



Congregation Ahavath Sholom

The Creative Spirit Dwells Here

THE CAS NEWSLETTER February 2021

Upcoming services and events

Wednesday, February 3 at 10:00 AM: Coffee Time with Rabbi Barbara Cohen via Zoom

Friday, February 5 at 5:00 PM: Friday Night Candle Lighting Service via Zoom

Monday, February 8 at 5:30 PM: CAS Monthly Board Meeting via Zoom

Wednesday, February 10 at 10:00 AM: Coffee Time with Rabbi Barbara Cohen via Zoom

Sunday, February 14 at 4:00 PM: Valentine's Day "Happy Hour" Poetry Reading via Zoom

Wednesday, February 17 at 10:00 AM: Coffee Time with Rabbi Barbara Cohen via Zoom

Saturday, February 20 at 10:00 AM: Shabbat Morning Service via Zoom

Sunday, February 21 at 2:00 PM: Creative Arts Workshop: *Exploring Photography* via Zoom

Wednesday, February 24 at 10:00 AM: Coffee Time with Rabbi Barbara Cohen via Zoom

Friday, February 26 at 5:00 PM: Purim Service via Zoom

Sunday, February 28 at 2:00 PM: Creative Arts Workshop: *Memoir Writing* via Zoom

This month's newsletter features:

- Valentine's Day "Happy Hour" Poetry Reading
- February Creative Arts Workshops: *Photography and Memoir Writing*
- A poem by Carol Killian
- Thank you, Marty!
- Our new Treasurer, Dan Burkhard
- Milchidika with Marty: *Don't Wash The Decks Before You Sail*
- "Cooking with Alison" *Red Snapper Livornese*, the second CAS cooking program
- Recipes from "Cooking with Alison"
- February Yahrzeits
- February Donations
- CAS Advertisers and Sponsors

Valentine's Day "Happy Hour" Poetry Reading



Valentine's Day "Happy Hour" Poetry Reading

Sunday, February 14, 2021

Please join us at 4:00 PM on Zoom (Meeting ID: 862 1090 2906; Passcode 283188)

Featuring CAS Poets:

Jayne Benjulian
Karen Chase
Barbara Janoff
Lee Schwartz
Stephanie Sloane

Stephanie's Pink Lady Cocktail Suggestion

1- ounce (1/8 cup) Vodka
1- ounce cranberry juice cocktail
1/2 ounce orange liqueur
1/2 ounce lime juice
(Feel free to double)

Jayne Benjulian is the author of *Five Sextillion Atoms* (Saddle Road Press 2016). Her poems and essays appear in numerous literary and performance journals, including *Agni*, *Barrow Street*, *The Cortland Review*, *Women's Review of Books*, *Mudlark*, and *Poetry Daily*. She was shortlisted for the 2017 Bridport Prize. Jayne has also served as director of new play development at Magic Theatre. She earned an MFA at the Warren Wilson Program for Writers and currently edits the manuscripts of other writers and teaches the writing and performance of poetry.

Karen Chase lives in Lenox. She is the author of two collections of poems, *Kazimierz Square* and *BEAR* as well as *Jamali-Kamali*, a book-length homoerotic poem which takes place in Mughal India. Her award-winning book, *Land of Stone*, tells the story of her work with a silent young man in a psychiatric hospital where she was the hospital poet. *Polio Boulevard*, a memoir, came out in 2014, followed by *FDR on his Houseboat: The Larooco Log* in 2016.

Barbara Janoff Ph.D. is an associate professor at the Fashion Institute of Technology, State University of New York in Manhattan, where she teaches writing and literature. Her poetry and essays have appeared in a number of journals, including *Communication Arts*, *Women's Work: The Journal of the Columbia College Women's Center*, and *The Berkshire Review*.

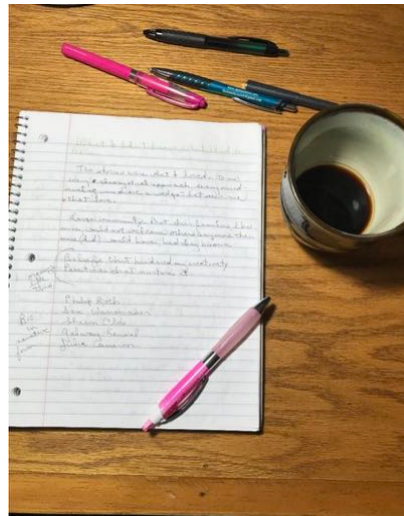
Lee Schwartz is a New York based poet. Her poetry appears in *Writing Fire Anthology, 2*, *Strong Shoulders*, *Green Fire Press* as well as *Oxford Press*, *Gender Poetics*. She is published in many Journals, including *The Mom Egg*, *Passager* and *Adanna*. Lee has been a two-time winner of the Allen Ginsberg, Paterson Literary Review Prize. She has served as an Artist in Residence at the 92nd St Y in NYC, as well as participating in the Berkshire Festival of Women Writers. Her work appears online in *ProtestPoems.org*, and *Ars Medica*. Her poems have also appeared in *The Villager* newspaper, NYC. Lee has taught writing in the NYC Public schools and read with Ginsberg at St Marks Church.

Stephanie Sloane, a native New Yorker, born and raised in the Bronx, now lives in the Berkshires. She has had an eclectic career encompassing many creative endeavors. With a BA in Fine Art and Theatre, and an MS in Education and Art, she started out teaching art and dance. She has acted in commercials, off-off Broadway theater, and in films. As activities coordinator of a psychiatric unit for eleven years, she initiated a program that included art and dance therapies. She went on to become an art dealer. She has written two plays, "Toujours L'Amour" which was staged in NYC last year, and "Bronx Light/Bronx Dark." She was married for fifty-eight years to her husband, Michael, who recently passed away. The loss of her husband at the same time as the pandemic prompted her to write her first, but not her last, book of poetry with photographs, "Dear Me."

February Creative Arts Workshops: *Photography* and *Memoir Writing* continue



On Sunday, February 21 at 2:00 p.m., Arthur Hillman will offer *Exploring Photography*. Prior to this Zoom workshop, each participant will submit a group of four of his or her own photographs that will form the basis for a group critique. Technical and design issues will be considered, and the images of other photographers will be contrasted to those of the workshop group. (Please email arthurhillman54@gmail.com by Sunday, February 14th to reserve a place and to submit your photographs).



The *Memoir Writing Workshop* will continue on the following Sunday, February 28, at 2:00 p.m. on Zoom. “Do you wish your parents and grandparents had told you more about their lives? The stories and poems about your life that you will write in our memoir workshop could be legacies for your own children and grandchildren. Maybe you just want to look back through time and acknowledge your experience of history. All perspectives are welcomed. We started in October, but you don’t have to have been there from the beginning to join this stand-alone session. We will be taking a trip down memory lane through short writing and listening exercises. (Please contact Barbara at barbaraljanoff@gmail.com to reserve a place).

A minimum donation of \$10 is requested for each program to support our Creative Arts events.

A Poem by Carol Killian

I am part of a Memoir Writing group at 'my synagogue'..... as a Protestant minister I love writing that. We are inspired by our teacher and poet, Barbara Janoff, and we are inspired by each other. As we read what we have written, one word, one memory sets off a cascade of ideas and memories. Today, the group inspired this poem.

A poem that grew out of the Memoir Writing Workshop 1/10/2021

Submitted by Carol Killian

Oh?

So many memories
A word evokes an image
Expands into a waterfall of dim pictures
Negatives on the window pane of dreams.
Your story pulls at an image
Not even yet a memory
And to write
The hand starts before
The brain is engaged
And lo....
A poem emerges.

Thank you, Marty!

After serving for many, many years as a board member and treasurer of Congregation Ahavath Sholom, Marty Stransky has resigned due to health issues. The entire congregation owes a great debt of gratitude to Marty who served us all with steadfast dedication, amazing efficiency and a wonderful sense of humor. Readers of this newsletter have enjoyed his monthly column, *Milchidika with Marty*, for over 5 years. Thank you, Marty for all your contributions to Ahavath Sholom!

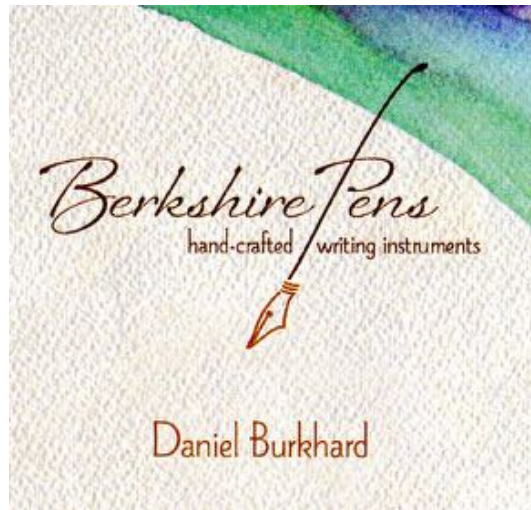
Our new Treasurer, Dan Burkhard

We are pleased to announce that board member Daniel Burkhard has agreed to become our new treasurer.

Dan has lived in upstate New York, New Mexico, Arizona, Connecticut, and finally, Massachusetts. Following a degree in electrical engineering from UConn, he settled in the Berkshires in 1969. He married his wife, Joan, in 1970 and shortly after went into public education in Great Barrington, which lasted for 28 years. After a stint at Berkshire Farm, he retired. He has since worked as a computer consultant, book indexer, electrician's helper, and, currently, as a pen turner.

In 1975, the Burkhardts became employed at Riverbrook Residence in Stockbridge. This association lasted until 2017. During that time, Joan was the CEO and Dan was responsible for maintenance issues, bookkeeping, IT, and many other tasks.

Starting in 1974, Dan and Joan were involved in the founding of Hevreh of Southern Berkshire. Dan served for 11 years as treasurer, and he spent a lot of time in the renovation of Hevreh's first building on Mahaiwe Street. During that time, he had the privilege of building the first ark that Hevreh used for its services.



The Burkhard family joined CAS in 2009. Besides his active service on the board of directors, Dan has served as a key member of the building committee, and many of our building's new physical improvements have been achieved through his dedication and hard work. Last year the Burkhard family donated a beautiful lectern, that Dan designed and built, to the congregation. His amazing pens and other handcrafted items are available through the CAS Marketplace. We welcome Dan to his new and vital position!

Milchidika with Marty: Don't Wash The Decks Before You Sail

Years ago, one of my partners had just bought a sailboat and was immensely proud of it. Each weekend during that summer, he would invite another one of the partners and his spouse to go sailing with him and his wife. As he went through the list of partners, my wife and I received our invitation. Not ever owning a boat, I was not too sure that I would really enjoy it, or not get seasick.

He told us to meet him at a certain marina on the south shore of Long Island, where his boat was kept, and we would spend the day sailing on "Great South Bay." We met at the appointed dock where we were greeted by my partner and his wife. They helped us "landlubbers" aboard the boat. After a quick tour of the boat, he cast off the lines holding us to the dock and motored out of the marina. Once we were out on the Great South Bay, he showed me how to hoist the sails while he handled the tiller. Soon we were sailing with the boat slightly keeled over and just the wind powering us. My wife and I were just passengers enjoying the sun, snacks, and conversation.

After a while, my partner announced that he had to go the bathroom down in the cabin and that I should take the tiller and steer the same course that he was on. A little apprehensive, but not wanting to be viewed as a coward, and what else could I do, I agreed.

So, I took the tiller in hand, felt the power of the wind moving the boat, and thought this is surprisingly good. I think I will take sailing lessons and buy a boat for myself. I do everything spontaneously, including getting married.

I talked my son into taking sailing lessons with me and in a few weeks, we had graduated from sailing school having mastered the rudiments, but not much more. I knew enough to say port and starboard, not left and right. I sometimes even said fore and aft instead of front and back, "Downstairs" was "Below Decks."

Now it was time to buy a boat. I had no experience with boats but thought that a used boat would be somewhere within my price range.

We scanned the newspapers and saw that there was to be a boat show at a marina in Stamford Connecticut and decided to drive there and to look over all the boats that were for sale. As we walked through the marina, we realized that all the boats for sale were brand new and way out of my price range. But on the last dock was a small used boat at a price that was what I felt I could afford.

The boat had an interesting history. It was presently owned by a woman who was divorced. It was really her ex-husband's boat and she took it as part of the divorce settlement, just to prove to him that she could sail on her own and did not need his macho baloney. She had recently met another sailboat owner; they were getting married and now she no longer needed this boat.

The boat was 28 feet long and bigger than any boat I had ever been on, since my entire experience had been with row boats and canoes. I was thrilled. It had a shower, a toilet, two bunk beds, a small stove and an icebox. A whole new life was about to begin.

We agreed on a price and arranged that I would come to the marina the next weekend; pay for the boat, and it would be mine to sail away. I had planned to leave the marina in Stamford Connecticut and sail across Long Island Sound to the town of Oyster Bay, where I would temporarily store the boat overnight in anticipation of the next day's sail to a yacht club in Port Washington, Long Island.

When we arrived at the docks in Stamford and looked across Long Island sound for Oyster Bay, I had no idea of where it was. We had a chart of Long Island Sound and when I looked at it, I saw three small circles on the Long Island side and realized that must be the symbol for some exceptionally large chimneys. And then again when I looked out over Long Island Sound, I could see the three chimneys of an electric generating plant on the Long Island side of the sound. Oyster Bay was just south of those chimneys, so we should be able to find it.

We bid goodbye to the lady who sold us the boat and her boyfriend, and began motoring out of the marina full of confidence and off on a new adventure. All of sudden we heard shouting and screaming from the dock from our recent acquaintances with hand motions for us to turn around and come back.

They said horrified, "You can't just go sailing straight out of here, there are rocks all over the harbor. You will wreck the boat. Don't you know anything about channels?" I said, "No I don't know what a channel is." They explained that there were floating red and green buoys that mark a safe path out of the harbor. Red buoys on the left and green buoys on the right. I should just steer the boat between the buoys to get out safely.

I did as they said, and we got out of the harbor safely and made it across to the marina in Oyster Bay. A day's adventure. The next day we planned to sail the boat from this marina to the yacht club that I had joined in Port Washington. Probably a one-hour drive by car, but a full day's sailing in a small boat.

My son Larry and I arrived at the marina the next morning bright and early, ready for our first long journey. I looked around at the boat's deck and said to Larry, "It's kind of dirty. We ought to wash it before we leave. After all there will be friends at the yacht club wanting to see our new purchase and we really want it looking spiffy."

I had seen pictures in the newsreels of sailors on big war ships washing the decks by throwing a bucket attached to a rope overboard and hauling up water to clean the deck. And so, I told Larry, "We ought to do that."

We rummaged around the boat for a while and ultimately found a bucket, some rope, scrub brushes and laundry detergent. And so, we did what I thought was real seamanship sort of stuff. Hauling up water, sprinkling the deck with laundry detergent and scrubbing away.

After a while I said, "You know it is getting late, we ought to get going. It looks like the sun is drying off the decks. So, let us put away the buckets and scrub brushes and get going."

And so, we stowed everything (just to show off my seamanship language) and started on our first long distance sail, which I estimated would take us three or four hours before we reached Port Washington.

As we left the marina in Oyster Bay, the sunny sky began to get cloudy, but I did not pay too much attention to the weather. The sail was exciting, but after an hour or so, the sky clouded up, and it soon began raining with thunder and lightning. Nothing to bother us intrepid sailors.

We put on our yellow rainsuits, pants and jackets, hauled down the sails, and turned on the engine. After about ten minutes of rain, we noticed soap bubbles beginning to form all over the deck, with everything getting slippery.

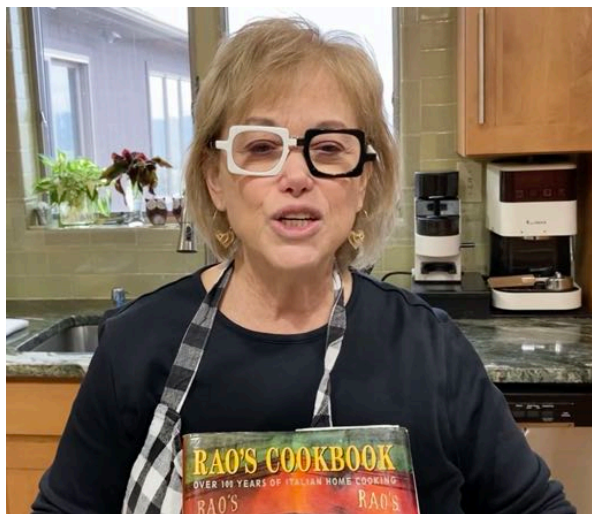
And our grand arrival at the yacht club where our friends were all gathered to greet us, was pretty hilarious, because entering the harbor was this little boat with soap suds pouring over the sides and two sailors slipping and sliding all over the deck.

The first of many misadventures.

“Cooking with Alison”

The second cooking demonstration from our own Alison Adams-Weinberg’s kitchen uses a recipe for **Red Snapper Livornese** using her own **Marinara Sauce**. **We have installed the 19-minute video on the CAS website**. Please check it out!

Printed recipes for this dish and for the **Chicken Marabella** that Alison prepared in her first video are included in the Newsletter section below.



Recipes from “Cooking with Alison”

Red Snapper Livornese

This recipe is from Rao’s cookbook.

Ingredients

- 1 lb red snapper or any firm fillet
- 1/4 cup all-purpose or Wondra flour
- 1/4 cup vegetable oil
- 1 1/2 tbsp unsalted butter,
- 1/2 tsp clove garlic, minced
- 1/2 cup dry white wine
- 1/4 cup pitted green olives cut in half
- 1 tbsp capers drained
- 2 1/2 pieces anchovies
- 1/2 cup marinara sauce.
- 2 pieces bay leaves
- Pinch of oregano, dried

Directions

1. Measure and place aside all ingredients.
2. Lightly dredge fish in flour and shake off excess.
3. Heat oil in sauté pan over medium heat. Add fish, butter and garlic. Fry for one minute, turn and fry another minute.
4. Add wine, olives, capers and anchovies. Stir to blend. Stir in marinara sauce, bay leaves and oregano. Simmer 3-5 minutes, covered or until flavors have blended. Remove bay leaves and serve.
5. Rice works well.

The marinara sauce can be made in advance or use bottled.

Marinara sauce

Ingredients

- 4 pieces garlic cloves, minced
- 1 28 oz can peeled plum tomatoes in puree
- 2 tbsp extra virgin olive oil
- 1 tsp kosher salt
- 1/4 tsp black pepper
- 2 tsp oregano, dried
- 2 tsp dried basil

Directions

1. Heat saucepan. Add oil and then add garlic. Lightly brown. Add tomatoes. Rinse can with water and pour about 1/3 of can of water to tomatoes. Add salt, pepper, oregano, basil. Crush tomatoes with a potato masher. Stir and simmer for 40-50 minutes.

Chicken Marbella

This recipe is from the Silver Palate and Ina Garten cookbooks.

Ingredients

- 1/2 head of garlic, minced
- 3/4 cup green olives, pitted and cut in half
- 3/4 cup pitted prunes
- 1/4 cup capers with juice
- 3 pieces bay leaves
- 1/4 cup red wine vinegar
- 1/4 Cup extra virgin olive oil
- 1/4 cup oregano, dried
- 4 pieces chicken thighs, skin and bones included
- 1/2 cup dry white wine
- 1/3 cup brown sugar, packed light

Directions

1. Combine first eight ingredients in a bowl. Add chicken pieces. Mix. Cover and refrigerate overnight. (I use thighs, but you can mix pieces or use chicken breasts)
2. Place chicken in roasting pan or casserole. (9x 13)
Add remainder of marinade over chicken
Sprinkle with brown sugar and pour wine over it.
Bake or roast uncovered in 350-degree oven for 1 hour or until brown and crispy. May be made in advance, can be served at room temp or reheat.

February Yahrzeits

"Much of our experience of divine goodness, grace and love has come to us through those whose lives have touched our own."

	Hebrew Date	2021 Date
Jeff Axelrod	Shevat 19 5775	2/1
Irving Krantz	Shevat 21 5765	2/3
Louis Radin	Shevat 23 5703	2/5
Meyer Osterweil	Shevat 23 5719	2/5
Seymour Schwartz	Shevat 27 5777	2/9
Sherwin Fink	Adar 3 5776	2/15
Helen Weiner	Adar 04 5766	2/16
Emma Mainker Graubard	Adar 07 5660	2/19
Alan Pomerance	Adar 08 5749	2/20
Josef Waller	Adar 09	2/21
Hannah Meltzer Greenside	Adar 10 5753	2/22
Stanley Clarin	Adar 10 5759	2/22
James Andrew Millimet	Adar 11 5770	2/23
Wilhelm Brill	Adar 16 5708	2/28
Joe Enzer	Adar 16 5742	2/28

February Donations

In memory of my mother, Frances Letofsky
Barbara Janoff

In loving memory of Helen and Ed Weiner
Keren Weiner

In memory of Seymour Schwartz
Molly Pomerance

In memory of Joe Enzer
Arthur and Louise Hillman

The Rabbi's Discretionary Fund
Fran Weiss-Bener

Thank you for G-d's help
Marty Stransky

The Creative Arts Series
Ellen Axelrod (Memoir Workshop and the CAS Theatre Group)
Arthur Hillman (Memoir Workshop)
Carol Killian (Memoir Workshop)

The CAS Marketplace
Jayne Benjulian

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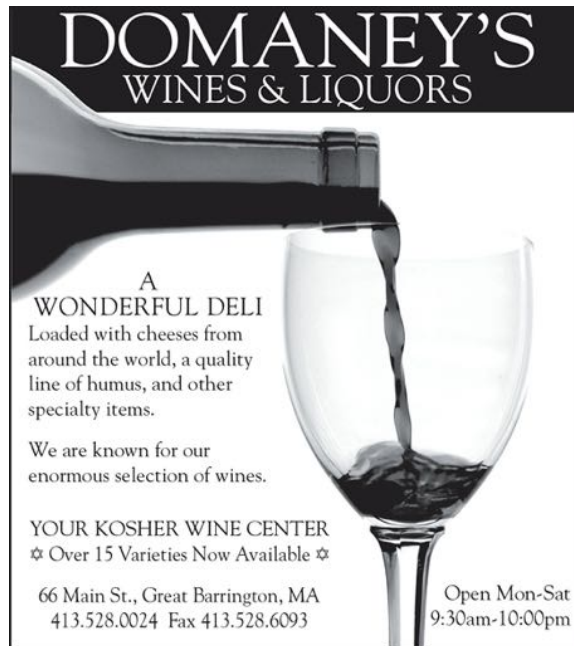
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