



Congregation Ahavath Sholom

The Creative Spirit Dwells Here

THE CAS NEWSLETTER

April 2021

Upcoming services and events

Friday, April 2 at 5:00 PM: Evening Candle Lighting Service

Wednesday, April 7 at 10:00 AM: Coffee Time with Rabbi Barbara Cohen via Zoom

Sunday, April 11 at 2:00 PM: Creative Arts Workshop: Memoir Writing via Zoom

Monday, April 12 at 5:30 PM: CAS Monthly Board Meeting via Zoom

Wednesday, April 14 at 10:00 AM: Coffee Time with Rabbi Barbara Cohen via Zoom

Saturday, April 17 at 10:00 AM: Shabbat Morning Service via Zoom

Sunday, April 18 at 2:00 PM: Creative Arts Workshop: Photography: *The Great Outdoors* via Zoom

Wednesday, April 21 at 10:00 AM: Coffee Time with Rabbi Barbara Cohen via Zoom

Sunday, April 25 at 10:00 AM: Rabbi Cohen's Study Session via Zoom

Wednesday, April 28 at 10:00 AM: Coffee Time with Rabbi Barbara Cohen via Zoom

This month's newsletter features:

- **Passover, Second Night with Ahavath Sholom**
- **Milchidika with Marty: *I Loved the Boy Scouts Until I Discovered Girls***
- **April Creative Arts Workshop: Memoir Writing**
- **April Creative Arts Workshop: Photography**
- **"Cooking with Alison" (the fourth CAS cooking program)**
- **April Yahrzeits**
- **April Donations**
- **CAS Advertisers and Sponsors**

Passover, Second Night with Ahavath Sholom

On Sunday, March 28, Congregation Ahavath Sholom celebrated the Second Night of Passover over Zoom. Thirty congregants and friends took part in this annual event, as Rabbi Cohen led the informal service with excerpts from the Reconstructionist Haggadah, *A Night of Questions*.



The following paragraph contain some thoughts that appeared in *A Message From Our Rabbi* (March 26 edition) that was sent out to the CAS email list:

Shabbat Shalom and I want to wish you a sweet, healthy and meaningful Pesach. This is, along with the High Holy Days, the most important time of our people's life. Like the High Holy Days, at Passover we search out that which we must cleanse ourselves of. The chametz of the physical world at Passover is the reflection of the chametz of our spiritual selves that we look for and strive to eliminate at the opposite side of our calendar in the Fall of the year. Calendar opposites and yet the themes are the same. The full moon in the sky tomorrow evening helps to illuminate our homes and the traditional use of a candle in the 'bedikat chametz (searching out)' ritual speaks to the Kabbalistic foundational thought that the physical and the spiritual world are totally interconnected and interdependent. One without the other is a world out of balance...a world that wobbles out of control between the polarities of good and evil forces. Our work is to stabilize the forces by consciously choosing awareness of our role in that process. The personal and communal work of physical and spiritual growth towards increasing goodness is the work we are called upon to do.

With love and gladness that we are making this journey together, Barbara

Milchidika with Marty: *I Loved the Boy Scouts Until I Discovered Girls*

As many of you may know, I am an avid enthusiastic gardener, with a garden which is just a little too big for me to manage. So, I am out there on most days, weeding and dead heading and trying to get ahead. It is not a chore, I love it. Now at the end of the season, when I bring in the cucumbers and tomatoes that I personally grew, I feel so proud of myself “the farmer.”

My gardening routine is to work for an hour and then sit down on a lounge chair that is on our deck, under a tree; sip some iced tea and maybe even take a snooze. One day while lying there, looking up at the tree’s branches and the blue sky; I thought to myself, “This tree is a pin oak tree.” I began to think, “How do I know that?” and realized that I had learned to identify different trees while at “Nature Study” in Boy Scout camp. That was when I was 12 years old and my first time away from home.

I remembered the Boy Scouts so fondly and being so impressed with their teachings of the Scout oath of duty, helpfulness, and being morally straight. Pretty heavy stuff for a 12-year-old. I asked some of my old boyhood friends who were in the scout troop with me, “What do they remember?” And they all replied what a positive effect it had on them.

So, I decided that I would go on-line and see if I could find a Boy Scout Handbook from the 1940’s and maybe find out what impressed me so much at that time of my life.

I found a handbook in perfect condition, on whose cover was an idealized picture by Norman Rockwell of three scouts in their scout uniforms: a cub scout, a boy scout and an older sea scout. The “Handbook for Boys” cost 50 cents at that time, which also happened to be the hourly rate for a baby-sitter.

It was so interesting to read through it, as it represented an era which in my mind no longer exists. There was the “Scout Oath” which every young boy had to memorize and be able to repeat to the Scout Master. “On my honor I will do my best, to do my duty to God and my country, and to obey the Scout Law; to help other people at all times; to keep myself physically strong, mentally awake, and morally straight.

I was not too sure at that time, being only 12 years old; how do you do all those things? But I would try.

There was also this “Scout Law” which also had to be memorized and repeated back to the Scout Master. A scout is loyal, trustworthy, helpful, friendly, courteous, kind, obedient, cheerful, thrifty, brave, clean, and reverent. That is serious stuff when you are 12. I wondered, do I have to do all those things every single day or was it all right if I missed a few?

But best of all was going to boy scout camp for eight weeks in the summer. My parents really could not afford to pay the entire fee, and our boy scout troop helped with some extra monies.

A month or two before camp started, my mom would be busy sewing name tags onto my shirts, pants, underwear, socks: a nightly affair that would take a few days to accomplish. Finally, the big day was approaching and the night before departure, everything was thrown into a duffle bag, along with a lot of parental advice.

Since we lived in an apartment building, the thought of spending eight weeks sleeping in a tent, using an outdoor latrine, being with the boys; being on my own was going to be an adventure.

We boarded a bus in the local school yard, waved “good-bye” to our parents who were either slightly nervous as to how could we possibly manage on our own; or were glad to finally have the apartment to themselves. Off we went to the camp which was located near the Delaware river in upstate New York.

I loved camp. Eating with the boys in the mess hall, not bathing too often, learning all about the wonders of nature, learning to paddle a canoe and going on hikes.

“Visitor’s Day” was a Sunday in mid-season when parents could come and visit their sonny boys. I remember telling my mother when she would first see me in camp, “Please don’t kiss or hug me in front of the other fellows, as I was now a grown-up man.” I think I hurt my mother’s feelings.

And finally, the camping season was over and time to get on the bus to go back home. I was so sad at the thought of being back in an apartment building and not outdoors in a tent.

I still remember the drive from the greenery of the country with the trees gradually disappearing as we approached the George Washington Bridge and crossed over to the Bronx. All the apartment buildings seemed to be so drab and so close together. I did not want to be home.

A few years later I discovered a girl who wore white “bobby sox,” “penny loafers,” and a plaid skirt. That ended my scouting career.

A Special Note: *This is Marty Stransky’s 62nd consecutive monthly newsletter article. Beginning with the May issue, we’ll be reprinting many of these past stories. While Marty is officially “retired” from newsletter service, we are hoping he will submit an occasional new article to continue to entertain us as he has over these many years!*

April Creative Arts Workshop: Memoir Writing

The Memoir Writing Workshop will continue on Sunday, April 11, 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 Janoff at barbaraljanoff@gmail.com to reserve a place).



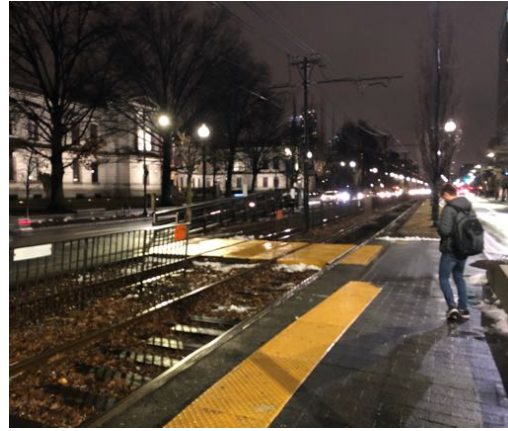
Source: What Mobile

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*.

A minimum donation of 10 dollars is requested to support our Creative Arts Programs.

April Creative Arts Workshop: Photography

On Sunday, April 18 at 2:00 p.m., Arthur Hillman will offer another in a continuing series of photography workshops. The focus and theme of this session is *The Great Outdoors*.



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 may be contrasted to those of the workshop group. (Please email arthurhillman54@gmail.com by Monday, April 12 to reserve a place and to submit your photographs). You can participate in this workshop even if you have not attended the previous ones.

A photographer and printmaker, Arthur Hillman has been exhibiting his prints for more than fifty years. His work has been presented in over twenty one-person shows and in many national print exhibitions and group exhibits. Arthur taught at the Massachusetts College of Art in Boston before joining the visual arts faculty of Simon's Rock in 1974 and taught there until retiring in 2011. He is Professor Emeritus, *Photography, Printmaking and Design*, Bard College at Simon's Rock. Additional work can be seen online at arthurhillman.net.

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

“Cooking with Alison”

The fourth cooking demonstration from our own Alison Adams-Weinberg's kitchen is for **Chicken, Fennel and Leeks**. **We have installed the video on the CAS website along with Alison's other cooking videos.** Please check it out! The printed recipe is below.



Chicken, Fennel and Leeks

Ingredients

- 1 lb Boneless breast or boneless thighs, no skin
- 3 tbsp flour (Wondra)
- 1/4 cup olive oil
- 3 tbsp butter
- 1 whole fennel, cored, trimmed and sliced
- 1 whole sliced onion
- 2 whole leek, white and light green part only, thinly sliced
- 3 tbsp capers
- 1/3 cup olives (sliced)
- 3/4 cup chicken broth (I use "Better than Bouillon")
- 3/4 cup white wine, dry (or I use vermouth)
- 1/2 cup tomato (chopped)
- Salt and pepper to taste
- 2 pieces garlic cloves, minced

Directions

1. Coat chicken, both sides, in flour.
2. Place EVOO in Dutch oven, lightly brown chicken, 2-3 min each side.
3. Remove and place on plate.
4. Add butter to pan - and a little more oil if it looks to scarce.
5. Add fennel, onions, leeks, garlic. Sauté till it softens and it shrinks to half its size.
6. Add remaining flour that was not used to coat chicken. If there was none left add 1-2 tbsp. Stir and cook one to two minutes more.
7. Add wine, broth, capers, olives, tomatoes. Then add chicken and simmer for 10-15 minutes until chicken is cooked. If gravy is too thick add a little more wine and broth. I make it earlier in the day and then I place it in a casserole, refrigerate and reheat it in the oven later.

April Donations

In memory of Gordon Scales

Anita Bakst

In memory of Jack Nodiff

Ruth Nodiff

For the Yahrzeit of Joan's father, Mal Guralnick and in memory of her mother, Bea Guralnick

Joan and Dan Burkhard

In memory of my husband, Michael Sloane

Stephanie Sloane

In appreciation of the Poetry Reading

David Birch

In appreciation of the Creative Arts Workshops

Barbara Barron (Photography)
Caroline Forsman (Photography & Memoir Writing)
Arthur Hillman (Memoir Writing)
Louise Hillman (Photography)
Barbara Janoff (Photography)
Carol Killian (Memoir Writing)
Susan Solovay (Memoir Writing)

General donations

Karen and Charles Schader

Fundraising Campaign

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Gloria Dove and Rosalie Sussman
Keren Weiner
Arthur Cape and Patti Whitehead
Sharon Wiles


April Yahrzeits

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

NAME	ORIG DATE	2021 DATE
Dora Soloveychik Felber	Nisan 19 5772	4/1
Mal Guralnick	Nisan 21 5779	4/3
Joseph Soloveichik	Nisan 22 5693	4/4
Irma Waller	Nisan 23 5761	4/5
Clifford Greenside	Nisan 26 5779	4/8
Israel Baron	Nisan 27 5733	4/9
Jack Osterweil	Nisan 30 5750	4/12
Rose Clarin	Nisan 30 5741	4/12
Julius Greenstein	Iyyar 2 5762	4/14
Edward Goldstein	Iyyar 03 5752	4/15
Lynne Cutler	Iyyar 06 5767	4/18
Frances Schmetterling Innerfield	Iyyar 06 5769	4/18
Muriel F. Goldman	Iyyar 8 5757	4/20
Joseph Fisher	Iyyar 09 5731	4/21
Helen D. Rawitz	Iyyar 09 5753	4/21
Arthur Winston	Iyyar 10 5778	4/22
E. Douglas Whitehead	Iyyar 13 5773	4/25
Leonard Robbins	Iyyar 13 5767	4/25
Louis Levine	Iyyar 17 5733	4/29
Alfred Dronge	Iyyar 18 5732	4/30
Mae Osterweil	Iyyar 18 5772	4/30

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