

TEMPLE SINAI (Established July 6, 1955)

Rabbi Séverine Sokol (1-314-628-9196)

rabbiseverine@gmail.com

Administrator - Mary Beth Colgan - admin@nnsinai.hrcxmail.com

(757) 596-8352 - office (757) 596-8492 - fax

Web address: <http://www.templestinai-nn.org/>

www.facebook.com/pages/Temple-Sinai/1617396673526096

twitter account, address: [@templestinai_nn](https://twitter.com/templestinai_nn)

MAY 2017 - 5777



A Message from the Rabbi

Dear Friends,

Our tradition rightly teaches that "it is only thanks to the breath of schoolchildren that the world endures." (B. Shabbat 119b).

Our Religious School children are such an integral part of Temple Sinai, we are ever so proud of them. They are truly an inspiration and never cease to amaze us!

This past year, we were blessed to have congregants lead unique projects (from challah cloth making and gardening to cooking and musical activities) and other congregants serve as substitute teachers.

The students really enjoyed those highlights and it was just wonderful seeing such great intergenerational learning happening!

As our Religious School year draws to a close, let us take the time to appreciate how much they have learned and grown over the months.

They have been busy preparing for the End of Year / Recognition Shabbat service scheduled for Saturday, May 13, at 10 a.m.

I hope you all will plan to join us on that occasion, root for our amazing students, and stay for the potluck lunch immediately following services.

It will be a great way to connect with one another and enjoy a special service and a delicious meal!

Please let Mary Beth know what dish you are planning to bring so that she can best coordinate efforts.

We look forward to seeing you then!

Rabbi Severine Sokol

Welcome new member:

Daniel Akers (student @ ODU)
110 Kenneth Drive
Seaford, VA 23696
757-890-0471

Brotherhood Breakfast - May 21st @ 10:00 a.m. Paul Brindza will be speaking about Jefferson Lab.

Potluck Luncheon

Join us for Temple Sinai's pot luck luncheon following Religious school Recognition Service on ***Saturday, May 13th!!*** This will be a great opportunity to enjoy a delicious Shabbat homey meal in good company. Call the Temple office (596-8352) to sign up by Monday, May 7th.



Suggested items: bagged salads, pasta salad, dips, chips, spreads, sliced cheese, tuna salad, egg salad, chicken salad, boiled eggs, cut up veggies, pitted olives...or bring your favorite item. For allergy and kashrut purposes no nuts, sunflower/safflower, coconut, pork or shellfish. Provided: beverages (non-alcoholic), rolls, crackers, salad dressing, fresh fruit & dessert.



**Religious Calendar
MAY 2017**



7:30 p.m., Friday, May 5th

Shabbat/Yom HaAtzmaut Service

Torah Portion: **Acharei**
(Lev. 16:1-20:27)

Candle Intro: Shirley Stein

Greeting Usher: Monique Aronsohn

Kiddush Intro: Paul Aronsohn

Security Usher &

Announcements: Paul Brindza

Pre-Oneg Shabbat @ 6:45 p.m.

Childcare as needed - call Temple office

Friday, May 12th - NO Shabbat Eve Service

10:00 a.m., Saturday, May 13th

Religious School Service. Pot luck luncheon to follow.

Torah Portion: **Emor**
(Lev. 21:1-24:23)

Greeting Usher: Lona Ross

Torah Reading: Cantor Sarah Pscheidt

Readers: Gary & Jena Chenkin and
James & Charlene
Gilbert

Security Usher &

Announcements: Ilene Leiss

NO Childcare available

7:30 p.m., Friday, May 19th

Shabbat Service of Healing

Torah Portion: **Behar/Bechukatai**
(Lev. 25:1-27:34)

Greeting Usher: Marge Hutt

Candle Intro: Leslie Borwick

Kiddush Intro: Mel Hutt

Torah Honors: John Butler

Pre-Oneg Shabbat @ 6:45 p.m.

No Childcare available

7:30 p.m., Friday, May 26th

Shabbat Service

Torah Portion: **Bamidbar**
(Num. 1:1-4:20)

Greeting Usher: Larry Chenkin

Candle Intro: Gloria Ostroff

Kiddush Intro: Lynne Schofield

Torah Honors: Paul Brindza

Security Usher &

Announcements: Aaron Ostroff

Pre-Oneg Shabbat @ 6:45 p.m.

NO Childcare available

Oneg Fund

It is now easier than ever to sponsor an Oneg by making a contribution to the newly established Oneg Fund. For a \$36 contribution you can celebrate a birthday, anniversary, and other special event or honor or remember a friend or family member. The contribution covers the cost of food, beverages, paper goods and a kitchen assistant to take care of setup and cleanup.

Contributors are listed in the weekly service program and in the monthly Temple bulletin, and their names are read during the announcements at Shabbat Services. Please see the flyer in this bulletin.

April 14th

The Chenkin family in memory of Jene Schoenike, Reba Chenkin & Isadore Chenkin

April 21st

Ms. Sharon Stieffen in memory of Joseph Schneider.

May 5th

Donn Turner & Irene Jacobson in memory of Gene Turner

Misc donation

Donation made by Mrs. Mary Heatwole

Mazel Tov



Anniversaries: Jeff & Kelli Caplan,
Sid & Helen Mittelman, C.F. Scott &
Christina Verderosa

Birthdays: Monique Aronoshn, Rita Byalik, Matthew Caplan, Carly Finneran, Stu Flechner, Stanley Goldberg, Barbara Seligman, Sheila Schoenberg, Helaine Shinske, Neal Sokol, Alice Timins, Mike Ware,

Yahrzeits



April 30 - May 6 (4 - 10 Iyar)

Rose Solomon Fleischer	Apr.	30	
A. Luie Fass		30	Father, Arthur Fass
Isadore Chenkin	May	1	Father, Larry Chenkin & Grandfather, Gary Chenkin
Jason Cartwright		1	Son, Nancy Rader
Stephen C. Ross		2	Husband Ross
Gene Turner		2	Brother, Donn Turner
Abraham Sonnenshine		2	Father, Jill Neuschaefer
Esther Bartman		3	Mother, Lorraine Holzweig
Bertha Gersten		3	Mother, Mel Hutt
Virginia Shakshober		3	Mother, Jenny Cissa
Morrel Gurdin		3	
Dr. Sigmund Newman		3	Father, Lona Ross
Abraham Leiss		4	Father, Ilene Leiss
Elwood Silverstone		4	Cousin, Lona Ross
Dr. Seymour Falk		5	Uncle, Paul Aronsohn & Leslie Borwick
Leonard J. Leavitt		5	Husband, Beryl Leavitt
Milton Mound		5	
Eva Arch		6	
Lucy J. Socolow		6	
Sylvia Knee		6	Aunt, Ilene Leiss

Names will be read during Shabbat/Yom HaAtzmaut Service on Friday, May 5th @ 7:30 p.m.

May 7 - May 13 (11 - 17 Iyar)

Philip A. Sporkin	Iyar	17	Father, Larry Sporkin
Alice Cohen Ball	May	7	
Elisabeth Gorfinkel MacDonald		7	
Esther Walter		7	
Donald F. Baddock		8	
George Harmonay		8	Father, Lynn Harmonay
Richard J. Mellman		9	Father, John Mellman
Aaron J. Brown		10	
Doris M. Seligman		11	Cousin, Jack Seligman
Elisha Goldfarb		11	
Miriam Hochberg		12	Mother-in-law, Larry Chenkin; Grandmother, Gary Chenkin
Richard L. Zernes		13	
Irwin B. Freedman		13	Father, D. Jay Freedman

Names will be read during Religious School Service on Saturday, May 13th @ 10:00 a.m.

May 14 - May 20 (18 - 24 Iyar)

Jennie Lipsitz	May	14	Mother, Sheila Schoenberg
Roberta Barron		14	Cousin, Shirley Stein
Richard Meyer		14	Cousin, John Mellman
Maurice Bonomo		16	
Carlyn Lessner Scher		17	Aunt, Lona Ross
Sol Nachman		18	Grandfather, Sue Anne Bangel & Joanne Roos
Martin Saxon		18	
Yetta S. Berman		18	
Eda Levinson		18	Grandmother, Lucy Sukman
Adele Hoffman Gall		18	Sister, Buddy Hoffman
Moe M. Friedman		19	
Phillip Berman		19	
Ida Ainhorn Cooper		20	Mother, Paul Cooper

Names will be read during Shabbat Service of Healing on Friday, May 19th @ 7:30 p.m.

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May 21 - May 27 (25 Iyar - 2 Sivan)

Reuben Margolis	May	21	
Nathan N. Popper		21	
Stan Caplan		21	Father, Jeff Caplan
Henry Seesholtz		21	
Michael Knee		21	Cousin, Ilene Leiss
Pauline P. Koppelman		22	
Malva Irene Lustig		22	
Joseph Goodman		23	Father, Jean Fass
Martin T. Lee		23	
Morris Gerber		24	
Lillian Golombik		25	
Ben Leiss		25	Uncle, Ilene Leiss
Esther Newman Popper		25	
Robin Smith		25	Sister, Nancy Diehl
Emanuel Stein		25	Father-in-law, Shirley Stein
Harold L. Baum		26	Uncle, Ilene Leiss
Eleanor Janis Eisenman		26	
Joseph A. Gordon		27	
Syliva Scheuer		27	Sister, Helen Mittelman

Names will be read during Shabbat Eve Service on Friday, May 26th @ 7:30 p.m.

May 28 - June 3 (3 - 9 Sivan)

Josepf Feygelson	Sivan	7	Father-in-law, Vera Feygelson
Jennie Volk Levine	May	28	Mother, Alice Rubinstein
Anna Lee Kahn Goldfarb Liverman	May	30	Mother, Dianne Haley
Ervin Bagel Kline		31	
Selma Bellovin	June	1	Sister, Daniel Meyerson

Names will be read during Shabbat /Shavuot Service on Friday, June 2nd @ 7:30 p.m.

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Nutritional Information

Seeds are a wonderful source of fiber, heart healthy fats, minerals, and even protein, but it seems that few people utilize them in their daily food choices. I think seeds are really cool because just a little can go a long way in both nutrition and taste. Seeds can be especially valuable if smaller portion sizes are important for you because they add so much without adding a lot of volume. Getting into the habit of sprinkling some flax or sunflower seeds on a salad can add flavor and texture while also adding to the nutrient density of the meal. Chia seeds are great for puddings, yogurt, or even cold drinks. In fact, adding a tablespoon of chia seeds to a juice, tea, or fruit-infused water can turn the drink into a fun texture that is often

more refreshing and satisfying. There are even drinks on the shelf of most grocery stores that have chia seeds added to them. Oatmeal is also another great seed-eating opportunity. Flax, pumpkin, or hemp seeds can dress up oatmeal along with fruit for a filling and nutrient-packed breakfast or snack. You can also add seeds to your diet simply by choosing products that are already made with them. There are tons of options for breads, crackers, cereals, tortilla chips, trail mixes, energy bars, and even restaurant meals that contain a mix of seeds. The options are really endless so keep an eye out for new products or recipes that can help you keep seeds a regular part of your diet.

Sarah Dill



***** **JEWISH COOKING SERIES** *****



If you are up for a delicious and delightful adventure, join Rabbi Sokol on Wednesdays (see the dates below), at 11 a.m., at Temple Sinai, for a Jewish cooking series!

Travel with her and fellow community members throughout the ages and the world and discover amazing aromas and tastes along the way...

Rabbi Sokol will share family recipes from France, North Africa and Israel. The class will include culinary tips, enchanting Jewish stories, enlightening teachings about our tradition, and more!

Whether you are an experienced cook interested in widening your repertoire, someone who is beginning their culinary adventure, or simply curious to taste new treats and expand your horizons, look no further, this class is for you! Not only will you have fun preparing appetizers with the group but you will also get to sample them!

Cost per person, per single class (to cover food expenses):

-Temple Sinai members: \$ 5

-Non members: \$ 7

RSVP to the Temple office at [596-8352](tel:596-8352) or admin@nnsinai.hrcoxmail.com no later than the Friday preceding each class (please see below). Payment to the Temple office is also due that day.

CLASS #5: MAY 3 - (RSVP & pay by April 28) TOASTED PINE NUT HUMMUS FROM ISRAEL. Nothing like freshly made hummus whipped up from scratch!

CLASS #6: MAY 10 - (RSVP & pay by May 5) MOROCCAN MEAT BALLS (KEFTA). One bite of these flavorful mouth watering delights and you will find yourself swept away.....

CLASS #7: MAY 31 - (RSVP & pay by May 26) TOMATO, PEPPER, EGG & FETA SHAKSHUKA FROM NORTH AFRICA. How could such a unique dish of fiery colors and flavors not bring sunshine to your life?!

CLASS #8: JUNE 7 - (RSVP & pay by June 2) TOMATO CUCUMBER ISRAELI SALAD, MY WAY. This delicious summery salad will put a fresh spin on your Mexican salsa!

Change of address:

Lou & Sandra Teichman
50 Wellesley Drive #118
Newport News, VA 23606

Contributor's Corner



ENDOWMENT FUND
IN HONOR OF THE MARRIAGE OF SELMA
& NORMAN PETOCK'S GRANDDAUGHTER by Mr. &
Mrs. Mike Keech. Donation made by Mrs. Joan Shulman

Mark your calendars:

Annual calendar meeting - Thursday, June 8th @
2:00 p.m. Please have any dates that you want on the
FY17-18 calendar to Mary Beth by Monday, June
5th.

Annual congregational meeting Sunday, June 11th
@ 11:00 a.m.

Sisterhood Trip - Save the Date

June 4th at noon - Join the Sisterhood for lunch at Regino's
Italian Restaurant followed by a tour of the Norfolk Botanical
Gardens. This is open to all Temple members and their guests.
Car pooling will be available. Please contact Leslie Borwick at
d1borwick@cox.net or 757-850-2394 if you would like to attend.
More information will be in future e-mail blasts.

Now it's easier than ever to sponsor an Oneg

The word "Oneg" means delight, and there are many occasions that provide a reason to share delight with our Temple Sinai family.

And now the Sisterhood has made it even easier, with the introduction of the Oneg fund. For only \$36 you can mark that special occasion.



Celebrate a birthday, anniversary, graduation, retirement, promotion or honor or remember a friend or family member by contributing to the Temple Sinai Oneg fund.

Your contribution helps provide an assortment of food and drinks as well as a kitchen assistant to take care of set up and clean up.

Contributors are listed in the weekly service program and in the monthly Temple bulletin, and their names are read during the announcements at Shabbat services.

To contribute to the Oneg fund, just fill out the form below and send it to Mary Beth Colgan at Temple Sinai, along with \$36 for each Oneg you wish to contribute to. Share your joy and remembrances with your friends and family at Temple Sinai.

Name: _____

Phone: _____ email: _____

I would like to contribute to the Oneg fund for the following occasions:

In honor of /memory of _____

Date _____

In honor of /memory of _____

Date _____

In honor of /memory of _____

Date _____

In honor of /memory of _____

Date _____

Please enclose a check for \$36 for each Oneg payable to Temple Sinai Sisterhood.

Please mail the completed form to:

Temple Sinai Oneg Fund

11620 Warwick Blvd.

Newport News, VA 23601

You can get something for a dollar!



You can get a birthday or anniversary greeting card sent and help Temple Sinai.



For just \$1 per person, we will sign your name to a birthday or anniversary card and mail it for you. No last minute trips to the store, no mad dashes to the post office, no wracking your brains for clever posts on Facebook. Temple Sinai Sisterhood will take care of it all. All proceeds will help Sisterhood continue its programs. All you have to do is fill in the names on this list, indicate birthday or anniversary, and mail it and your check to:

Jena Chenkin
612 Burton St.
Hampton, VA 23666

(Sender and recipients must be Temple members)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



Have more than 10 friends? Just turn the sheet over and continue on the back. Thank you



Enjoy a taste of New York

with a deli-style corned beef lunch from Temple Sinai

Each lunch includes:
a corned beef sandwich on rye
chips, dill pickle, cole slaw, gourmet cookie, condiments,
plastic ware and napkin

for only \$10
Wednesday, May 24
10:30 a.m.-1 p.m.

We will deliver orders of 10 lunches or more between 10:30 and noon or you can pick up
your order at Temple Sinai between 10:30 and 1 p.m. (Please enter on Gatewood Rd.)
All orders (delivery or pickup) must be prepaid and received by May 11, 2017.

Corned Beef Lunch Order Form

Name of person or business _____

Delivery address _____

Email _____ Phone _____

Total # of lunches x \$10 (10 minimum for delivery) \$ _____

Please mail check and order to : Temple Sinai
11620 Warwick Blvd.
Newport News, VA 23601
596-8352

May 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<i>1</i>	<i>2</i> Yom HaAtzmaut	<i>3</i> <u>11:00 a.m.</u> Jewish Cooking Series	<i>4</i>	<i>5</i> <u>7:30 p.m.</u> Shabbat/Yom HaAtzmaut Service (Childcare as needed - call Temple office)	<i>6</i>
<i>7</i> <u>10:00 a.m.</u> Relg. School (TS) & (RST—meet but go off campus) NO Adult Education	<i>8</i> <u>7:00 p.m.</u> Sisterhood Meeting	<i>9</i> <u>7:00 p.m.</u> Temple Board Meeting	<i>10</i> <u>11:00 a.m.</u> Jewish Cooking Series	<i>11</i>	<i>12</i> NO Shabbat Eve Service	<i>13</i> <u>10:00 a.m.</u> Religious School Service followed by Pot luck luncheon
<i>14</i> MOTHER'S DAY <u>1:00 p.m.</u> Adult Education Class	<i>15</i>	<i>16</i>	<i>17</i> <u>1:30 p.m.</u> NCJW Book Club Meeting	<i>18</i>	<i>19</i> <u>7:30 p.m.</u> Shabbat Service of Healing (No childcare Available)	<i>20</i>
<i>21</i> <u>1:00 p.m.</u> Adult Education Class <u>10:00 a.m.</u> Brotherhood Breakfast	<i>22</i>	<i>23</i> Prep for Brown Bag Fundraiser	<i>24</i> <u>10:30a.m. -1:00 p.m.</u> Brown Bag Fundraiser Pick up	<i>25</i>	<i>26</i> <u>7:30 p.m.</u> Shabbat Eve Service (Childcare as needed - call Temple office)	<i>27</i>
<i>28</i>	<i>29</i> MEMORIAL DAY OFFICE CLOSED	<i>30</i>	<i>31</i> SHAVUOT <u>11:00 a.m.</u> Jewish Cooking Series			