TEMPLE SINAI (Established July 6, 1955)

Rabbi Séverine Sokol (1-314-628-9196)

rabbiseverine@gmail.com

Administrator - Mary Beth Colgan - admin@nnsinai.hrcoxmail.com
(757) 596-8352 - office (757) 596-8492 - fax

web address: http://www.templesinai-nn.org/
www.facebook.com/pages/Temple-Sinai/161739667352609

ebook.com/pages/Temple-Sinai/16 President - C.F. Scott FEBRUARY 2016



A Word from the Rabbi

"Each person's heart is mirror to another's" (Yiddish proverb)

As you know our Caring Committee, Temple Sinai's beating heart, is one of our synagogue's greatest strengths. We all care deeply for one another.

As someone rightly said, the congregation IS the Caring Committee. We all, in our own ways, participate in the well being of our community, we do not rely solely on the work of a few congregants.

In the same way, the co-chairs of the Caring Committee could not fulfill their tasks without the help of their committee and without your help, just as, as amazing a leader as he was, Moses needed the help of 70 elders in his community to lead wisely and efficiently.

Michele Linn and Jill Keech have co-chaired the committee beautifully, responding and reaching out to our congregants in times of need, with the help of their co-workers. The committee has been an immense source of support and comfort to so many of us!

I wanted to thank Jill for all her time and hard work as Co-Chair of the Caring Committee. Jill took her responsibilities very seriously and was always there for our sick congregants. She displayed so much concern, compassion, understanding, generosity and diligence in all her undertakings! I am so grateful to Jill for her dedication, and even though she is no longer able to serve as Co-chair, I am delighted that she will continue to be involved in the committee and to help in any way she can.

I am pleased to let you know that Sheila Schoenberg has graciously agreed to co-chair the committee with Michele. Our heartfelt thanks go to Sheila for her willingness and readiness to play such a vital role in our community.

Like Jill, Sheila is very active in our synagogue. She has been a member of the Caring Committee, she has also been involved in the Ritual Committee, among others, and of course she is a wonderful person! There is no doubt the Caring Committee and Temple Sinai are in great hands.

L'Shalom,
Rabbi Séverine Sokol



Paul & Monique Aronsohn invite you to join them as their son Samuel becomes a Bar Mitzvah on Saturday, February 27th, 2016 at 10:00 a.m.



Help Samuel Aronsohn with his mitzvah project. Samuel Aronsohn, son of Paul & Monique Aronsohn, Bar Mitzvah is Saturday, February 27th @ 10:00 a.m. His mitzvah project is for the No Kill Animal Shelter in Hampton. He is collecting can & dry dog food (only one brand, Purina One), brooms, bleach and dish soap and toys. Items can be dropped off at the Temple.

Religious Calendar FEBRUARY 2016



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

Shabbat Eve Service

Torah Portion: Mishpatim

(Exod. 21:1-24:18)

Candle Intro: Marge Hutt
Kiddush Intro: Paul Aronsohn
Torah Honors: Judy Kline

Greeting Usher: Monique Aronsohn

Security Usher &

Announcements: Larry Linn

Oneg Shabbat sponsored by Dr. & Mrs. Marvin Kaplan in celebration of his

birthday

Childcare available

7:30 p.m., Friday, February 12th

Shabbat Eve Service

Torah Portion: <u>Terumah</u>

(Exod. 25:1-27:19)

Candle Intro: Elisa & Carly Finneran

Security Usher &

Announcements: C.F. Scott

Kids Learning Activities available

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

Shabbat Eve Service

Torah Portion: <u>Tetzaveh</u>

(Ezekiel 43:10-27

Candle Intro: Mary Heatwole

Kiddush Intro: Christina Verderosa

Torah Honors: John Mellman Greeting Usher: Ilene Leiss

Security Usher &

Announcements: John Mellman Kids Learning Activities available

10:00 a.m., Saturday, February 27th

Bar Mitzvah of Sam Aronsohn, son of

Paul & Monique Aronsohn

Security Usher &

Announcements: Irene Jacobson

Childcare available

The Jewish Book Club Event that was postponed due to the inclement weather on January 24th, is now scheduled for Sunday, February 7th @ 2:00 p.m. It will feature Lee Mandel, author of "Unlikely Warrior: A Pacifist Rabbi's Journey from the Pulpit to Iwo Jima". (see flyer in other part of bulletin)

In addition to our occasional year round babysitting, we offer an Educational Childcare program, also open to the children of Temple Sinai members and to the children of non Members alike and free of charge.

Carly Finneran, who is very active in NFTY and has worked as a CIT at the UJC Summer camp, will be leading activities on the following dates:

February 12, 2016 (Friday, 7:30 PM) February 19, 2016 (Friday, 7:30 PM)

April 2, 2016 (Saturday, 10:00 AM) April 22, 2016 (Friday, 7:30 PM)

May 13, 2016 (Friday, 7:30 PM) May 27, 2016 (Friday, 7:30 PM)

June 10, 2016 (Friday, 7:30 PM) June 24, 2016 (Friday, 7:30 PM)

The program is a special extra curricular enrichment program that comes to supplement all the good learning that our students do at Religious School on Sundays! The children will be engaged in various learning activities such as Jewish children's prayers, Jewish art projects, Jewish holiday activities, Jewish stories...and more! Sometimes they will also attend part of the service in the sanctuary on Jewish holidays.

The following recycled materials are needed for Religious School / SHABBAT SHELI. If you have such supplies and do not know what to do with them please give them to Rabbi Sokol!

- Egg cartons (not plastic)
- Buttons
- Beads
- Fabric
- Bottle caps (all kinds)
- Tape (all kinds)
- Sea shells (small)
- Key chain rings
- Dry beans / pasta

Music Under the Star Music from the past to benefit Temple Sinai of the future

Temple Sinai's March 6th Music Under the Star fundraiser will feature Virginia Symphony violinist Pavel Ilyashov who will perform for us. Following the concert, we will have a delicious Italian buffet planned by temple members Lynne Harmonay and Gholam Farrokhpour, and prepared by Gholam, an accomplished chef.

Luncheon music will be provided by talented blues guitarist Zack Salsberry, who is the grandson of temple members Barbara and Stu Flechner.

A few words about Ilyashov, who has been enthusiastically applauded by audiences throughout Europe, Asia and the Americas for his performances as soloist, recitalist and chamber musician: The Miami Herald described his playing as a "breathtaking display of virtuosity and rhapsodic expression." Ilyashov is originally from Minsk, Belarus. He is a graduate of the Curtis Institute of Music in Philadelphia. In addition to performing, he has taught masterclasses at numerous festivals throughout the Americas.

There is no cost to attend this special event but donation giving cards will be distributed. Funds raised will benefit the Rabbi's Fund of our temple. Music Under the Star Table Captains are calling temple members to take their reservation.

Join us, enjoy a great concert, great food and friendship and make a contribution to ensure the future of Temple Sinai.

If you need additional information, please contact Jill Keech at <u>orioles@cox.net</u> or at 757-871-6724.





It's time to get back to work in the Biblical Garden. Our next garden workday will be held Sunday, Feb. 21, starting at 10 a.m. We will be doing a lot of pruning and cutting, so please bring saws and loppers. A chain saw would also be helpful.

We are also looking for volunteers to help get the Herb Garden restarted. We will provide seeds, pots and soil to anyone who can help get some seeds started in January and February so they can transferred to the garden once the threat of first is over. For more information, contact Christina Verderosa at 874-8174 or verderosahcxristina@yahoo.com.

Brotherhood Breakfast

The Brotherhood will have their next breakfast meeting on February 28th with our very on Christina Verderosa as the guest speaker. The subject will be the Temple Biblical Garden. It is time for the spring clean up and pruning. Christina and Jan Rockoff have put in many hours in trying to make the Garden the beautiful garden it once was. Please join us for this presentation.

Larry Linn
Brotherhood President

Sisterhood has arranged for a trip to the Virginia Museum of Fine Arts on March 13th at 1pm. This includes a group tour of the American Art collection and tickets to the Rodin exhibit. We will have lunch before hand. The cost for the museum is \$19, lunch is at your own expense. This is open to all Temple members and guests. Please RSVP to Leslie Borwick at dlborwick@cox.net or 757-850-2394 as soon as possible but no later than February 21st. Carpooling will be arranged. More information will be forth coming.

LifeLong Learning Brochures - The LifeLong Learning Society of Christopher Newport University invites those of you of retirement age, to expand your horizons. Join LLS to register for exciting classes, trips, concerts and lectures. You may also participate in the book club, the bridge group, discussion group or Mahjongg. Join your peers for an exciting Spring at the Yoder Barn. To join, register by mail or call 269-4368 or visit lifelonglearning.cnu.edu. Spring classes begin January 25th. Brochures are available in the Temple library.

Change of membership info:

Lou & Sandra Teichman 223-9994

Contributor's Corner

ANNA LEE & EDWARD E. KAHN MEMORIAL



BIBLICAL GARDEN

IN MEMORY OF IRENE RUBEN by Mrs. Shirley Stein; EUGENE OSTROVSKY by Mrs. Shirley Stein

ENDOWMENT FUND

IN MEMORY OFMATILDA WACHSMAN, SAMUEL WACHSMAN, ARNOLD R. WACHSMAN, SELMA BELLOVIN, LENA MEYERSON, WILLIAM MEYERSON, LEAH H. McKENNA by Mr. & Mrs. Daniel Meyerson; SONIA KLINE by Shirley Gilmont, Mr. & Mrs. Jack Seligman, John Butler, Mr. & Mrs. Larry Linn, Mr. & Mrs. Sid Mittelman, Mrs. Sheila Schoenberg, Dr. & Mrs. Dennis Katz, Mr. & Mrs. Aaron Ostroff, Lynne Schofield, Mr. & Mrs. James Harvell, Mrs. Shirley Stein, Dr. & Mrs. Larry Sacks, Mr. Larry Chenkin, Mr. & Mrs. Martin Krinick, Mr. & Mrs. Stan Glasofer, Mr. & Mrs. Michael Sukman, Jayne Zilber, Mr. & Mrs. Mike Keech, Ettalea Kanter; Gary & Janet Nachman, Betty Vaughn, Mr. & Mrs. Jerry Dohey; LONNIE ALVIS REEVES by Mr. & Mrs. Aaron Ostroff, Mrs. Shirley Stein.

RABBI'S DISCRETIONARY FUND
IN MEMORY OF PAUL BRINDZA'S NEPHEW by
Mr. & Mrs. Arthur Fass

No Bricks BUTT We Have Seats Fundraiser Marilyn & Lawrence Starner

Caring Committee

The Caring Committee is pleased to announce that Sheila Schoenberg is the new co-chair and, along with Michele Linn, available to assist you with making arrangements to run errands, transportation to services and/or medical appointments, visiting in your home or hospital, checking in with you by telephone, helping with funeral/memorial service receptions held at the Temple, and other mitzvoth decided on a case-by-case basis. During the month of December, nine Caring Committee and one non-committee members performed 18 mitzvoth in the above categories and the January numbers will be published during the first week of February. Please contact Sheila, Michele, or the Temple as soon as you know you will need assistance so arrangements can be made to accommodate you. As a reminder, we cannot guarantee last minute requests.

Sheila Schoenberg (757) 357-5362 sheilars@charter.net

Michele Linn (757) 868-7421 mlinn3@verizon.net

Mazel Tov

Anniversaries: Vladimir & Rita Byalik, Stu & Barbara Flechner, Larry & Michele Linn, Jacob & Lucie Polderman, Maynard & Dorothy Weber



Birthdays: Sam Aronsohn, Sue Anne Bangel, Sonya Bloch, Amber Bodisch, Nancy Diehl, Henry Goldner, Marvin Kaplan, John Mellman, Joanne Roos, Aviva Salasky, Mazal Sokol

Nutritional Information

Now that we're in a new calendar year, every store seems to have a shelf dedicated to products claiming to detox and cleanse your body to help you jumpstart a healthy lifestyle. The quickest and easiest way to determine which of these products is worth your money is to know that none of them are worth anything. When it comes to detoxifying and cleansing your liver and kidneys will do all the work for you so you can skip the pills and lemoncayenne water.

If you are interested in kick starting a new healthy chapter the best way is to make slow and realistic changes over time. Set goals that you know you can stick to and avoid anything majorly restrictive. For many people, restrictions and hard rules create desire that can interrupt progress. Instead, go back to the golden rule of "crowd out the bad" and find enough healthy meal choices that you no longer have room in your diet for junk.

Another option for those who have a bit of self-discipline and are maybe prone to cravings is to try cutting out any junk food you regularly eat for a week or two. Replace these foods with fruits, vegetables, whole grains, and water for that time and pay attention to how you feel. Many times this sort of temporary restriction can act as a restart for your cravings and habits. You may notice that when you eat the "bad" foods again that they aren't as enjoyable as they once were and you'll be more likely to keep with the foods you replaced them with.

Health is a journey and there are several paths there. The important thing is to persevere and remember that every day is a new chance for better choices. Happy January, everyone!

Sarah Dill

Yahrzeits



January 31 - February 6 (21 - 27 Sh'vat)

Tillie Nestler Sh'vat 24 Mother, Shirley Stein Joseph Aaron Stern Jan. 31 Sol Ellenson Feb. 1 Ida R. Jeruss 1 Samuel Cohen 2 Julian Lichtenstein 3 Lorraine Blcheman Drucker Florence Kahn 4 Fred William Wolpow 4 Brother, Paula Hoffman 5 Father, Dennis Katz Samuel Walter Katz Murray Hochberg 5 Father-in-law, Larry Chenkin Herman Tausig 6 Ralph Cooper 6 Father, Paul Cooper Ella Van Dam 6 Mother, Sonya Bloch

(Names will be read during Shabbat Eve Service on Friday, Feb. 5th)

February 7 - February 13 (28 Sh'vat - 4 Adar)

Fivesh Birzh	Adar	1	Grandfather, Vera Feygelson
Fannie Holzsweig		1	Mother, Buddy Holzsweig
Doreen Aronsohn	Feb.	7	Aunt, Paul Aronsohn & Leslie Borwick
Virginia Newman Popper		7	Aunt, Lona Ross
Zelig Gerber		8	
Eleanor Kellman		8	Sister-in-law, Shirley Stein
Hyman Bartman		10	Father,Lorraine Holzsweig
Fannie Butler		10	Grandmother, John Butler
Alfred Brown		11	Father-in-law, Paul Cooper
Ann Hickman		11	
Charlotte Kartokin		12	
Maxine Daniels Becker		13	
Herbert Liberman		13	
Miriam Schanzer		13	Mother, Eric Schanzer

(Names will be read during Shabbat Eve Service on Friday, Feb. 12th)

February 14 - February 20 (5 - 11 Adar)

Marilyn S. Cooper	Feb.	14	Wife, Paul Cooper
Sidney Holzsweig		15	Uncle, Buddy Holzsweig
Louis Eisenman		16	
Anna Flander		16	Grandmother, Steve Budman & Michele Linn
Jennie Katz Salow		16	
Samuel Miller		17	
Max Solomon		17	
Clare Lipman Austin		18	
David Ruben		18	Brother-in-law, Buddy Holzsweig
Rosalie Mover		19	Cousin, Sonya Bloch
Frances Bartman Cohen		19	Sister,Lorraine Holzsweig
Edward Mittelman		19	Brother, Sid Mittelman
Bessie Protheroe		19	Mother, Beryl Leavitt
Belle Frank		20	Mother-in-law, Norma Frank
Sophie Taylor		20	Aunt, Aaron Ostroff

(Names will be read during Shabbat Eve Service on Friday, Feb. 19th)

(cont'd next page)

(cont'd form previous page)

February 21 - February 27 (12 - 18 Adar)

Dr. Gerson Winter Father, Melvin Winter Anna Guttenplan 18 21

Aaron Harkavy Feb.

Kevin Zeff 21 Cousin, Ilene Leiss

Ben Becker 22

Peter Gorochovsky 22 Father, Rita Gorochovskaya (Byalik) Parris Brandon Wood 22 Friend, Sue Anne Bangel & Joanne Roos

Sarah Adler Radus 23 David Rabinowitz 23 Melvin Feldman 27 Samuel Miller 27 Leonard Leon Strick 27

Helen L. Baum Aunt, Ilene Leiss

(Names will be read during Shabbat Morning Service on Saturday, February 27th)

February 28 - March 5 (19 - 25 Adar)

Rosa Seesholtz 28 Feb.

Melvin Van Dam 28 Brother, Sonya Bloch

Eric Oppenheimer 1 Grandfather.Lynne Schofield Mar. Jechebet Topkis Roos Gerson 2 Mother-in-law, Joanne Roos

Edith Nachman Legum 2 Aunt, Sue Anne Bangel & Joanne Roos

Abe Nachman

Rebecca Ellis 2 Grandmother, John Butler Sid Sagman 5 Family Friend, Beryl Leavitt

Shirley Winter 5 Wife, Melvin Winter Art Rockoff 5 Husband, Jan Rockoff

(Names will be read during Shabbat Eve Service on Friday, March 4th

Floral Fund

Contact Sherri King (595-8100) Donation \$25.00



January 8th

Mrs. Sheila Schoenberg in memory of Florence Becker

January 15th

Sisterhood in memory of Sonia Kline

January 22nd

Sisterhood in memory of Lonnie Alvis Reeves Mr. Stanley & Andrew Goldberg in memory of Sara Goldberg

Dr. & Mrs. Dennis Katz in memory of Rose Silverstein Katz

January 30th

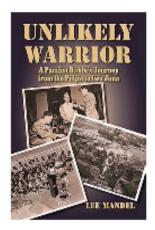
Lynne Schofield in memory of Nathan Altschuler Donn Turner & Irene Jacobson in memory of Lester Jacobson

February 5th

Dr. & Mrs. Dennis Katz in memory of Samuel Walter Katz

**A donation was made by Mr. Larry Chenkin in memory of Lonnie Alvis Reeves

New Date: From the Pulpit to Iwo Jima



Before you head off to your Super Bowl Party, come to Temple Sinai for the fascinating story of Rabbi Roland Gittelsohn.

When Gittlesohn was still a student, he embraced the cause of pacifism and once he obtained his own pulpit, preached passionate sermons opposing war for any reason. But all that changed with the attack on Pearl Harbor. Gittlesohn joined the Navy, and became the first Jewish chaplain assigned to the Marine Corps. While serving with them, he witnessed the horrors of the battle of Iwo Jima. During the dedication of the Iwo Jima cemetery, he gave a sermon, which came to be known as the "Gettysburg Address of WWII," where he extolled the "highest and purest democracy," represented by the fallen.



Lee Mandel is a retired US Navy doctor and historian who lives in Suffolk, Virginia.

"Unlikely Warrior:

A Pacifist Rabbi's Journey from the Pulpit to Iwo Jima"

Come hear Lee Mandel talk about his book Sunday, February 7 at 2 p.m.

at Temple Sinai 11620 Warwick Blvd. Newport News

"Unlikely Warrior" will be on sale in advance at Temple Sinai and at the event. Light refreshments will be served. This event is free and open to all.

Call 596-8352 for more information.

Lee Mandel's appearance is made possible through the Jewish Book Council network.



"And on your joyous occasions—your fixed festivals and new moon days—you shall sound the trumpets over your burnt offerings and sacrifices of well-being."

Number 10:10



Celebrate Rosh Chodesh with Temple Sinai Sisterhood

Rosh Chodesh.

the festival of the New Moon has become a traditional women's holiday.

According to legend, the holiday was a reward given to the women of Israel because they refused to surrender their jewelry for the creation of the Golden Calf. Because of their righteousness, the women were exonerated from working on Rosh Chodesh.

Wednesday, February 10 6 p.m.

Home of Michele Linn 107 Aquia Turn, Yorktown

The Rosh Chodesh service will be followed by a meal.

Please bring a dish for a potluck dinner.

RSVP to Michele Linn at 868-7421 or email mlinn3@verizon.net by Feb. 3..

Share the delight of Shabbat 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. Celebrate a birthday, anniversary, graduation, retirement, promotion or honor or remember a friend or family member by sponsoring an Oneg.

It's easy to do. There's no cooking, cleaning or set up involved. All you have to do is contact Sharon Stieffen and give her the date you want. Then you can send in your payment of \$100 for a full Oneg or \$50 for a co-sponsorship or Sisterhood can send you a bill.

If you prefer to make a smaller contribution, you can also make a donation to the Oneg Fund to help defray any additional costs not covered by sponsorships. All contributions to the Oneg Fund will be acknowledged in the bulletin.

Your sponsorship provides an assortment of food and drinks as well as a kitchen assistant to take care of set up and clean up.

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

If you have a special occasion, here's a chance to commemorate it with a special celebration after Shabbat services. Call Sharon Stieffen at 851-1381 or return the form below to her at 236 N. First Street, Hampton, VA 23664.

Name:	
Phone:email:	
I would like to sponsor an Oneg Shabbat for \$100 ()
co-sponsor an Oneg Shabbat for \$50 ()
In honor of	

Temple Sinai _{fould 1955} Music Under the Star



Temple Sinai Sunday, March 6 2 p.m.

Virginia Symphony violinist Pavel Ilyashov

will perform for us to help raise funds for the New Rabbi Fund at Temple

We will also have a delicious home-cooked Italian buffet and luncheon music by accomplished blues guitarist Zack Salsberry. Join us, enjoy a great concert, great food and friendship and make a contribution to ensure the future of Temple Sinai.

Pavel Ilyashov has been enthusiastically applauded by audiences throughout Europe, Asia and the Americas for his performances as soloist, recitalist and chamber musician. The Miami Herald described his playing as a "breathtaking display of virtuosity and rhapsodic expression."

Ilyashov is originally from Minsk, Belarus. He is a graduate of the Curtis Institute of Music in Philadelphia. In addition to performing, he has taught masterclasses at numerous festivals throughout the Americas.

For more information on this marvelous program, please call Jill Keech at 757-871-6724.

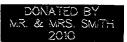
Temple Sinai 11620 Warwick Blvd. Newport News, VA 23601



NO BRICKS $\operatorname{\mathbf{BUTT}}$ WE HAVE SEATS FUNDRAISER

Donations \$100.00 per seat per plaque*

Actual size of plaque:



EXAMPLES:	20
14 characters/spaces per line; 3 lines maximum	
In Memory of	Bar (or Bat) Mitzvah of
In Honor of	Donated by
Ormake up your own message to honor a loved of	one or a significant event
Please make check payable to Temple Sinai and ma Temple Sinai 11620 Warwick Blvd	ail to:
Newport News, VA 23601	

^{*} By Temple Constitution, seats cannot be reserved or purchased.

SNAP (formerly Food Stamps)



Did you know that in Virginia

The minimum $\mathbb{S} \mathbb{N} \mathbb{A} \mathbb{P}$ benefit is \$192 a year?

If you are 50 or older

You qualify for a FREE JFS SNAP Coach

It can be confusing and difficult to get started!

SNAP Coaches will give you personal assistance with:

- Pre-Screening for SNAID eligibility
- Submission of new and renewal applications
- Paperwork and identification of medical deductions
 - Recertification Reviews

Mobility or Transportation Challenges? We will come to you!

Are your computer skills rusty or no computer, no problem,

our coaches have computer access and will help you apply!

- SNAID helps to **stretch** your food budget
- · Contact Libby Batten or Maryann Kettyle

at JFS of Tidewater At 757-459-4640

to schedule a confidential assessment today!

February 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5 7:30 p.m. Shabbat Eve Service (Childcare available)	6
7 10:00 a.m. Relg. School NO Adult Education 2:00 p.m. JBC event Author: Lee Mandel	8 7:00 p.m. Sisterhood Meeting	9 7:00 p.m. Temple Board Meeting	10 1:30 p.m. NCJW Book Club Meeting 6:00 p.m. Rosh Chodesh	11	12 7:30 p.m. Shabbat Eve Service (Children's Educational Learning Activities)	13
14 10:00 a.m. Relg. School 1:00 p.m. Adult Education	15	16	17	18	19 7:30 p.m. Shabbat Eve Service (Children's Educational Learning Activities)	20
21 10:00 a.m. Relg. School/ Biblical Garden Clean Up 1:00 p.m. Adult Education	22	23	24	25	26 NO Shabbat Eve Service	27 10:00 a.m. Samuel Aronsohn Bar Mitzvah (Childcare available)
28 10:00 a.m. Brotherhood Breakfast/ Relg. School 1:00 p.m. Adult Education	29					