



# Congregation Ahavath Sholom

The Creative Spirit Dwells Here

## THE CAS NEWSLETTER

## May 2020

### Upcoming services and events

All previously scheduled CAS events have been cancelled until further notice.

**See the article below about our online services  
and other CAS Zoom events.**

We hope in the days ahead everyone in our Berkshire community  
stays healthy and safe.

### This month's newsletter features:

- CAS Online continues with Zoom events and services
- A gift to the congregation from Joan and Dan Burkhart
- Milchidika with Marty: *What is milk's favorite cookie?*
- PAINTING OUT OF THE DARKNESS, by Ilene Spiewak
- May Yahrzeits
- May Donations
- CAS Advertisers and Sponsors

## **CAS Online continues with Zoom events and services**

The congregation continues to keep connected through online Wednesday morning “coffee time” get-togethers and Saturday morning services. Rabbi Cohen hosts these well-attended Zoom sessions from her home in Lenox. During each week those on our online address list will receive “A Message from our Rabbi” announcements listing the upcoming events and services.

If you are interested in joining us, please contact Rabbi Cohen (413-637-0667, [barbaracohen14@gmail.com](mailto:barbaracohen14@gmail.com)) for our Zoom meeting number and password and to arrange to safely borrow a prayer book for use during our home services.

Please join us for these great opportunities to “meet and greet” friends -- and worship together!



## **A gift to the congregation from Joan and Dan Burkhard**

Trapped in the house with nothing but time -- and in Dan Burkhard's case, tools and a workshop-- creativity reigns. In a passing conversation at this past year's High Holiday services, Rabbi Barbara said longingly she wished Ahavath Sholom had a lectern of its own.

Voila! Measurements were calculated, angles determined and clamps and glue produced a beautiful wooden piece. It was sanded, stained and varnished with care and love. Joan and Dan are delighted to gift the congregation with this symbol of gratitude for all we have received from Rabbi Barbara and our caring congregation.



### **Milchidika with Marty: *What is milk's favorite cookie?***

Since Isabelle and I have been stuck in the house due to the Coronavirus problem, and I am both the family cook and food shopper; I haven't really wanted to wander into our local Big Y supermarket to do our weekly food shopping.

Thankfully, my daughter has been doing most of our food shopping from my internet food shopping list that I send to her, and then driving an hour and a half from her house in Rhinebeck, New York to our house in Stockbridge; leaving the food packages in the garage; as she doesn't want to come into the house for fear of infecting us.

We stand long distance in the garage and chat about the family, her daughter, and my great granddaughter; and then she drives an hour-and-a-half back to her home. That is a great daughter.

We also have been ordering meat on-line from Omaha butchers, as well as prepared meals from Blue Apron. So, all in all, meals have been more luxurious than normal.

Since I do not like to bother my daughter too often when we run out of little things like ketchup, breadcrumbs, and Parmesan cheese--after all, it's a three-hour trip for her, I had to find a place where I could buy these little odds and ends where there would not be a lot of shoppers, and where I would not feel at risk.

Lo and behold, I found all of these groceries at our local gas station. I go in each day missing small items like a jar of relish, or a can of soup, paper plates and other non-essentials. Amazingly, they seem to have it all. I just saw that on one of the shelves there were boxes of chicken stuffing mix. But no toilet paper. If I only knew where to buy a chicken.

So, they have been my source of odds and ends shopping; wearing a mask, looking through the window of the gas station shop to see that there are no other people in the shop before I will venture inside.

Since we do not have any place to buy a cake, they have been my source of cookie substitutes. And that is where I come to Oreo Cookies.



Isabelle and I were sitting at our kitchen table munching on first one, then two, then three Oreos; and saying all the time "this is absolutely my last one," before closing the box and putting it away. I then began to wonder "How did the name Oreo arise?" I noticed that on the cookie wrapper, there was a note that this was "Milk's favorite cookie."

By the way, it is psychologically impossible to eat just one cookie.

And here is what I discovered about Oreo cookies:

1. No one knows where the name originated:

The cookie was first introduced in 1912 and 450 billion cookies have been sold since it was first introduced. But no one seems to know how the name originated. One guess is that it is a combination of "re" in "cream" and two "o's" in chocolate.

2. The ratio of the ingredients in the cookie are very precise:

The cookie to creme ratio is always, without fail 71% to 29%.

3. Men and women eat Oreos differently:

It has been discovered that 84% of men eat Oreos whole, while 41% of women break the cookie in half.

4. How long should you dunk a cookie in milk?

In a scientific experiment the right dunk time depends on how moist you want your cookie, if you want it just soft, you should dunk for 2.5 seconds, if you want it so soft that it's on the brink of falling apart, 50 seconds will do it.

STAY SAFE AND ENJOY SOME OREO COOKIES

## PAINTING OUT OF THE DARKNESS

I hope you will wait...

On Sunday April 19th, our spring Creative Arts Series was scheduled to begin with a painting workshop. My 50th Philadelphia High School for Girls reunion was also planned for that day but I chose to teach the workshop instead because it's so much fun.

I love to teach.

I love to paint.

I'm a quiet person.

A socially shy person.

I'm a more solitary person these days. My life hasn't changed very much....wait. Yes it has. It really has.

We're all doing our best to adapt to a new virtual reality. And now we stay home a lot. But it's always been just me in my little red studio. I'm not newly confined, nor do I feel confined. I am rooted in a sense of place. I have what I need to make my work.

It's true that artists and writers work best in relative isolation.

Except for myself, I have no audience.

I converse with paint in a language that I understand.

My paints take me on a daily walk.

My paints and I need not social distance. We don't fear crowded spaces, my paints and I.

Making art in the time of this pandemic crisis offers solace, contemplation, and conversation.

I am a painter.

What do you do?

Keep making.

...And I hope you will wait.

Ilene Spiewak

## May Yahrzeits

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

	Original Hebrew Date	This year's translated English Date
Muriel F. Goldman	Iyyar 8 5757	5/2
Joseph Fisher	Iyyar 09 5731	5/3
Helen D. Rawitz	Iyyar 09 5753	5/3
Arthur Winston	Iyyar 10 5778	5/4
Michael Felber	Iyyar 13	5/7
E. Douglas Whitehead	Iyyar 13 5773	5/7
Leonard Robbins	Iyyar 13 5767	5/7
Louis Levine	Iyyar 17 5733	5/11



Alfred Dronge	lyyar 18 5732	5/12
Mae Osterweil	lyyar 18 5772	5/12
Risa Graubard	lyyar 26 5775	5/20
Irene Linder	lyyar 26 5760	5/20
Judith Winston	lyyar 26 5761	5/20
Hilda Krasner Radin	Sivan 01 5777	5/24
Henriette Waller	Sivan 04	5/27
Blanche Goodman	Sivan 4 5742	5/27
Jim Eder	Sivan 05 5765	5/28

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Lisa Chamberlain

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