



CBT Nu'z



Av-Elul 5769, August 2009 * Congregation B'nai Torah, Olympia, Washington, U.S.A.

August President's Message

What Makes CBT "Work"? YOU!

Congregation B'nai Torah has been in existence for more than a decade. During that time we have bought and paid for our building; we have an ongoing relationship with a part-time rabbi; we've offered a number of youth and adult education programs; and we provide weekly religious services. That's not bad for what is probably one of, if not the, smallest USCJ affiliated congregations in the country. What makes CBT work is the commitment of its members. We have been truly fortunate in being able to induce that extra effort from a core group of members, many of whom have been involved from the start. However, it takes the full involvement of all of our members to assure that we can continue to carry on with the energy and dedication that has characterized our small congregation over the years. As I mentioned in last month's column, sustainability is a major concern. We need to grow our membership; enhance our revenue base; and induce greater participation in the activities of our congregation. CBT "works" and we must assure that the chemistry that has brought us together continues.

CBT Community Dinner: A Rousing Success

This past month CBT had the first of what is hoped to be a series of quarterly Friday night dinners. The dinner, orchestrated by Donna and Len Albert, and with the assistance of many volunteers, provided an opportunity for the membership to gather together with Rabbi Maslan and his family, and enjoy a wonderful kosher dairy meal. I want to personally express my appreciation to all who helped in the preparation of the dinner and who contributed to the event. The dinner was a wonderful opportunity for the membership to join together and reflect on our good fortunes. After all, what better brings the members of a Jewish community together than fine food and enlightening conversation?

Drash Deliverers Needed

With the exception of our one weekend a month services led by Rabbi Maslan, we are still primarily a lay led congregation. To that extent the practice has been initiated of encouraging members to provide a brief drash on the last service of the month which is the Kal (the shortened service) service. The drash may relate to the weekly parshat or to any Jewish subject that the member feels is appropriate. Members are encouraged to contact Len Albert to volunteer to provide a drash.

Stan Finkelstein

President

August Sisterhood meeting & other business

Hi all,

New location and time for Sisterhood meeting on August 4th (Tuesday)! New location is **Debra Shapiro's** house on **3812 85th Ave NW**, Olympia at **6:30 pm**. Debra lives about 22 minutes from Olympia off of Steamboat Island Rd and has a lovely place on the water complete with grill, hot tub and more. We are planning to make the meeting an optional potluck/bring something for the grill type affair. Please RSVP to Debra by e-mailing her at greendebbie2030@gmail.com or call 970-6826. Carpooling is definitely an option as well. Unfortunately due to family concerns, Susan Alexander had to cancel having the meeting and Donna, our chief organizer and president, is out of town this month. Therefore, I am putting out the info. Also, we will continue with the school supplies collections as planned (even if I have to schlep it to Susan later). Questions, concerns, etc. call me 280-2194.

Pam

Thanks Arlene for hosting the July meeting and sharing your lovely garden & your impish kitty!

Note about Eva Goldberg...we heard recently that Eva Goldberg had broken her hip and had surgery. She is currently at Panorama and we are sending flowers on behalf of the Sisterhood. Unfortunately, her condition doesn't lend itself to visits but perhaps you would like to send a card to let her know she is in your thoughts. Eva is in Room 301-2, Panorama Convalescent Center, 1704 Sleater Kinney Rd SE, Lacey, 98503. For those of you who don't know her, Eva and her family have been deeply involved in supporting the Olympia Jewish community since the earliest days of a Jewish presence here in Olympia. That's a long time.

Project for August will be collecting school supplies for Community Youth Services so watch those summer sales for good buys! Myra Paull is also collecting magazines for patients, so please bring those to Sisterhood as well. Other projects on the runway are collecting clothing for women in transition (more info below), toiletries for a local organization, food for needy kids. We are planning the annual Hanukah Gathering, and the viewing of another segment of PBS program "Jewish in America" and hopefully the Annual Tea followed by the June Picnic. Membership is just \$18 per year, beginning in September and our dues support Jewish education through gifts of reference books to those becoming bat/bar mitzvah. We also do what we can when various needs arise in the community. This is an awesome group of women! Come find out for yourself. We try to send an e-mail reminder a few days before the meeting so if you would like to join the Sisterhood e-mail group contact Donna Albert at DonnaLen@aol.com or call 357-9719. Enjoy the rest of the summer, it's passing quickly!

Note on the **Collecting Clothing for Women in Transition** Dear Sisters, Last year, thanks to Tobi Braverman and her daughter Suzi, we launched a successful clothing drive for women in transition from prison to new lives in local communities. Let's do it again! Please start putting aside good, gently used clothing for women. This year we are also including clothing for men and children. Collection will likely take place at the January meeting. My best to you, Naomi

Synagogue Stories Wanted

CBT Nu'z hopes in the future to include stories about your visits to other synagogues in Washington State, the US, and/or anywhere in the world. Regardless of how long ago you visited, your description of any events, people, places, and things you still remember are likely to be the most interesting, even if you may have forgotten much. Please submit your stories (however many you like) to: cbtnuz@live.com, thank you.

Letters, comments, tidbits etc. are of course also welcome. Remember, this is **your** newsletter so feel free to jump in anytime!

I want to personally thank Len and Donna for their leadership in initiating the CBT Community Dinner, and all of their hard work in orchestrating the event.

Stan

D O N A T I O N S

From Stan and Marjie Finkelstein to the Kiddush fund in memory of Robin Corwin.

From Jon Auster and Carrie Margolin to the Kiddush fund in memory of Robin Corwin

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

August Yahrzeits

11 Av ~ August 1: Robert Tubman, brother of Paul Tubman

16 Av ~ August 6: Rabbi Nathan Levinson, Husband of Dorothy Levinson

29 Av ~ August 19: William J. Steffens, brother of Kate Mandler

4 Elul ~ August 24: Robert Echols, brother of Eleanor Gibson

6 Elul ~ August 26: Thelma Ferges, sister of Dan Roselle

8 Elul ~ August 28: Rubin ben Avram, father of Jerry Braverman

11 Elul ~ August 31: Avrohm Isaac Wisenberg, brother of Dorothy Levinson

August Birthdays & Anniversaries

August 9 -- Alan and Robin Corwin Anniversary

August 10 -- Tobi Braverman Birthday

August 11 -- Daniel Roselle Birthday

August 13 -- Mike and Brigitte Ellen Anniversary

August 21 – Stan Finkelstein

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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 cbtnuz@live.com

Anne Frank barracks destroyed by fire in Netherlands

Posted by [Craig Kanalley](#) on 7/19/09 • Categorized as [Europe](#) * from [www.breakingtweets.com](#)

A fire destroyed two wooden barracks in which Anne Frank was detained during World War II in Veendam, Netherlands, early Sunday morning, per [Radio Netherlands Worldwide](#). The barracks were originally located in nearby Westerbork and had been moved. One of them was supposed to move back to the Holocaust Memorial site in Westerbork.

The first Twitterer to share reaction to the news was [@MinimalMeredith](#), a Twitterer in Australia. She tweeted, "what a loss: this space resonated with emotion."

[@Axiomus](#) of Holland added her thoughts: "I would have been more saddened if they had said that the Anne Frank house in A'dam had burnt, as that's where she wrote her diary." She also tweeted, "The barracks were a place where she probably only knew fear. Perhaps it's best that they're gone now."

Art Moment

From his Magen David series, Chai 5761 (pictured on right) "Life," Watercolor and Colored Pencil on Paper is by Adam Rhine. "Am Yisrael Chai." ("The Nation of Israel Lives" - An expression of eternal Jewish hope)

Chai, the Hebrew word for "life," is a combination of the letters chet and yud. The numerical value of these letters is eighteen, multiples of which are often given as charity to remind us of the gift of life and the benevolence we are required to emulate. Charity, tzedakah, is one of the pillars of the Jewish religion and an eternal practice of its people.

This painting is featured in the hardcover art book entitled "[Hebrew Illuminations](#)" written by Adam Rhine and Louise Temple.



Through one of my yahoo Jewish Home schooler groups I came across this interesting website. Even though my family didn't come from Poland, some of my ancestors did about 600 years ago. So I looked it up. Maybe you will find it interesting, maybe not, but I had to share.

Penny

http://www.sztetl.org.pl/?lang=en_GB

The Virtual Shtetl Portal is devoted to the local history of Jews. Although at the moment of its launch the Portal is primarily a source of information, its future is based on the interaction of web surfers using Web 2.0 technology. The medium created will constitute a bridge between the history of Polish Jewish towns and the contemporary, multicultural world. The Museum of the History of Polish Jews has been creating this modern tool at a time when the construction of the museum building is just beginning. The Virtual Shtetl is a museum without walls, a logical consequence of the initiative to build the Museum, providing a unique social forum for all those interested in Polish Jewish life.

Recipe: Walnut Hummus - *Inspired by 101 Cookbooks – (A popular Israeli breakfast) (www.groupprecipes.com)*
1/2 cup walnuts, toasted; 2 cups cooked (or canned) garbanzo beans, drained; 1-2 medium cloves garlic, to taste
Juice of 1 lemon (about 4 tablespoons); 1/4-1/2 cup hot water; 1/4 cup olive oil; 1 tablespoon za'atar (or paprika)

Grind the walnuts in a food processor, so they are a sandy texture. Add most of the garbanzos, 1 or 2 tablespoons of the oil, 1 clove garlic, and lemon juice. Process until smooth.

Drizzle in the water a bit at a time and puree more, until the hummus is creamy. Taste; if desired, add the second garlic clove. Let the processor run for a minute or so, to incorporate air into the puree and give the hummus a light texture. Taste, adjust the seasoning--more salt, more lemon juice, etc.

Serve in a shallow bowl, topped with remaining chickpeas, drizzled with plenty of the remaining oil, and sprinkled with paprika or za'atar. You can also garnish with cured olives and red pepper oil, another lovely option. Makes roughly 2 1/2 cups.

Recipe: Vegetarian Chopped Liver (Pareve) *(from About.com: Kosher food)*

Vegetarian Chopped Liver is very frequently served as a Sabbath appetizer in Ashkenazi homes. There are many versions of pareve chopped liver, but this one made of onions, peas, beans, nuts and hard-boiled eggs is one of the most popular. Vegetarian chopped liver is lighter and healthier than real chopped chicken livers, but the taste is quite similar.

Ingredients:

6 tablespoons oil; 2 large onions, chopped; 1 1/2 cups peas; 1 cup green beans; 3 hard-boiled eggs;
30 walnut halves; 1 teaspoons salt; 1/2 teaspoon pepper

Preparation:

1. Fry onions in oil until soft. Add vegetables, and fry until tender. Season with salt and pepper.
2. Put vegetables into a food processor. Add eggs and nuts. Process until smooth.
3. Add oil if dry. Add spices if bland.
4. Chill several hours or overnight in an air-tight container.

NOTE: 1/4 pound of mushrooms can be used in place of the peas and beans.

SERVING SUGGESTIONS: Serve on lettuce leaves. Spread on rye bread.

Recipe: Baked Goat Cheese in Phyllo (Dairy) *Written by Seth Rowland from www.crotonjewishcenter.org*

Served at special events, this tasty treat is simple and delicious. Seasoned cheese wrapped in phyllo is a part of a strong Middle Eastern tradition. In winter, it is delicious with a salad of arugula and strips of sun-dried tomatoes or with a salad of Belgian endive, walnuts and apple or pear. In summer, service it with slices of melon, figs and grapes. Great as an appetizer or desert.

Ingredients and Quantities: One log of mild goat cheese, cut into 1 inch slices; Sheets of phyllo dough, approximately 11 inches by 15 inches; 2 tablespoons of melted unsalted sweet butter

Preparation: 1. *Preparation of Wrapper:* Place the sheet of phyllo on a clean surface and brush with melted butter. Fold the sheet in half to form a rectangle and brush again. Fold in half once more and brush with butter. Repeat for each round of cheese you intend to prepare. 2. *Stuffing the Wrapper:* Slice the log into 1 inch rounds. Place the round of goat cheese in the center of the phyllo dough. Fold the long sides over the cheese, brush with butter, and then fold the short sides up over the cheese and the Phyllo, sort of an envelope fold. Brush with butter again. 3. *Ready the Oven:* Place each round on a baking sheet, lined with bakers parchment and refrigerate. The cheese will keep for a day or two, covered loosely with a foil tent. Just before baking, preheat the oven to 400 degrees for 10 minutes. 4. *Baking:* Place cheese on a small baking sheet and brush with melted butter. Bake until the phyllo is golden brown, about six minutes. Remove from the baking sheet with a spatula and place on the salad plate. Add your choice of accompaniments and serve at once.

Recipe: Salmon Surprise *(or You'll Eat It and LIKE IT!) from www.renegadekosher.com*

2 cups macaroni, cooked & drained; 1 can cream of mushroom soup (Before anyone asks, remember Amy's is kosher!); 2 cups vegetable broth; 3-4 cups cooked salmon, flaked into bits;

1 cup shredded cheese of your choice (I prefer cheddar, but have fun with this! Experiment! I tried Pepper jack once, and it was delicious!);

1 medium onion, chopped; 1/2 cup celery, sliced

1/2 cup bell pepper, chopped

1/2 cup olives or pimentos (Optional)

Mix ALL together in a large casserole dish, and bake at 350 degrees F for 1 hour.

🕯️ **AUGUST 2009 ~ AV-ELUL 5769** 🕯️

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
C	B	T		 <i>Please submit your articles and information to: cbtnuz@live.com</i>		1 Shabbat Nahamu 9:30am Regular Service w/kosher dairy lunch
2	3	4 6:30 pm Sisterhood Meeting hosted by Debra Shapiro	5 Tu B'Av	6 7:00 pm Men's Torah Study	7 3pm Shul Cleanup ~~~ 7:30 pm Evening Service 🕯️ 8:18 pm	8
9	10	11 Tea & Tsoras 6:00 pm. Fuji Japanese Steak House	12	13 7:00 pm Men's Torah Study	14 3pm Shul Cleanup ~~~ 7:30 pm Evening Service with Rabbi Maslan 🕯️ 8:07 pm	15 Birkat Hahodesh 9:30am Regular Service with Rabbi Maslan w/kosher dairy lunch
16	17	18	19 CBT NU'Z DEAD-LINE	20 Rosh Hodesh Elul 7:00 pm Men's Torah Study	21 Blow Shofar daily at Shabarit except Shabbat for the month of Elul 3pm Shul Cleanup 🕯️ 7:55 pm	22 10:00 am Shabbat Kal w/Kosher Dairy Lunch
23	24	25	26	27 7:00 pm Men's Torah Study	28 3pm Shul Cleanup 🕯️ 7:42 pm	29 9:30am Regular Service w/kosher dairy lunch
30	31					

September services: Sept. 5th at 9:30 am, Sept. 11th at 7:30 pm, Sept. 18th at 7:30 pm, Sept. 19th at 9:30 am, Sept. 26th at 10:00 am

The Jewish month of Elul precedes Rosh Hashanah and Yom Kippur. In order to observe these High Holidays in the most meaningful way, we must adequately prepare ourselves during Elul. On weekday mornings during the month of Elul, the daily prayer service ends with a single blast of the *shofar*. The extreme volume of the blast peaks our senses, serving as a daily reminder that Rosh Hashanah, the Day of Judgment, is on its way. We must focus our souls, take stock of the year, and reach deep down into our hearts to ask for forgiveness. The call of this horn also reminds us that our words--our sounds-- have extreme power. Listening to the voice of the shofar, we are reminded that we too must listen to pleas of forgiveness. With simple phrases--"I'm sorry" or "I forgive you"--we can repair broken relationships, or deepen our most meaningful human connections.

We chant in the Rosh Hashanah and Yom Kippur service: "On Rosh Hashanah it is written, on Yom Kippur it is sealed. Who shall live, and who shall die..." For some, the image of God inscribing every name in either the book of life or death is compelling enough to provoke quick repentance.

--Sarah Chandler is Educational Director of West End Synagogue in Manhattan. For more, visit www.myjewishlearning.com.

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