance our daily lives. While many of us go through the days kvetching about one thing or another, we should spend more time reflecting upon the positives. I think that there are three areas that warrant self examination; our body, our soul, and our mind. Throughout our Jewish teachings we are encouraged, if not directed, to care for those three aspects of our persona.

Our body: let’s face it folks, we’re not getting a new one, and we’ve put up with the current one for many decades. For most of us there is room for improvement. A key element of nurturing the body is getting enough exercise and enough sleep. Few of us have had a disciplined exercise program since high school. As an inveterate exerciser, I find that a regular routine not only improves the body, but also the disposition. Also, we should all go in for periodic medical, dental, and vision checkups. The body is nothing more than a divinely crafted machine that like other machines needs to be properly maintained.

Our soul: to me, *nurturing the soul* is almost synonymous with reflecting upon our relationship with others. We nurture our soul by conveying affection to our children, spouses/partners, parents and other loved ones. We should adopt a positive outlook; avoid being judgmental, minimize our complaints, and accept as a given that which we cannot change or influence. We are committed to *Tzedakah*, and recognize that we are not “the center of the universe”. Nurturing the soul often means accepting comfort from a loved one without concurrently imposing burdens. At the end of the day, we must celebrate the positives in our lives without dwelling on the negatives.

Our mind: to me lifelong learning is a key to personal growth and development. Expanding our knowledge of Judaism is a valuable aspect of that process. We are fortunate at CBT in that there are many ways to become a more knowledgeable Jew. The monthly Learners Minyans (4th Shabbat of the month), the provocative Drashim, and Rabbi Maslan’s educational sessions (6 throughout the year) are opportunities by which we can become more knowledgeable Jews. I personally have found each of these opportunities invaluable in broadening my understanding of the “whys and wherefores” of Judaism. Additionally, for those wishing a more intense immersion in some of the more intriguing aspects of Judaism, I would strongly recommend the Jewish Learning Institute offerings provided at Chabad by Rabbi Edelman.

Conclusion: Throughout the Torah we are directed to be a “light amongst nations” and to live a good life; one based on Torah and one that “commands that we adopt positive values. While we cannot achieve perfection, we should acknowledge our shortcomings and strive to overcome them --- especially yours truly.

Stan Finkelstein
CBT President

Tea and Tsoras

This is our next meeting for Tea and Tsoras. We will meet at 6 pm.

April 13

Lemon Grass
212 4th Ave W
Olympia
360-705-1832

Let me know if you have any questions or requests

Sue Cordas
slcordas@yahoo.com
360-456-7367

Tuna Balls

In pot for sauce

1 part tomato paste

4 parts water

garlic or garlic powder

salt and pepper to taste

paprika to taste

oregano

stir well and simmer.

Then make patties:

2 cans of Tuna in water

2 eggs

some garlic powder

matza meal

mix together really well, fry lightly in pan with canola or safflower oil:

add them gently to sauce, cook on low heat for 20-30 minutes

serve with kosher for Pesach little pasta or instead of gifelte fish

-From Maia Elder-Kadar Penny's Israeli cousin

Olympia Sisterhood Needs

Hi Ladies,

The **April meeting has been changed to Thursday, April 8** due to Passover and Sharon Perrin will be hosting.

In May we will be honored with the Spring Tea by Leslie Shore. June is the Picnic and the July and August meetings already have been spoken for.

It has been my pleasure to serve as president for the last year and a half, but now I must relinquish this role due to other pressing projects in my life.

Sisterhood needs someone to coordinate meetings, send e-mail announcements & reminders, and strive to find a balance between programs, projects and schmoozing!

It's not too big a job and the people are great! I just can't do it any more.

PLEASE HELP KEEP THE SISTERHOOD GOING...IT IS A VERY VALUABLE BRIDGE BETWEEN THE VARIOUS COMPONENTS OF JEWISH OLYMPIA. Just volunteer...that's all it takes.

Take Care,

Donna Albert

April CBT Jahrzeits

17 Nisan ~ April 1: Abraham Isaac Wisenberg, grandfather of Dorothy Levinson

19 Nisan ~ April 3: Blume Rachel Wisenberg, Grandmother of Dorothy Levinson

22 Nisan ~ April 6: Alexander Corwin, father of Alan Corwin

25 Nisan ~ April 9: Stephen Ross, brother of Betty Tubman

6 Iyar ~ April 20: Annie Singer, mother of Betty Tubman

15 Iyar ~ April 29: Lisa Anne Corwin, daughter of Alan

April CBT Birthdays & Anniversaries

4 Stephanie Zorn

7 Marjie Finkelstein

16 David Pierik and Penny Wilson Anniversary

17 Mimi Silver

18 Betty Tubman

21 Ric and Cindy Engel Anniversary

D O N A T I O N S

From Dorothy Levinson a donation in memory of her brother Sidney Pozmantier.

To the Pumhouse fund:

Rabbi Jaron and Susan Matlow

Dan and Lois Roselle in memory of Dan's beloved mother Malvina Roselle, Z'L.

Lori and Richard Elgin

Jim and Chan Howard

Larry and Sharon Perrin

Len and Donna Albert

From Alan Corwin, a Memorial Plaque donation in memory of his beloved Robin Corwin, Z'L.

Donations are always needed. Checks should be made out and mailed to:

**Congregation B'nai Torah
CBT Treasurer, P.O. Box 11432
Olympia, WA 98508-1432**

Current funds include:

Adult Education Fund, Building Fund, Pumhouse Fund, Kiddush Fund, Loan Fund,
Megillah Esther Fund, Memorial Book Fund, Morris Belling Leadership Fund,
Newsletter Fund, Prayer Book Fund, Youth Education

**If you make a donation please let the editors at CBTnuz@live.com know
so that we can make sure you are acknowledged promptly.**

Daf Yummy Pesach Cookbooks are now available for sale

The Seattle Kollel's newest cookbook "Daf Yummy Pesach" is now available for purchase! \$20 each copy or special offer \$36 for both the Pesach and the Year Round Daf Yummy. Contact The Seattle Kollel at 206-722-8289, info@seattlekollel.org or just stop by the Kollel 5305 52nd Ave S, 98118 to pick up your copy of this fabulous cookbook. For an additional \$4 per book, we will be happy to mail anywhere in the US. These make great gifts and just in time for Pesach!








World Sacred Music Festival

Interfaith Works 2010 World Sacred Music Festival kicks off with the first of a series of concerts, the world renowned Al-Andalus Ensemble, a contemporary chamber trio of oud, violin and guitar, joined by a traditional Spanish dancer. Witness a musical melding between Africa, the East and the West; Christians, Muslims & Jews. One performance only, Sunday, April 11, 7:30 pm. at the Olympia's Capitol Theatre. Tickets at the door and from buyolympia.com ; \$25 general admission, \$15 low-income. Info at www.olsacredmusic.org.



APRIL 2010 ~ NISAN-IYAR 5770



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Please submit your articles and information to: cbtnuz@live.com	C	B	T	1 Passover: 1st Intermediate Day 7:00 pm Men's Torah Study --- 7:30 pm (?) Sisterhood Meeting <i>hosted by (TBA)</i>	2 Passover: 2nd Intermediate Day 3pm Shul Cleanup ~~~  7:23pm	3 Passover: 3rd Intermediate Day 9:30am Regular Service (No CBT lunch during Passover)
4 Passover: 4th Intermediate Day	5 Passover: 7th Day	6 Passover: 8th Day Yizkor Service 9:30 am	7	8 7:00 pm Men's Torah Study	9 3pm Shul Cleanup ~~~~ Kosher Pizza Party <i>followed by</i> 7:30 pm Eve. Service  7:26 pm	10
11	12	13 Tea & Tsoras 6:00 pm. <i>Lemon Grass</i>	14 Rosh Chodesh Iyar	15 Rosh Chodesh Iyar 7:00 pm Men's Torah Study	16 3pm Shul Cleanup ~~~~ 7:30 pm Evening Service with Rabbi Maslan  7:43pm	17 9:30am Regular Service with Rabbi Maslan w/kosher dairy lunch
18 10 am Adult Education with Rabbi Maslan	19	20 CBT Nu'z Deadline	21	22 7:00 pm Men's Torah Study	23 3pm Shul Cleanup  7:52 pm	24 9:30 am Learner's Minyan w/Kosher Dairy Lunch
25	26	27	28 Pesach Sheni	29 7:00 pm Men's Torah Study	30 3pm Shul Cleanup 7:30 pm Eve. Service  8:02 pm	 Please submit your articles and information to: cbtnuz@live.com

May Services: May 1st at 9:30 am, May 7th at 7:30 pm, May 14th at 7:30 pm, May 15th at 9:30 am, May 22th at 9:30 am, May 29th at 9:30 am

Congregation B'nai Torah (CBT)

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Affiliated with the Conservative Movement

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Olympia, WA 98508-1432

Phone: (360) 943-7354

WEB site: <http://www.bnai-torah-olympia.org>

To be placed on our mailing list or to receive membership information, please contact Carolyn Cubert at (360) 459-3572

If you have Calendar details (or other newsletter info) please email cbtuz@live.com

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