

TEMPLE SINAI (Established July 6, 1955)

Rabbi Séverine Sokol (1-314-628-9196)

rabbiseverine@gmail.com

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www.facebook.com/pages/Temple-Sinai/161739667352609

President - C.F. Scott

JANUARY 2016



A Word from The Rabbi

Tu BiSh'vat is our New Year for Trees. The name "Tu BiSh'vat" literally means "the 15th of Sh'vat" (Sh'vat being a Hebrew month), which is when the holiday is traditionally observed. Tu BiSh'vat is said to have originated as an agricultural festival, celebrating spring's arrival in *Eretz Yisrael* (the Land of Israel). At this time in Israel, after the heavy winter rains have abated, the trees experience a rebirth.

Whenever we celebrate this holiday we are reminded how beautiful and precious nature is and it is customary to demonstrate our gratitude by planting trees in Israel. If you do not plan to travel to Israel this month, don't worry, you can send a donation to the JNF (Jewish National Fund or *Keren Kayemet l'Yisrael*) and they will take care of planting the trees for you. Your dedicated gift can be made on all kinds of occasions, religious and secular alike, in honor or in memory of those nearest and dearest to your heart, and it will come with your personal greetings and a special certificate of your choice. What better way of showing your love for our Holy Land and to the people you care for?

Since its inception, the JNF has planted millions of trees in Israel, which has helped sustain the beautiful deserts of the Holy Land, fulfilling the prophet Isaiah's vision, "The wilderness and the parched land shall be glad; and the desert shall rejoice, and blossom as the rose." (Isaiah 35:1). This project is in fact part of a broader picture and a master plan. For many years Israel has found creative ways of using very limited water resources.

Nearly 60 years ago Israelis broke ground with their "drip irrigation" system, enabling water to irrigate a plant's roots with greater precision and impact. Israel's achievements in desalination and water recycling have sparked interest around the globe. We can be proud of our brothers and sisters' scientific and ecological advancements.

So let us show our admiration and respect by contributing a tree or two to ensure the beautiful deserts of Israel continue to bloom. Planting a tree only costs \$18, which from a financial point of view is modest. However the Hebrew numerical value of 18, "*chai*", meaning "life", bears great spiritual significance. By being partners in this sacred endeavor we shall enhance life in Israel and we will be fortunate enough to enjoy the rewards of such a worthwhile mitzvah.

Wishing you all a Happy Tu BiSh'vat,
Rabbi Séverine Sokol



Religious Calendar
JANUARY 2016



7:30 p.m., Friday, January 1st

Shabbat Eve Service

Torah Portion: Shemot
(Exodus 1:1-6:1)
Candle Intro: Alice Rubinstein
Kiddush Intro: Lona Ross
Torah Honors: Robert Rubinstein
Security Usher & Announcements: Jacob Polderman
NO childcare available

7:30 p.m., Friday, January 8th

Shabbat Eve Service

Torah Portion: Va'era
(Exodus 6:2-9:35)
Candle Intro: Jill Keech
Kiddush Intro: Michele Linn
Torah Honors: Larry Linn
Greeting Usher: Shirley Stein
Security Usher & Announcements: Stu Flechner
Childcare available

7:30 p.m., Friday, January 15th

Shabbat Eve Service

Torah Portion: Bo (Exodus. 10:1-13:16)
Candle Intro: Helaine Shinske
Kiddush: Jack Seligman
Torah Honors: Barbara Seligman
Greeting Usher: Mel Hutt
Security Usher & Announcements: Judy Kline
Childcare available

6:00 p.m., Friday, January 22nd

Tu BiSh'vat Seder

Torah Portion: Beshalach
(Exodus 13:17-17:16)
Candle Intro: Ruth Gold Williams
Kiddush: John Mellman
Torah Honors: Judy Kline
Greeting usher: Lona Ross
Security Usher & Announcements: Larry Linn
Educational childcare program available

10:00 a.m., Friday, January 30th

Shabbat Morning Service

Torah Portion: Yitro
(Exodus 18:1-20:23)
Kiddush: Randy Rainville
Torah Honors: Rita Byalik
Greeting Usher: Susan Rainville
Security Usher & Announcements: C.F. Scott
Educational childcare program available

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:

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

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.

Save the date: Sunday, March 6, 2016, from 2:00 -5p.m.

"Music Under the Star" (as in our Jewish star) is our spring fundraising event. This concert will feature Pavel Ilyashov, the Virginia Symphony Orchestra violinist and Russian-born Jew who had an emergency and couldn't be with us for our "Raise the Roof" fundraiser last March. Highlighting the program will be wonderful music from the past to benefit Temple Sinai of the future, followed by a buffet of delicious Italian fare planned and prepared by Temple's Lynn Harmonay and Gholam Farrokhpour. Luncheon music will be provided by Zak Salsberry on guitar. An accomplished musician at only 16 years of age, Zak is the grandson of Temple members Barbara and Stu Flechner. Event proceeds will benefit the Rabbi's fund. There is no charge to attend but giving cards will be distributed for us to make our donations. Temple Table Captains will be calling members to issue a personal invitation to attend.



Contributor's Corner



ENDOWMENT FUND

IN MEMORY OF IRENE RUBEN by Mrs. Joanne Roos

Welcome new member:

Jenny Cissa
207 Ferguson Ave.
Newport News VA 23601
599-4761



Change of address:

Ruth Gold Williams
50 Wellesley Drive #126
Newport News, VA 23606



Nutritional Information

Soup is a wonderful staple food for colder months. It can be hardy, filling, low calorie, versatile, and easy to make. It is a super (souper?) easy way to pack a ton of nutrients into a single dish. This is one of the many reasons it's such a go to food for flu and cold season. There are tons of great recipes out there for single pot stews that are quick and don't require a lot of effort. Soups that are store bought are often very high in sodium and not usually of very high quality. Making your own soups can ensure that the sodium content is low while the flavor is still rich. Soups can also be a great way to use leftover produce and grains that you may otherwise end up throwing out. You can even save and freeze kitchen scraps or less than perfect vegetables to make your own broth and reduce waste. A great rule of thumb that I like to follow when throwing together my own soup is to include at least 3 vegetables, a grain, and a protein. Lower fat proteins like beans and lean chicken are excellent options that keep the soup filling but not oily. Don't be afraid to experiment! Some of the best soups are those that come from cleaning out the refrigerator and hoping for the best.

I hope you all have a safe, happy, and healthy new year!

Sarah Dill



Mazel Tov

Anniversaries: Bill & Sue Anne Bangel,
Manfred & Sonya Bloch, Dennis & Karen Katz,
Larry & Tina Sporkin



Birthdays: John Butler, Vladimir Byalik, Norma Frank,
Lynn Harmonay, Paula Hoffman, Buddy Holzswieg,
Marge Hutt, Karen Katz, Beryl Leavitt, Ilene Leiss,
Michele Linn, June Mellman, Rita Meyerson, Linda Roos,
Jay Shinske, Lucy Sukman, Lou Teichman

Floral Fund

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



November 27th

Dr. & Mrs. Marvin Kaplan in memory of Mary Spring &
Solomon Kaplan
Mr. & Mrs. Sid Mittelman in memory of Leslie Scheuer

December 4th

Mr. & Mrs. Mel Hutt in memory of Toby Zimmerman
Sisterhood in memory of Irene Ruben

December 19th

Dr. & Mrs. Marvin Kaplan in memory of David Spring

December 25th

Wendy Shulman & Paul Brindza in memory of Marvin
Shulman
Mrs. Lona Ross in memory of Harry Rosenblum

January 8th

Wendy Shulman & Paul Brindza in honor of her mother,
Joan Shulman birthday

January 22nd

Mr. & Mrs. Maynard Weber in memory of Frances
Weber

Many thanks to the sisterhood volunteers who helped set up and man the gift shop at the Jewish Community Center during the book fair in November. They were Michele Linn, June Mellman, Lynn Schofield, Shirley Stein, Lucy Sukman and Christina Verderosa. Their willingness to help was greatly appreciated.

Ruth Sacks

THANK YOU

Yahrzeits



December 27 - January 2 (15 - 21 Tevet)

Richard Pollen Dubroff	Dec.	27	
Adolph Goldman		29	
Leah W. Gordon		29	
William Meyerson		29	Father, Daniel Meyerson
Harry B. Roos		29	Father-in-law, Joanne Roos
Rena Nachman Kates		30	Mother, Sue Anne Bangel & Joanne Roos
Min Nestler		30	Aunt, Shirley Stein
Elizabeth Lichtenstein Jaffe	Jan.	1	
Lorene Cates		1	Grandmother, Sherri King
Edith Dubroff		2	
Bitsy Mirmeslstein Goduti		2	
Annie Hessels Johnston		2	Mother, Monique Aronsohn
Paul Bodisch		2	Brother, Lynn Harmonay
Maurice Cohen		2	Friend, Ruth Gold Williams

Names will be read during Shabbat Eve Service on Friday, January 1st

January 3 - January 9 (22 - 28 Tevet)

Zundel Birzh	Tevet	22	Father, Vera Feygelson
Sofia Byalik	Jan.	3	
Harry Siegel		3	
Irving Wolpov		3	Father, Paula Hoffman
Louis C. Frank		4	Father-in-law, Norma Frank
Abraham Kop		4	Uncle, Vera Feygelson
Minnie Levine		4	
Ruth Lee		4	
Daniel Schlosser		5	
Sue Abrams		6	Relative, Maynard Weber
Dr. J. Jac Bangel		6	Father, Bill Bangel
Florence Becker		6	Mother-in-law, Jeffrey Schoenberg
Violet Goodman Bangel		7	Mother, Bill Bangel
Adolf Bloch		7	Father, Manfred Bloch
Floyd F. Grubbs		7	
Arthur F. Eisenman		8	
Arthur J. Polachek		9	

Names will be read during Shabbat Eve Service on Friday, Jan. 8th

January 10 - January 16 (29 Tevet - 6 Sh'vat)

Philip Holzweig	Tevet	29	Father, Buddy Holzweig
Myer E. Scoll	Sh'vat	2	
Pauline Hertzberg		5	
Joanne Owens	Jan.	10	
Alexandra Centervall Cowles		12	
Arthur F. Eisenman Jr.		12	
Ethel Lipsitz		12	Grandmother, Ilene Leiss
Kurt Seligman		12	Father, Jack Seligman
Ruth L. Richman		13	
Hanna Lewin		14	
Rudolph Schaffer		14	
Phillip Serasky		14	
Sarah Gelberg		15	

Names will be read during Shabbat Eve Service on Friday, Jan. 15th

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January 17 - January 23 (7 - 13 Sh'vat)

Sara L. Goldberg	Sh'vat	13	Mother, Stanley Goldberg
Dan Walter	Jan.	17	
Raye Friedland Gerber		17	Aunt, Elisa Finneran
Benjamin Arch		18	
Frank Hudnall		18	Father, Marge Hutt
Yetta Kellman		19	
Robert Feldman		20	
Rose Silverstein Katz		20	Mother, Dennis Katz
Lawrence Strauss		21	
Gloria Ruth Strick		21	
Frances Weber		22	Mother, Maynard Weber

Names will be read during Shabbat Eve Service on Friday, Jan. 22nd

January 24 - January 30 (14 - 20 Sh'vat)

Ida Rosenfeld Goldberg	Sh'vat	19	
David Aronsohn	Jan.	24	Uncle, Paul Aronsohn & Leslie Borwick
Robert Lee Aaron		24	
Samuel Leiss		24	Grandfather, Ilene Leiss
Ida Nachman		24	Grandmother, Sue Anne Bangel & Joanne Roos
Lena Rubin		24	Mother, Marilyn Starnier
Ruth Mittelman		25	Sister-in-law, Sid Mittelman
Jack Butler		25	Grandfather, John Butler
Edwin J. Binder		26	
Rose Rosenblum		26	Aunt, John Butler
Nathan Altschuler		27	Grandfather, Lynne Schofield
Dr. Howard J. Frankel		27	Brother-in-law, Jay Shinske
Sy Kahn		27	
David Kolinsky		27	
Esther Lichtenstein		27	
Arnold Shaw		28	
Alexander S. Perper		29	Grand-nephew, Lona Ross
Lester Jacobson		29	Father, Irene Jacobson
Jeannette Mendelson		30	Aunt, Helaine Shinske
Max B. Shapiro		30	
Helen Kline Weinstein		30	

Names will be read during Shabbat Morning Service on Saturday, Jan. 30th

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		2	
Lorraine Blcheman Drucker		3	
Florence Kahn		4	
Fred William Wolpow		4	Brother, Paula Hoffman
Samuel Walter Katz		5	Father, Dennis 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)

A decorative border of pink roses with green leaves surrounds the central text area.

Flower arranging is back!

*Start off your new year beautifully. Join
Temple Sinai Sisterhood for flower arranging.*

Wednesday, January 20
6 p.m.

Jeff's Flowers Of Course
300 Ed Wright Lane, Suite F

(off Jefferson between City Center and Oyster Point)

Newport News

Cost is \$25, payable at the door. Learn the basics of
flower arranging and have a beautiful arrangement to
take home with you.

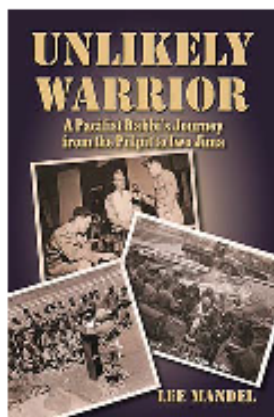
Ride sharing can be arranged.

Please RSVP to Lucy Sukman at

Lmoomaw15@aol.com or call 757-766-3264

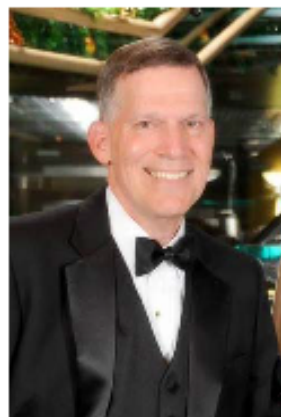
by January 13.

From the pulpit to the battlefield



When Rabbi Roland 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, January 24 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 _____

Preferred date _____

Check enclosed () Please bill me ()



NO BRICKS **BUTT** WE HAVE SEATS FUNDRAISER

Donations \$100.00 per seat per plaque*

Actual size of plaque:

DONATED BY
M.R. & MRS. SMITH
2010

EXAMPLES:

14 characters/spaces per line; 3 lines maximum

In Memory of

Bar (or Bat) Mitzvah of

In Honor of

Donated by

Or...make up your own message to honor a loved one or a significant event

Please make check payable to Temple Sinai and mail to:

Temple Sinai
11620 Warwick Blvd
Newport News, VA 23601

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

January 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<i>1</i> 7:30 p.m. Shabbat Eve Service (NO babysitting) New Year's Day OFFICE CLOSED	<i>2</i>
<i>3</i> NO Relg. School NO Adult Education Rabbi on Vacation	<i>4</i>	<i>5</i>	<i>6</i>	<i>7</i>	<i>8</i> 7:30 p.m. Shabbat Eve Service (Childcare available)	<i>9</i>
<i>10</i> 10:00 a.m. Relg. School 1:00 p.m. Adult Education	<i>11</i> 7:00 p.m. Sisterhood Meeting	<i>12</i> 7:00 p.m. Temple Board Meeting	<i>13</i>	<i>14</i>	<i>15</i> 7:30 p.m. Shabbat Eve Service (Childcare available)	<i>16</i>
<i>17</i> 10:00 a.m. Relg. School/ Brotherhood Breakfast 1:00 p.m. Adult Education	<i>18</i>	<i>19</i>	<i>20</i> 1:30 p.m. NCJW Book Club Meeting	<i>21</i>	<i>22</i> 6:00 p.m. Tu BiSh'vat Seder (Kids Learning Activities)	<i>23</i>
<i>24</i> 10:00 a.m. Relg. School 12:00 p.m. JBC event Author: Lee Mandel NO Adult Education	<i>25</i> Tu Bish'vat	<i>26</i>	<i>27</i>	<i>28</i>	<i>29</i> NO. Shabbat Eve Service	<i>30</i> 10:00 a.m. Shabbat Service (Kids Learning Activities)
<i>31</i> Joint Relg School (Super Sunday) @ UJC 11:00 a.m. NCJW Luncheon 1:00 p.m. Adult Education						