

TEMPLE SINAI (Established July 6, 1955)

Rabbi Séverine Sokol (1-314-628-9196)

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JANUARY 2017 - 5777



New Prayer Books Fund to purchase new Mourning Prayer Books - Temple Sinai is in need of new Mourning Prayer books for funerals and mourning periods. We currently have fewer than forty of the old version of the booklets and many of them are falling apart. We are planning to replace these with the new version of the booklets. Our goal is to buy 80 booklets including 20 in large print. For each \$10 contribution that you make towards this purchase there will be a placard included in a booklet to indicate that it has been donated by you. Please make checks to Temple Sinai.

Caring Committee – Funeral/Shiva/Memorial Reception: If requested, the Caring Committee is available to assist regular temple members or their families with plans for a memorial reception held at Temple Sinai in honor of your loved one who was a regular member. The Sisterhood provides all the table cloths, paper products, plastic ware, beverages (coffee, hot tea, and lemonade) and condiments (sugar, cream) at no cost to you. You will be responsible for the cost of the reception food and, if available, kitchen and/or custodial help. The Caring Committee will assist with set up, clean up, and will ask you for the maximum amount of money you wish to spend, approximate number of attendees, food items you would like us to purchase for you, and how many tables/chairs you would like to have set up for the reception. Payment for goods and services should be made payable to Temple Sinai. An itemized statement can be provided to you after all receipts for expenses have been turned in to the Temple.

If you and/or your family would like to plan your own memorial reception, the Caring Committee would be glad to offer guidance, if needed.



Movie @ Temple Sinai



Bring your appetite to Temple Sinai on January 15, for a showing of the documentary "Deli Man," at 12:30 p.m. as well as a fabulous lunch of the food celebrated in the film. We'll be serving deli meat or cheese sandwiches, hummus, chips and dill pickles, Dr. Brown's sodas and more (including popcorn), and watching people like Jerry Stiller, Fyvush Finkel and others celebrate the deli tradition. The showing of the film, which is rated PG-13, is free, but there will be a charge for food. To have an idea of how many to expect, kindly call the Temple office at 596-8352 to make your reservations or for more information.

Our next JBC event features Harold Blum, the author of "The Last Goodnight." Blum tells the incredible story of Betty Pack a true story of daring and espionage in WWII. Blum will be speaking at 2 p.m. at Temple Sinai on Sunday, February 5. There will be plenty of time to get home for the Super Bowl. The event is free and open to all.

Contributor's Corner



BOOK FUND

Donation made by Irene Jacobson & Donn Turner

ENDOWMENT FUND

IN MEMORY OF SANDRA HILLERSON by Mr. & Mrs. Aaron Ostroff, Mr. & Mrs. Jack Seligman, Mr. & Mrs. Larry Linn, Mrs. Shirley Stein, Mrs. Lona Ross, Mr. & Mrs. Jay Shinske, Shirley Gilmont; **BILL BANGEL** by Mr. & Mrs. Jack Seligman, Mr. & Mrs. Larry Linn, Mr. & Mrs. Mike Keech. **GET WELL WISHES TO GLORIA OSTROFF** by Mr. & Mrs. Jay Shinske; **HELAINÉ SHINSKE** by Mr. & Mrs. Aaron Ostroff

PULPIT MUSIC FUND

IN MEMORY OF SANDRA HILLERSON by Ms. Sharon Stieffen

RABBI'S DISCRETIONARY FUND

HAPPY BIRTHDAY TO RUTH GOLD WILLIAMS by Mr. John Butler. **IN MEMORY OF BILL BANGEL** by Mr. & Mrs. Michael Ware

**Religious Calendar
JANUARY 2017**

7:30 p.m., Friday, January 6th

Shabbat Eve Service

Torah Portion: Vayigash
(Gen. 44:18-47:27)

Security Usher &

Announcements: Larry Linn

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

Childcare as needed - call Temple office

7:30 p.m., Friday, January 13th

Shabbat Service of Healing

Torah Portion: Vayechi
(Gen. 47:28-50:26)

Security Usher &

Announcements: Ilene Leiss

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

Childcare as needed - call Temple office

7:30 p.m., Friday, January 20th

Shabbat Eve Service

Torah Portion: Shemot
(Exodus 1:1-6:1)

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

SHABBAT SHELI available

Friday, January 27th

NO Shabbat Eve Service

10:00 a.m., Saturday, January 28th

Shabbat Morning Service & Potluck luncheon

Torah Portion: Va'eira
(Exodus 6:2-9:35)

NO Childcare available

Mazel Tov

Anniversaries: Manfred & Sonya Bloch,
Larry & Tina Sporkin



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

In the first few months we have submitted 190 lbs. of plastic to TREX for our second bench. We have four months to collect the next 310 lbs so keep the plastic coming. Please make sure all plastic is clean and dry. If you have questions contact Christina Verderosa at verderosachris-tina@yahoo.com

In addition to our occasional year round Shabbat babysitting services, we offer a special program, 'YAMIM NORAIM SHELI' ('My Days of Awe') / 'SHABBAT SHELI' ('My Shabbat'), open to the children of Temple Sinai members and to the children of non members alike and free of charge.

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 fun educational activities such as Jewish children's prayers, Jewish art projects, Jewish holiday activities, Jewish stories...and more!

The SHABBAT SHELI schedule is as follows:

- Friday, December 30, around 7:30 PM or so (the community Chanukah celebration, which includes dinner and a concert begins at 6:15 PM).
- Friday, January 20, at 7:30 PM
- Friday, February 24, at 7:30 PM

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.

December 16th

A donation was made by Mrs. Ruth Gold Williams in honor of her 90th birthday

December 23rd

A donation was made by Christina Verderosa in honor of her birthday and in memory of Margaret Verderosa
A donation was made by Mr. & Mrs. Randy Rainville
A donation made by Mr. Michael Byalik, Mr. & Mrs. Vladimir Byalik in memory of Rosa Byalik

January 13th

Judy Kline in memory of Sonia Kline

Yahrzeits



January 1st - January 7th (3 - 9 Tevet)

David Spring	Tevet	5	Father, Vicki Kaplan
Elizabeth Lichstein Jaffe	Jan.	1	
Lorene Cates		1	Grandmother, Sherri King
Edith Dubroff		2	
Bitsy Mirmelstein Goduti		2	
Annie Hessels Johnston		2	Mother, Monique Aronsohn
Paul Bodisch		2	Brother, Lynn Harmonay
Maurice Cohen		2	Friend, Ruth Gold Williams
Sofia Byalik		3	Mother, Michael Byalik
Harry Siegel		3	
Irving Wolpow		3	
Louis C. Frank		4	Father-in-law, Norma Frank
Abraham Kop		4	Uncle, Vera Feygelson
Ruth B. Lee		4	
Daniel Schlosser		5	
Jeannie Levinson		5	Mother, Lucy Sukman
Sue Abrams		6	Relative, Maynard Weber
Dr. J. Jac Bangel		6	Father-in-law, Sue Anne Bangel
Florence Becker		6	Mother-in-law, Sheila Schoenberg
Violet Goodman Bangel		7	Mother-in-law, Sue Anne Bangel
Adolf Bloch		7	Father, Manfred Bloch
Floyd F. Grubbs		7	

Names will be read during Shabbat eve service on Friday, January 6th

January 8th - January 14th (10 - 16 Tevet)

Arthur F. Eisenman	Jan.	8	
Arthur J. Polachek		9	
Joanne Owens		10	
Alexander Centervall Cowles		12	
Arthur F. Eisenman Jr.		12	
Ethel Lipsitz		12	Grandmother, Ilene Leiss
Kurt Seligman		12	Father, Jack Seligman
Ruth L. Richman		13	
Sonia Kline		13	Mother, Judy Kline
Hanna Lewin		14	
Rudolph Schaffer		14	

Names will be read during Shabbat eve service on Friday, January 13th

January 15th - January 21st (17 - 23 Tevet)

Zundel Birzh	Tevet	22	Father, Vera Feygelson
Sarah Gelberg	Jan.	15	
Lonnie Alvis Reeves		15	Father, Sherri King
Dan Walter		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
Howard "DJ" Johnson		20	Nephew, Paul Brindza
Lawrence Strauss		21	
Gloria Ruth Strick		21	

Names will be read during Shabbat eve service on Friday, January 20th

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January 22nd - January 28th (24 Tevet - 1 Shevat)

Philip Holzweig	Tevet	29	Father, Buddy Holzweig
Frances Weber	Jan.	22	Mother, Maynard Weber
David Aronsohn		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 Starner
Ruth Mittelman		25	Sister-in-law, Sid Mittelman
Jack Butler		25	Grandfather, John Butler
Edwin J. Binder		26	
Ruth Rosenbaum		26	Aunt, John Butler
Nathan Altschuler		27	Father, Lynne Schofield
Dr. Howard J. Frankel		27	Brother-in-law, Jay Shinske
Sy Kahn		27	
David Kolinsky		27	
Silvia Stacy		27	Aunt, Larry Chenkin
Esther Lichtenstein		27	
Arnold Shaw		28	

Names will be read during Shabbat morning service on Saturday, January 28th

January 29th - February 4th (2 - 8 Shevat)

Myer E. Scoll	Shevat	2	
Pauline Hertzberg		5	
Alexander S. Perper	Jan.	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	
Joseph A. Stern		31	
Sol Ellenson	Feb.	1	
Ida R. Jeruss		1	
Samuel Cohen		2	
Julian Lichtenstein		2	
Lorraine Blechman Drucker		3	
Florence Kahn		4	
Fred William Wolpow		4	Brother, Paula Hoffman

Names will be read during Shabbat eve service on Friday, February 3rd

Nutritional Information

Google says that January is usually our coldest month here in Newport News but anyone who has been here long enough can tell you that winter is hit or miss most years. While I'm holding out hope that we'll get at least a little bit of real winter this year, I'm also thinking of ways to get the best parts of the season even when the temperature is spiking to 60 degrees some days. For me, winter revolves around mint, cinnamon, and chocolate and even though I like them best in warm comfort foods, it's easy to get those flavors into healthy and cooler options. Any of those three flavors can be added to smoothies or banana ice cream for a cold treat that still feels wintry. As I've mentioned before, mint is great in salads and tabbouleh but it is also delicious simply added to a bottle or pitcher to infuse into your water. Cocoa and cinnamon go nicely with yogurt or sprinkled over fruit like apple slices if you want some warmth in spite of the warmth. In fact there's also a ton a granola out there that pairs cocoa and cinnamon perfectly which would make for a great snack even if our famous humidity strikes. If we do end up with some nice cold weather, those warm comfort foods I spoke of can also be made to fit in with any new year's health goals you may have made. Hot chocolate can be made with a lower fat milk and still be very creamy if you invest in a milk frother. Pancakes with cocoa and cinnamon can be a perfect way to get in some whole grains. Mint can also be added to some soups (think a brothy chicken or carrot) to help give more flavor so you can cut down on salt. No matter the weather we end up with, or which flavors mark winter for you, I hope that all of you get creative and find new and fun ways to stay healthy as we start 2017.

Sarah Dill

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

January 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>1</i></p> <p>NO Relg. School No Adult Education Rabbi on vacation</p>	<p><i>2</i></p>	<p><i>3</i></p>	<p><i>4</i></p>	<p><i>5</i></p>	<p><i>6</i></p> <p><u>7:30 p.m.</u> Shabbat Eve Service (Childcare as needed - call Temple office)</p>	<p><i>7</i></p>
<p><i>8</i></p> <p><u>10:00 a.m.</u> Relg. School (TS) & (RST) <u>1:00 p.m.</u> Adult Education</p>	<p><i>9</i></p> <p><u>7:00 p.m.</u> Sisterhood Meeting</p>	<p><i>10</i></p> <p><u>7:00 p.m.</u> Temple Board Meeting</p>	<p><i>11</i></p>	<p><i>12</i></p>	<p><i>13</i></p> <p><u>7:30 p.m.</u> Shabbat Service of Healing (Childcare as needed - call Temple office)</p>	<p><i>14</i></p>
<p><i>15</i></p> <p><u>10:00 a.m.</u> Relg. School (TS) & (RST) NO Adult Education <u>12:30 a.m. & 5:00 a.m.</u> Fundraiser "The Dell Man" film</p>	<p><i>16</i></p>	<p><i>17</i></p>	<p><i>18</i></p> <p><u>1:30 p.m.</u> NCJW Book Club Meeting</p>	<p><i>19</i></p>	<p><i>20</i></p> <p><u>7:30 p.m.</u> Shabbat Eve Service (SHABBAT SHELI - My Shabbat - Educational Child- care available)</p>	<p><i>21</i></p>
<p><i>22</i></p> <p><u>10:00 a.m.</u> Brotherhood Breakfast/ <u>10:00 a.m.</u> Relg. School (TS) <u>1:00 p.m.</u> Adult Education</p>	<p><i>23</i></p>	<p><i>24</i></p>	<p><i>25</i></p>	<p><i>26</i></p>	<p><i>27</i></p> <p>NO Shabbat Eve Service</p>	<p><i>28</i></p> <p><u>10:00 a.m.</u> Shabbat Morning Service</p>
<p><i>29</i></p> <p><u>10:00 a.m.</u> Joint Relg. School @ UJC <u>1:00 p.m.</u> Adult Education</p>	<p><i>30</i></p>	<p><i>31</i></p>				