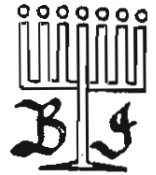
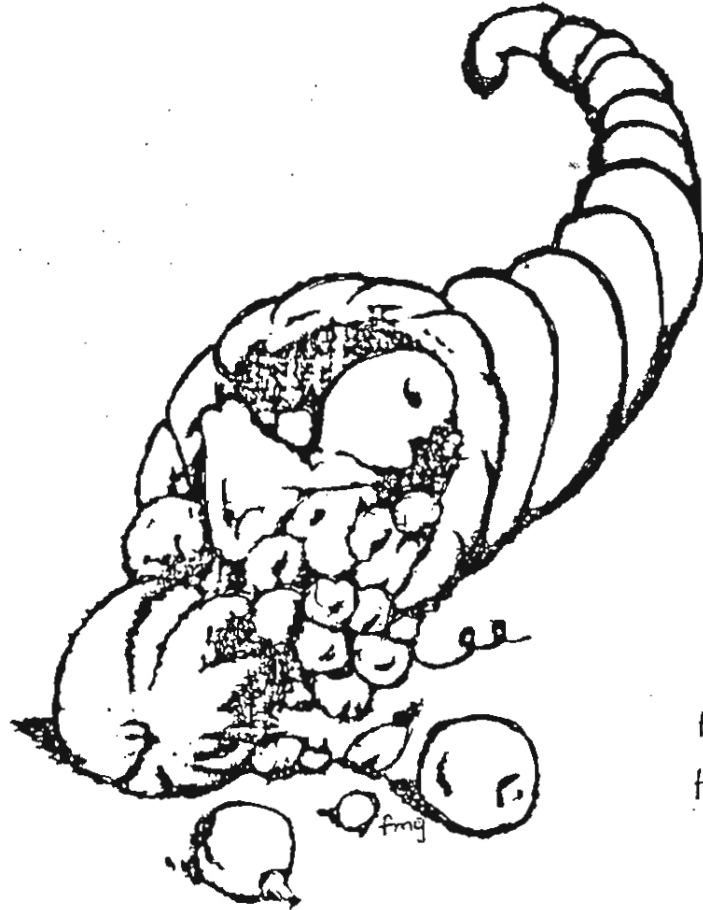


C O N G R E G A T I O N

# Beth Israel



141 HILTON AVENUE HEMPSTEAD, NEW YORK 11550 Tel: 516-489-1818



## NOVEMBER

2018

CHESHVAN - KISLEV 5779  
חשוון - כסלו תשע"ט

HAPPY THANKSGIVING  
HAPPY THANKSGIVING  
HAPPY THANKSGIVING



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### From the desk of Rabbi Abe

A rabbi is happy when his congregants are involved and showing dedication to their spiritual life, synagogue, and community. It means that something is going right, and that things are on the right track.

I would ideally like to be leading a community that can't seem to learn enough, and who can't wait to go to shul each Shabbat to reach out and touch their own--and each other's--souls in communal aspiration. A rabbi can--and must--wish!

But we're getting there. So far, since I've started at CBI, we've had several adult-ed classes, and they seem to be hitting their mark. People are attending and asking all the right questions. The Shabbat minyan seems to be growing--if not yet in numbers, than in participation.

On the first and third wednesday of October, we gathered for a learning experience about Women in the Bible. There was quite a crowd, and it was lively and robust. This series will continue in November (7 and 21) and beyond, so please make sure you attend--and remember to always check the CBI website to find out the details on date and time. (Things can and will change occasionally, so please keep abreast of what's happening by either hearing things in person at CBI on Shabbat, or online on the website.)

The Sisterhood has also organized a beautiful Rosh Chodesh (first of the month in the Hebrew calendar) afternoon experience, the first one taking place October 10. On that afternoon, I taught a class about the significance of Rosh Chodesh, and then spiritual healer and meditation coach, Hannah Hernandez, came all the way from Manhattan to teach the women of the community about spirituality through a uniquely Jewish lens. The women who attended loved it, but there were not as many there as hoped for. This is something not to be missed, and the next one will take place on November 8 at noon.

As I keep mentioning from the pulpit as well as in last month's bulletin, the learning and classes have to be a partnership between me and you. Please send me ideas of other topics that you'd like explored, and we shall try to get to them all. If the demand is so great that we need more classes, then I'll teach more classes. I'm here for you, and please reach out to me for anything that you need to discuss.

\*\*\*\*\*

This November coincides with the Hebrew month of Heshvan, which is essentially "holidayless." None to really speak of--not even one of sorrow. It is for this reason that some add the word "Mar" to its name, which means "bitter," as if we're describing our sad feelings of not have any auspicious day to commemorate in this month.

We do, however, have the non-Jewish holiday of Thanksgiving at the end of the month, which, if there ever was a non-Jewish Holiday that is Jewish, this is the one. While it has mostly shed its religious roots and has become a secular holiday with football and turkey recipes taking center stage, there is no getting around the name: **Thanksgiving**.

One can argue for giving thanks from a secular perspective--being appreciative and full of gratitude--but the idea of giving thanks to the creator of all things, is part and parcel of the day. And there is no more Jewish idea than that, as it is the theme of practically every prayer in Jewish liturgy.

The next time you're perusing a Jewish prayer book, try and look for it, and you'll realize that the idea of giving thanks is as old as Judaism itself.

This Thanksgiving I hope all of you find what to be grateful for, and I hope that having CBI in your life is on your list.

In the end, your synagogue will give you whatever you put in, and we here at CBI hope that you make sure you are part of those two sides of the coin.

Warmly,

Rabbi Abe

**A VERY SPECIAL EVENT**

**THE BAT MITZVAH OF ROSEMARIE MURRAY**

**AND**

**THE FIRST FRIDAY EVENING SERVICE OF THE SEASON**

**FRIDAY, DECEMBER 14 AND SATURDAY DECEMBER 15**

**The Murray family invites the congregation to dinner before the Friday evening service and to the oneg after the service. In the December bulletin, there will be a tearoff for those attending the dinner, so that enough food can be ordered. Please be sure to RSVP, enjoy the food and the splendid welcome to the Shabbat Queen that follows.**



## SISTERHOOD ARTICLE Oct/Nov 2018 by Laura Levy & Judi Levy-Slatsky



Dear Sisterhood Friends,

As we close the Days of Awe, Rosh Hashana through Yom Kippur, Shemini Atzeret and Simchat Torah, we can reflect on our prayers that we find deeper meaning in them; that they may sustain us for the coming year. We are combining our October & November Sisterhood bulletin. Thank you Trish, Paul, Laura & Nat for decorating our Succah this year; It was really beautiful. Also a big thank you to Ronnie & Laura

for the hard work they put into polishing the silver adornments for the High Holy Days (sorry if we've forgotten anyone). Thank you Rabbi Abe for conducting our Rosh Chodesh services.

Oct 11 Thursday Rosh Chodesh discussion, meditation & activity; bring dairy lunch 12:00-2:30 PM

Oct 21 10:30 AM PROMPT Sisterhood meeting & Book Discussion- The Address by Fiona Davis, 11:45

Oct 28 pd sisterhood luncheon, men invited, live musical entertainment (men cost \$10)

We will be making phone calls to obtain a count of how many will be joining us for the Paid Up Luncheon on October 28th.

Please respond immediately as food has to be purchased/ordered for the event. Thank you.

917 575-5443/718 343-7375/516 489-0602 Judi & Laura

### PREVIEWS OF COMING ATTRACTIONS

- November 4-sisterhood meeting book discussion-Woman Who Wrote On Silk
- November 1, Rosh Chodesh-12-1 lunch & discussion with Rabbi, 1-2:30 PM meditation with Hannah
- December 2- Holiday Bazaar 11:00 AM
- December 13 Rosh Chodesh with Rabbi Abe & Meditation with Hannah
- December 16-sunday, sisterhood meeting 10:30 AM & Book Discussion 11:45 AM TBD
- December 25-Israeli Dance Party, Chinese Kosher & Movie 1 PM- till whenever
- January 10- 12:00 Noon Rosh Chodesh w Rabbi Abe & 1:00 PM Meditation with Hannah
- January 13- Book Discussion-TBD weather permitting/Cabin Fever-Going to the Movies
- Feb 7 Rosh Chodesh with Rabbi Abe & Meditation with Hannah
- Feb 10-Book Discussion-TBD weather permitting; begin taking orders for Purim baskets
- Feb 25-continue ordering purim baskets
- March-3 sisterhood meeting & Program
- March 4-start assembling Purim baskets
- March 7 Rosh Chodesh activities with Rabbi Abe & Hannah
- March 17 Book Discussion 11:45 AM and **PURIM BASKET PICKUP beginning at 10:00 AM**
- **MARCH 24TH PURIM SCHPIEL & Party**
- April 4 Thursday-Rosh Chodesh with Rabbi Abe & meditation with Hannah
- April 7 Sunday-Sisterhood Meeting ? FASHION SHOW TBD OR
- April 28-?Fashion Show/Lunch TBD
- May 2 Thursday ROSH CHODESH with Rabbi Abe & meditation activity with Hannah
- May 19 SISTERHOOD MEETING/NOMINATING COMMITTEE/Eisenhower Park Picnic Pot Luck
- June 2 Sunday/ Sisterhood Meeting/SIERRA CLUB Program honoring Muriel Small CBI walkabout
- June 6 -Rosh Chodesh with Rabbi Abe & Meditation with Hannah
- June 21 Friday- sisterhood shabbat- Honoring MURIEL LEVINE June 23-book discussion TBD

With so much to choose from, partake and enjoy in whatever pleases you.



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NABUCCO  
A STORY OF THE CAPTIVE JEWS IN BABYLON  
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DOORS OPEN AT 11:30 AM, CLOSE AT 12:30PM  
NO ADMITTANCE DURING PERFORMANCE  
FREE  
BRING YOUR DAIRY LUNCH AND ENJOY**

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**A GEM IN OUR MIDST**

For many years, small theatrical and musical groups flourished on our island. Both amateurs and retired professional actors and musicians participated and audiences lined up to listen, enjoy and applaud. We had our own retired Equity actor, Leon Benedict, who would tell us when a show he was in was especially good and we would organize a theater party—to Broadhollow, Hofstra, Arena Players and other venues. All of the performances on Long Island were at low prices and allowed us to avoid treks into Manhattan. Alas, most of the musical series are no more, but the Freeport Concert Series is still going strong in the refurbished auditorium at Freeport High School. There used to be a waiting list—gone. For a price of \$55 for the season, we could enjoy up to seven performances—gone. This season there are only four, since prices have gone up, while the series price remains. Talented groups cost money, and the people who run the series are trying to bring us the best that our financial participation allows.

The season started with a renowned Russian dance troupe with colorful costumes, vibrant songs and instrumental music featuring the classic balalaika. Marvelous evening for about \$11. The next event is Saturday evening, November 3<sup>rd</sup> featuring LaTanya Hall in a tribute to Sara Vaughan.

The series is worth attending and saving. It is the last of its kind, where once there were many.



## ROASTED VEGETABLE FRITTATA



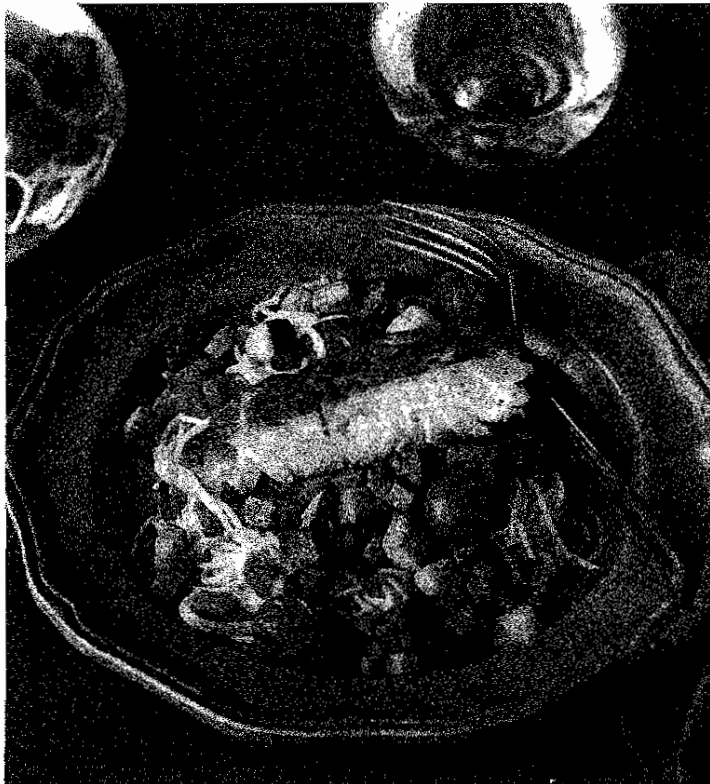
- 1 small zucchini, diced
- 1 red bell pepper, seeded and diced
- ½ red onion, diced
- 3 Tbsps. olive oil
- 2 cloves garlic, minced
- 10 large eggs
- ¾ cup half-and-half
- 3 Tbsps. parmesan cheese
- 1 Tbsp. unsalted butter
- ¼ cup grated Gruyère cheese

Preheat the oven to 425°F. Place the zucchini, bell pepper, and onion on a sheet pan. Drizzle with the olive oil and sprinkle with 1 teaspoon salt and ¼ teaspoon pepper. Toss well to combine. Bake for 15 minutes. Add the garlic, toss well to combine, and bake for an additional 10 minutes. Remove from the oven and turn oven down to 350°F.

Meanwhile, whisk together the eggs, half-and-half, parmesan, 1 teaspoon salt, and ½ teaspoon pepper in a large bowl.

Place roasted vegetables in a deep-dish pie plate. Pour egg mixture over vegetables and bake for approximately 45 minutes, or until puffed and set in the middle. Sprinkle the frittata with the Gruyère cheese and bake another 3 minutes, or until cheese is just melted. Cut into wedges and serve hot.

## HALIBUT RATATOUILLE



- 3 Tbsps. olive oil
- 3 Tbsps. butter
- 1 yellow onion, diced
- 4 ozs. carrots (about 2 carrots), diced
- 2 garlic cloves, minced
- 8 ozs. eggplant (about 1 medium eggplant), diced
- 8 ozs. zucchini (about 2 small zucchini), diced
- 5 ozs. grape tomatoes
- 2 tsps. fresh marjoram
- 1 lb. halibut, skinless (or skin on if preferred)

To make ratatouille: Heat 1 tablespoon each of the oil and butter in a large skillet over medium-high heat. Add onion and carrots. Cook and stir ingredients until tender, about 3 to 5 minutes. Add garlic and cook for another 30 seconds. Using a slotted spoon, transfer mixture to a bowl.

In the same pan, heat another tablespoon each of the oil and butter. Add eggplant and stir occasionally, until golden, about 5 to 7 minutes. Transfer eggplant to carrot mixture. Add zucchini to pan and stir occasionally until tender, about 2 to 4 minutes. Transfer zucchini to carrot mixture. Add tomatoes and marjoram to pan and cook just until tomatoes blister, and transfer them to carrot mixture. Set carrot mixture aside and keep warm.

To cook halibut: Heat remaining 1 tablespoon of oil and butter in the pan over medium-high heat. Add halibut (skin-side down if not using skinless) and cook for 7 to 9 minutes on each side or until golden brown and cooked through. To serve, cut halibut into pieces and mix with ratatouille. Serves 2.

## DANCING IN THE AISLES

Dancing in the aisles? How about dancing on the bima? While there was dancing in the aisles during a recent Shabbat service, we celebrated Sukkot with spontaneous dancing after a parade around the sanctuary. It was different; it was fun, and it was a new experience for everyone present.

Not too many congregants normally show up for the second day of any Jewish holiday, and on a rainy Tuesday, I was number 9. What I learned from Rabbi Abe was that if there are nine, the Torah counts as number ten, so we had a minyan and could properly observe the day by opening the ark, taking out the holy scrolls and reading from parashat Ha'azinu.

Rabbi Abe spoke about the importance of community, of the welcome we should always have for guests, and how sharing our lives with others is fundamental to the spirit of Judaism.

You may have missed holding the Etrog and shaking the lulav on Sukkot, but you can enjoy the good feeling of friendship with others every Saturday morning. Come to hear our rabbi's beautiful singing and words of wisdom each Shabbat morning at Beth Israel. If you are not a regular, give it a try, and thanks to Marianne, there is always lunch.

From Stan Rothman



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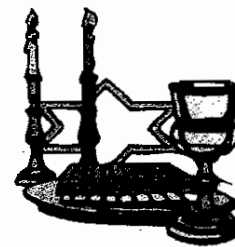
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## BEST WISHES TO OUR NOVEMBER BIRTHDAYS AND ANNIVERSARIES

### HAPPY BIRTHDAY TO:

SUELLEN AGULNICK  
HELEN DRESNER  
AILEEN GOLDBERG  
MELISSA GOLDMAN  
ROBIN KRAUSS

MICHAEL LIEBMAN  
MARTIN MISHKET  
ROBERT ROTHSCHILD  
JUDI SLATSKY  
PAUL SLATSKY

### HAPPY ANNIVERSARY TO:

LORRAINE AND ALLEN ALBERT  
ROBIN AND RICHARD KRAUSS  
RONNIE AND MICHAEL LIEBMAN

SUSAN AND BERNIE DREXLER  
MARILYN AND BURTON KUSHNER  
ROSEMARIE AND AL MURRAY

ANGELA AND ABRAHAM SABBAS

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### MI SHEBEIRACH

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Yael COPPOLINO  
ROBERT FRANK  
LOIS GLANZER  
HANK GOLDMAN  
LARRY GOLDSTEIN

ARTHUR LEVINE  
MARCIA LEVINE  
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MAURICE SIIDMARC  
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MARION WEINER  
MARTHA WEISSMAN  
GAYLE WEITZ

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## Collaborating Across Continents



Two hundred high school students in Massachusetts and Israel collaborated across 6,000 miles to understand how antibiotic-resistant bacterial "superbugs" evolve. The students used a robot to engage in scientific experimentation together across the continents.

The teens designed their experiments on Google Sheets, and these instructions were automatically carried out by a robot in a lab at the University of Massachusetts. Two webcams live-streamed the robot's results on YouTube so the students in both locations could monitor and provide input to the experiment via Google Sheets.

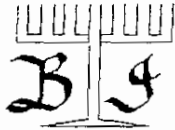
"We developed a science education platform in which geographical distance is irrelevant," said Dr. Amir Mitchell, a Weizmann Institute alumnus who heads a research

group at the University of Massachusetts Medical School in Worcester. "High school students from all over the world can do empirical research, direct the process, check results, and make new decisions based on those results."

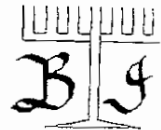
The program was developed in collaboration with Prof. Anat Yarden, Head of the Department of Science Teaching at the Weizmann Institute. Dr. Mitchell also worked with Weizmann molecular genetics researcher Dr. Orna Dahan, who has experience working with a similar robot.

"The research level of this project was fairly complex," said Dr. Dahan. "It was amazing to see the creativity, time, and thought the students put into their work, and the levels of commitment and excitement showed in the lively discussions over the 10 days.

"The students discovered for themselves how different antibiotic regimens determine how quickly the bacteria develop resistance. They also got a glimpse of the molecular mechanisms that make evolution tick."



# Beth Israel



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