

THE CAS NEWSLETTER November 2018

Upcoming services and events

Thursday, November 1, 5:45pm: Interfaith Community Vigil for Pittsburgh. Knesset Israel, 16 Colt Rd., Pittsfield, MA See poster above.

Friday, November 2, 5:30pm: Erev Shabbat service.

Saturday, November 10, 10:00am – 12:00pm: Shabbat Service followed by coffee, tea, pastry and conversation.

Sunday, November 18, 10:15am: Book Group: Annual book selection and calendar for 2019. Please contact Diana Richter at drpajam1@gmail.com for location of this meeting. Check for changes as this group occasionally changes the date or time.

Monday, November 19: Deadline for December Newsletter

Friday, November 30, 5:30pm: Erev Shabbat service

Sunday, December 2, 10:00am – 12:30pm: Study session at the home of Rabbi Barbara Cohen. Bagels and coffee included, so a commitment is needed for planning. Please send a firm RSVP by the Thursday before this event to barbaracohen14@gmail.com.

Articles/Information

Dwelling in the Past: A talk by Lynn and Elisabeth Wood

Milchidika with Marty: *It's how many calories?*

CAS Book Group

The Don Victor Photography Archive and the CAS History Project

Keep Smiling! More photo memories by Don Victor

November Yahrzeits

Interfaith Community Vigil for Pittsburgh on November 1st

PJ Library Pajama Drive

Dwelling in the Past: A talk by Lynn and Elisabeth Wood



On Sunday, November 11th at 4:00 p.m., Lynn and Elisabeth Wood, specialists in historic land research and genealogy, will give a talk at the synagogue.

Ever wonder what your house has been up to? The mother and daughter team and founders of a "Dwelling in the Past," a South Egremont firm specializing in the research of historical homes, will give a presentation of some of their intriguing local findings.

Lynn H. Wood, title abstractor, and Elisabeth L. Wood, genealogical researcher, share a love for historic research. Through investigating old Berkshire records and employing their many years (58 years) of combined research experience, Lynn and Beth are now bringing forward newly found, fact-based stories of past Berkshire people, places and happenings. Each story they have found to date has been in some way unique and surprising. As they explain, history is often painted in grand strokes, on canvasses of monumental size. The aim at *Dwelling in the Past* is to bring history, in all its vivid colors, to a more human scale. By investigating the historic homes of Berkshire County, Lynn and Beth offer an opportunity to glimpse the shape, form and varied hues of residents' lives.

Born in Pittsfield, Lynn grew up in the town of Otis when it had a population of 450 people. Her father owned a general store, a great place to get to know neighbors.

Lynn is the editor of the book *A Gift from the Past, Nellie E. Haskell's History of Otis*. She served the town of Egremont at different times as Town Clerk, Selectmen's Secretary and Planning Board Chair. In 2015, she worked with Beth and many others to produce Egremont's July "1865 Civil War Basket Picnic."

Lynn and her husband Bill live in Egremont, in Bill's great-grandparents' home and are parents of two children and grandparents of five. Currently, Lynn chairs the St. James Community Housing Corporation in Great Barrington and serves on the Egremont Meeting House Committee.

Beth lives and works in Alexandria, Virginia. She and her husband, David Berman, have raised five children and various cats. (Whether the training of the cats, or the training of the children has been more successful to date is the subject of some debate.) In addition to her work, Beth is an Assistant Historian for the Mayflower Society of Virginia.

Milchidika with Marty: *It's how many calories?*

It isn't easy being slim and sexy. So, while seated at a Jewish delicatessen in Florida called "Too-Jays" with Isabelle, and biting into my heaping pastrami sandwich on sesame rye with a dill pickle; side of cole slaw; and a side of potato pancakes with both a choice of apple sauce or sour cream; I had some vague thoughts, "I bet this must be a lot of calories." You must note though, that I ordered a diet Coke.

On the way out of the delicatessen, I stopped at the deli counter and ordered a pound of assorted "rugelach to go" just in case we got hungry in the car on the way home. I decided that I would do some research on the number of calories in our standard Jewish foods. I went on line on my computer and looked up "food calorie counters" and found several web sites. Strangely enough, when I entered the word "Rugelach" into the description area of the calorie counter; the answer was "no such information in our data base." I then tried "Bialy" and got the same answer.

I thought that if I can't find the answer here, there must be a "Jewish calorie counter", and probably a "Chinese calorie counter" as well. Much to my complete amazement, there was such a thing as a "Jewish calorie counter" site. So here are the number of calories in, as the song goes, "Some of my favorite things."

<u>Item</u>	<u>Portion</u>	<u>Number of Ca</u>
Apple strudel	1 piece	284
Babka	1 slice	229
Bagel	one	245
Beef Tongue	3 oz.	241
Bialy	one	195
Black and White Cookie	one	100
Borscht	1 cup	70
Brisket	4 oz.	500
Challah	1 slice	117
Charoset with nuts	1/2 cup	122
Cheese blintz	one	110
Cheese cake	1 slice	231
Chicken soup	1 cup	120
Chocolate covered matzah	1 piece	200
Cholent	1 cup	253
Chopped liver	1 cup	321
Chrain (horseradish)	1 tablespoon	11
Cole slaw	1 scoop	50
Corned beef on rye	1 sandwich	459
Cream cheese and bagel	one	260
Dr. Brown's celery water	1 can	140
Egg cream soda	1 glass	228
Farfel	1/2 cup	230
Gefilte fish	1 piece	50
Goulash	1 cup	259
Gribenes (fried chicken skin)	29 grams	140
Hamantashen	1 cookie	160
Hard salami	6 pieces	246
Herring in sour cream	1/4 cup	90
Holishkes (stuffed cabbage)	1 serving	415

Kasha	1/2 cup	123
Kasha Varnishkas (with noodle)	1/2 cup	180
Kichel	1 cookie	70
Kishka (stuffed derma)	1 portion	460
Kneidlach (matzahballs)	1 ball	104
Knish	1 knish	200
Kosher frankfurter	1 frankfurter	150
Kreplach	8 kreplach	526
Kugel	3 inch square	454
Latkes	1 pancake	60
Lekach (honey cake)	1 slice	110
Lokshen Kugel (noodles)	1 serving	330
Lox	2 ounces	120
Macaroons	1 cookie	142
Mandelbrot	1 cookie	121
Manischewitz wine	1 glass	160
Matzah	1 square	100
Matzah brei	1/2 cup	171
Onion Roll	1 roll	210
Pastrami on rye	1 sandwich	500
Pickle	1 pickle	5
Rugelach	1 cookie	120
Schmaltz (chicken fat)	1 tablespoon	115
Schnitzel (veal chop)	1 filet	300
Teiglach (pastry)	20 grams	77
Tzimmes (carrots/yams)	2/3 cup	119

Having just completed the above list, I decided to add together all the calories in my delicatessen feast and it came to more than 900 Calories, including 2 rugelach and 1 diet soda. I ain't going to remain slim and sexy doing that.

CAS Book Group

On Sunday, November 18th at 10:15 a.m. the CAS Book Group will meet for the annual selection of books. If you've been thinking about joining this group, this may be a good meeting to attend to help select the books and the calendar for 2019 as well as to get more acquainted with the group.

Please contact Diana Richter at drpajama1@gmail.com for the location of this meeting and for any further information.



The Don Victor Photography Archive and the CAS History Project

Beginning in June of this year, a committee consisting of CAS members Barbara Janoff, Arthur Hillman and Michele Waldman has visited the second floor of the Ramsdell Public Library in Housatonic to peruse the archive of Don Victor's photographs that are stored there. These images were packed, inventoried and secured for future cataloguing and public access by the Great Barrington Historical Society and the local Historical Commission after Don passed away in 2016.

This is quite a collection. It consists of 180 large file boxes full of photographs Don took in the Berkshires, some of which are related to our congregation's history. Bernard Drew, a Great Barrington newspaper columnist, archivist, author and town historian has helped the committee greatly by scanning some of the images that we selected. We have included a number of these photos each month in the CAS newsletter and will continue to feature these photographs in future issues.



Some of the file boxes that house Don Victor's photo archive at the Ramsdell Library; Bernie Drew in the background.

Don Victor served 27 years in the Air Force and served as a master sergeant in communications during the Korean War where he began focusing on aerial photography. He moved to Great Barrington in 1976 and was an active member of CAS and a great explorer of the people, places and events in his beloved Great Barrington community. He was often seen on his bike traveling around town and always with cameras around his neck. With boundless energy, he was constantly helping people, and his legacy as a community volunteer goes hand in hand with his role as a community photographer.

The CAS History Project is in its early stages. The hope is that additional photographs of life at CAS will be discovered and submitted to the committee by past and present congregants and community members. The attic in the synagogue also contains many documents and ledgers that will become part of the congregation's historical documentation. The committee enthusiastically welcomes any materials that would support this endeavor.

Keep Smiling! More photo memories by Don Victor



Diana and Richard Richter 1996



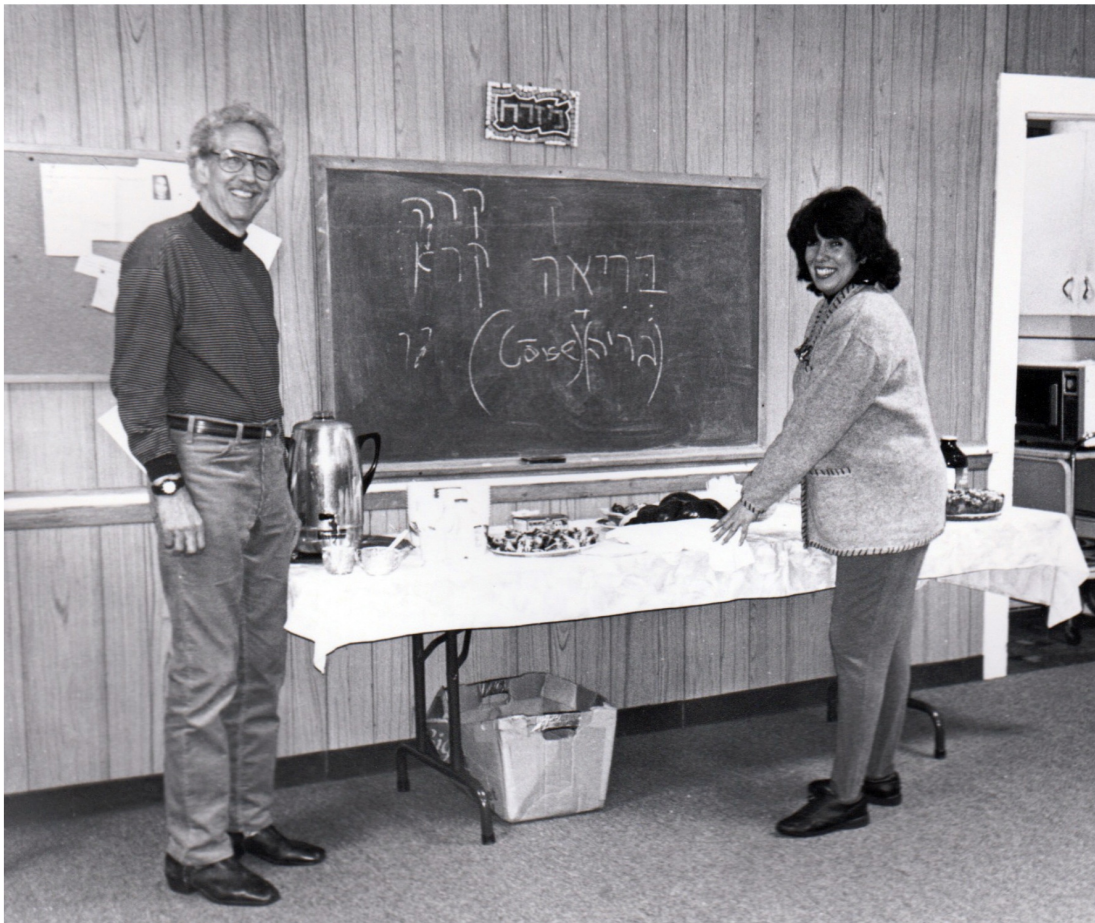
Anita Bakst



Cathy Kogan and Harold Schrage 2000



Helen Radin 2004



Walter and Gail Orenstein 2005

November Jahrzeits

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

Kol Haneshamah

Judith Weinstein Heshvan 23 5765	11/1	Beala Schiffman Kislev 09 5770	11/17
Samuel Cutler Heshvan 24 5763	11/2	Rose Penziner Kislev 09 5701	11/17
Harry S. Duke Heshvan 25 5737	11/3	Pauline Raflowitz Kislev 11 5718	11/19
Thomas Josephs Heshvan 26 5769	11/4	Frances Shostac Kislev 11 5735	11/19
Ludwig Maier Heshvan 26 5714	11/4	Heinrich Mueller Kislev 12 5756	11/20
Arthur Rothstein Heshvan 27 5746	11/5	N.B. Martin Kislev 12 5696	11/20
Sam Shapiro Heshvan 27 5775	11/5	Martha Gellert Kislev 12 5752	11/20
Anshel Tessler Heshvan 28 5721	11/6	Irving Innerfield Kislev 12 5737	11/20
Jacob Greenside Kislev 01 5746	11/9	Harry Fine Kislev 12 5748	11/20
William Sherman Kislev 01 5747	11/9	Sally Fine Kislev 12 5756	11/20
Rose Jaffe Kislev 2 5730	11/10	Bella Slaminsky Kislev 13 5706	11/21
Louis Penziner Kislev 03 5727	11/11	Freya Maier Kislev 16 5764	11/24
Frank Rawitz Kislev 06 5743	11/14	Sarah Feldblum Kislev 18 5728	11/26
Joyce Victor Kislev 06 5773	11/14	Barbara Joslyn Kislev 18 5754	11/26
Mildred Hillman Kislev 07 5753	11/15	Susan Parker Kislev 18 5760	11/26
Nechame Soloveichik Kislev 08 5701	11/16	Monroe Lefkowitz Kislev 20 5770	11/28
Gussie Osterweil Kislev 08 5735	11/16	Harry Smith Kislev 20 5739	11/28
		Arthur Fastenberg Kislev 21 5760	11/29

Interfaith Community Vigil for Pittsburgh on November 1st

THE JEWISH FEDERATION OF THE BERKSHIRES • INVITES YOU TO JOIN US FOR AN

.....

INTERFAITH COMMUNITY
VIGIL FOR PITTSBURGH

.....

THURSDAY, NOVEMBER 1 • 5:45PM

.....

KNESSET ISRAEL
16 COLT ROAD, PITTSFIELD, MASS.

.....

We invite you to stand with us in fellowship
& prayer as we honor the lives lost at the
Tree of Life Synagogue in Pittsburgh.

Together, we will recommit ourselves to
lives guided by love and respect for all.

All are welcome • Program details to follow.

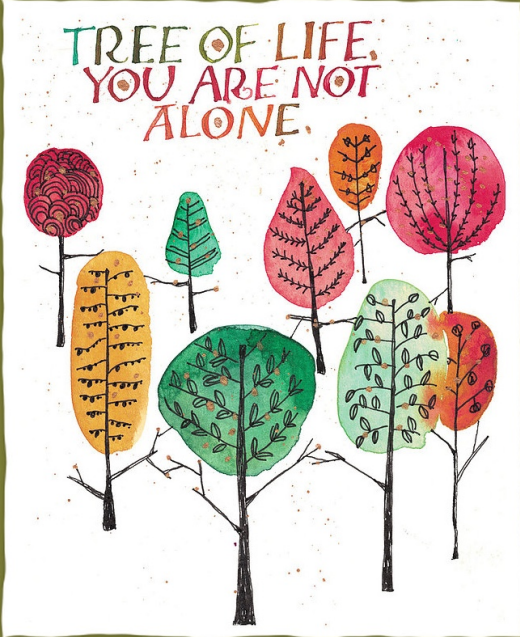




IMAGE BY SUSAN ITO @ITOSKRIBE

PJ Library Pajama Drive

 Jewish Federation
OF THE BERKSHIRES

 PJ Library

**PAJAMA
DRIVE**

November 1 - December 7

It is disturbing that during the cold winter months many children in our community go to sleep cold, without the comfort of warm pajamas.

To meet this critical need, PJ Library, is running a community-wide pajama drive.


Questions? Contact Susan Frisch Lehrer, (413) 442-4360, ext. 14, slehrer@jewishberkshires.org

Drop off your brand new pajamas (sizes newborn to teen) at any of these convenient locations:

- Jewish Federation of the Berkshires
- Hevreh of Southern Berkshire
- Congregation Beth Israel

Your generous donations will be delivered to the MA Department of Children and Families in Pittsfield.

Thank you for your Support!



PJ Library in the Berkshires is made possible by generous support of the Jewish Federation of the Berkshires, the Spitz-Tuchman Family Fund, The Jewish Women's Foundation and the Harold Grinspoon Foundation.