



# CBT Nu'z



*Sivan - Tammuz 5769, June 2009 \* Congregation B'nai Torah, Olympia, Washington, U.S.A.*

## June President's Letter

Dear Members and Friends,

It looks like winter is over and we can look forward to some warm days. Sitting in the sun, reading a book, enjoying a cold one. We all can also look back over this past year and marvel at our many accomplishments. With Hashems help, may we continue to move forward with strength, dignity and in unity.

My term as President is about over. You've all heard my many wisecracks about being President. Herding Katz, finding me on GPS, etc. However, there is still much to do that I wish to participate in; particularly the creation of a South Sound Jewish Community Bulletin Board and to further the discussions with TBH over the possibility of a Community Hebrew School. And, when necessary, you all can enjoy my unique liturgical style when our regular service leaders are absent!

So, please lend your support to the new Board and lend a hand where you can for the many things that need doing around the shul.

Sincerely,

*--Lowell*

**Lowell Cordas. Immediate Past President**

## *May 4, 2009 CBT Board Meeting Minutes*

The Congregation B'nai Torah board meeting was called to order by President Lowell Cordas. Board members present were Penny Wilson, Larry Perrin, Sharon Perrin as well as congregant Tobi Braverman.

Minutes from the previous meeting were accepted.

During the time for Public Comment, Tobi thanked Lowell and Larry for the contribution from CBT that was made to Camp Solomon Schechter.

Treasurer's Report: See attached. Lowell asked if the budget for next year has been set, and Larry reported that it has not. Lowell asked that it be prepared carefully as our income stream is still limited. Discussion followed regarding roll overs for two CD's that are coming due, expenses and donations. The CD's will remain at Bank of America.

### Old Business:

There was a discussion regarding the need for a safe deposit box for CBT papers and CD's of the building. Because of the expense of having a safe deposit box, it was decided that those items would remain at the Perrin's for the time being. Those items include the torah registration, the photo documentation of CBT, the reconveyance, the user names for Bank of America, and the backup disc for our website. Penny and David have the other backup disc that Mel Kowal has made. It was recommended that we videotape each room of the synagogue for better documentation of the contents of the building. Lowell will update the President's Manual with the key list, insurance information and security system information.

Rabbi LeBeau will be here on Wednesday, May 27. He will have an informal chat with us at 7:00 p.m. and then a presentation starting at 7:30 p.m. followed by coffee and cookies.

Copies will of the revised constitution and by laws will be mailed out to all members by the end of next week. The Annual Meeting is set for June 21, 2009 at 12:30 p.m.

There was a meeting of members of the Jewish Community Bulletin Board members. Tom Hussman will host the website and design the web pages.

### New Business:

Discussion was held about the canceled Fall Dinner and complaints regarding the menu. Lowell will put together 3 different menus and send them out to members for comment.

Alan Corwin has made a donation to Interfaith Works on behalf of CBT, and Lowell has received a letter from IW offering to keep us informed of their activities and include any of our programs in the IW newsletter.

There was a discussion of the current curriculum at TBH and what steps might next take place to create a Community Hebrew School. The Youth Education Director from TBH will be invited to the board at our June meeting, which is tentatively scheduled for June 1.

The Olympia Chevra Kadisha group will hold its June 15 meeting at CBT. Sharon will notify Sheri Gerson.

The last Beit Sefer class will be held the second weekend in June.

Respectfully submitted,

*--Sharon*

Sharon Perrin  
Recording Secretary

## **Sisterhood Picnic Tuesday, June 2nd!**

Priest Point Park - Rose Pavilion

Food served ~6:00 PM

**Pot Luck** (please keep synagogue food policies in mind)

When/if you know what you are bringing, how about e-mailing the group?

To join the e-mail list contact [DonnaLen@aol.com](mailto:DonnaLen@aol.com)

### ***Tea and Tsoras***

We are changing the location of our June meeting and it will be the meeting when we select and suggest restaurants for the next six months, so please come and give us your ideas.

Our meeting is June 9, 6:00 pm

Brewery City Pizza

4353 Martin Way E

Lacey

360-534-0520

Please contact me for questions or suggestions.

Sue Cordas

[slcordas@yahoo.com](mailto:slcordas@yahoo.com)

360-456-7367

### **Congregation B'nai Torah**

**3437 Libby Road**

**Olympia, Washington**

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

## **June Yahrzeits**

13 Sivan ~ June 5: Rose Tuller, mother of Debra Hartmann

24 Sivan ~ June 16: Ray S Hall, father of Laurie Elgin

28 Sivan ~ June 20: Meyer Mortimer Tannen, father of Robin Corwin

28 Sivan ~ June 20: Roy S. Marks, father of Cindy Engel

28 Sivan ~ June 20: Morris Harry Kossis, grandfather of Alan Corwin

29 Sivan ~ June 21: Fannie bas Meyer, mother of Jerry Braverman

5 Tammuz ~ June 27: Wilma Margolin, mother of Carrie Margolin

## **June Anniversaries**

June 20 – Lowell and Sue Cordas Anniversary

June 20 – Bill and Carol Jolly Anniversary

June 25 – Larry and Sharon Perrin Anniversary

*At publication time, no CBT June birthdays were known. To add your birthdays and anniversaries please email: [cbtnuz@live.com](mailto:cbtnuz@live.com)*

## **D O N A T I O N S**

A donation was received from Sam Fox in appreciation of the minyan at the burial of his mother in Aberdeen.

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

## **Family Tree DNA is the pioneer and the world's largest DNA testing company in the new field of genetic genealogy.**

If you are looking for that long-lost relative or ancestor, or if you feel that some day, someone may use a DNA repository to look for long-lost relatives, you should consider doing this simple DNA test.

Your ancestors left clues in your DNA which you can use to determine your deep ancestral origins and to link you with others in recent time. We can compare your results with our database - the largest of its kind in the world - and tell you whether those clues indicate possible Jewish ancestry and whether you match others who are Jewish. Our Jewish comparative databases are the largest in the world, containing records for **Ashkenazim** and **Sephardim**, as well as **Levites** and **Cohanim**.

**Y-DNA:** Males can test their Y-DNA to determine the origin of their paternal line, including the possibility of Jewish and Cohanim ancestry. Note that the Y-DNA strictly checks the paternal line, with no influence from any females along that line. Females do not receive the Y-DNA, and therefore females cannot be tested for the paternal line. If you are a female and would like to know about your paternal line, you would need to have a brother or a male relative from that line to be tested.

**mtDNA:** Both males and females can test their mtDNA to determine the origin of their maternal line. We compare your results with the data from the landmark study published by Dr. Doron Behar, our Chief mtDNA Scientist, and quoted by [NY Times](#), CNN, [BBC](#), and other major media outlets. Note that the mtDNA strictly checks the maternal line, with no influence from any males along that line. Both males and females receive the mtDNA from the mother.

### **DNA testing can show:**

- if two people are related
- your suggested geographic origins
- if you could be of Jewish ancestry
- if you could be of Cohanim ancestry
- your deep ancestral ethnic origins

--from [www.familyreedna.com](http://www.familyreedna.com)

### ***Reminder:***

**ANNUAL MEETING JUNE 21<sup>st</sup> 12:30 PM.**

We will review and hopefully adopt a new constitution,  
and vote on new officers.

Your presence is important as we plan for the future.



# Sabra Salad (Prickly Pear Salad)

## Ingredients:

- One [orange](#); juice of
- One [lemon](#); juice of
- 1 tb [Walnut](#) oil
- 1/2 ts Ground [cardamom](#)
- 3 Prickly [pears](#)
- 2 Gala [apples](#); cored & cut; thin strips
- 10 Dates; chopped
- 1 [Red bell pepper](#); seeded, cut; strips
- 2 tb Kirsch\*

**Instructions:** In a large bowl, whisk together orange and lemon juices, walnut oil, and cardamom. Peel the prickly pears, removing the roots and horns. Slice and add to bowl. Add apples, dates, and red pepper. Sprinkle with kirsch and toss well. By "Karen C. Greenlee" on Mar 13, 1999. NOTES :  
\*kirsch: A clear cherry brandy available where liqueurs are sold. Recipe by: Veggie Life, January, 1999

(from [www.bigoven.com](http://www.bigoven.com))

# Couscous Salad Recipe

This couscous salad by chef Sabra Ricci is perfect on its own or served with grilled chicken or fish.

Serving Size: 8, Preparation Time: 0:30

## Ingredients:

2 cups couscous, cooked  
10 ounces frozen spinach, thawed and drained  
1/4 cup red bell pepper , diced small  
1/4 cup cucumber, diced small  
1/2 cup cherry tomatoes, cut in half  
2 cups tofu, firm, diced small  
1 cup garbanzo beans, canned, drained and rinsed  
1/4 cup feta cheese, crumbled  
1/8 cup green onions, sliced  
1/4 cup frozen corn kernels, thawed and drained  
1 tablespoon lemon juice  
1 ounce white wine vinegar  
1 tablespoon tamari soy sauce  
1/8 cup extra virgin olive oil

## Method:

1. Mix couscous, spinach, red pepper, cucumber, tomato, tofu, garbanzo beans, feta cheese, green onions and corn in a large mixing bowl and toss together.

In a separate bowl whisk the lemon juice, vinegar, tamari and olive oil together. Pour over the salad and mix thoroughly. Refrigerate overnight.

## Serving Ideas:

Serve with a lemon wedge.  
--from [www.about.com](http://www.about.com)

# June 2009 ~ Sivan - Tammuz 5769

Sun	Mon	Tues	Wed	Thu	Fri	Sat
 Please submit your articles and information to: <a href="mailto:cbtnuz@live.com">cbtnuz@live.com</a>	<b>1</b>	<b>2</b> Sisterhood Picnic (Potluck) 6:00 pm Priest Point Park	<b>3</b>	<b>4</b> 7:00 pm Board Meeting	<b>5</b> 3pm Shul Cleanup 🕯️ 8:43pm	<b>6</b> 9:30am Regular Service w/kosher dairy lunch
<b>7</b> 9:30 – 12:00 Religious School	<b>8</b>	<b>9</b> Tea & Tsofas 6:00 pm Brewery City Pizza	<b>10</b>	<b>11</b> 7:00pm Men's Torah Study –	<b>12</b> 3pm Shul Cleanup ~~~~ 7:30pm Evening Service 🕯️ 8:48 pm	<b>13</b>
<b>14</b> 9:30 – 12:00 Religious School (final session for school year)	<b>15</b>	<b>16</b>	<b>17</b> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <b>CBT Nu'z Dead- line</b> </div>	<b>18</b> 7:00pm Men's Torah Study ---	<b>19</b> 3pm Shul Cleanup ~~~~ 7:30pm Evening Service with Rabbi Maslan 🕯️ 8:50 pm	<b>20</b> 9:30am Regular Service with Rabbi Maslan w/kosher dairy lunch ~~~~
<b>21</b> 12:30 PM Annual Board Meeting, CBT	<b>22</b> Rosh Hodesh Tammuz	<b>23</b> Rosh Hodesh Tammuz	<b>24</b>	<b>25</b> 7:00pm Men's Torah Study	<b>26</b> 3pm Shul Cleanup 🕯️ 8:51 pm	<b>27</b> 10:00am Shabbat Kal w/Kosher Dairy Lunch
<b>28</b>	<b>29</b>	<b>30</b>	 Please submit your articles and information to: <a href="mailto:cbtnuz@live.com">cbtnuz@live.com</a>	<b>C</b>	<b>B</b>	<b>T</b>

July services

July 4<sup>th</sup> at 9:30 am

July 18<sup>th</sup> at 9:30 am

July 10<sup>th</sup> at 7:30 pm

July 25<sup>th</sup> at 9:30 am

July 17<sup>th</sup> at 7:30 pm

## **THANK YOU'S**

Thank you to Carolyn, Tobi and Sue for cooking this month.

Thank you to Lowell and David for lawn mowing

Thank you to Jon Auster and Larry Perrin for dealing with building issues.

Thanks to everyone who helped with the school this year.

Thanks to Len, Donna, Mike, Mike E, Lowell, Larry and Stan who helped lead services over the past year.

**Our Condolences to Alan Corwin on the passing of his wife Robin.**

**Congregation B'nai Torah**

**P.O. Box 11432**

**Olympia WA 98508-1432**