



Volume 23, Issue 4

TEMPLE ISRAEL CHRONICLE

April-May 2022 ☆ Nisan-Iyar 5782



חג פסח שמח

Happy
Passover

May You Be Blessed with Peace
Prosperity, Good Health and Happiness!

Rabbi Kaplan

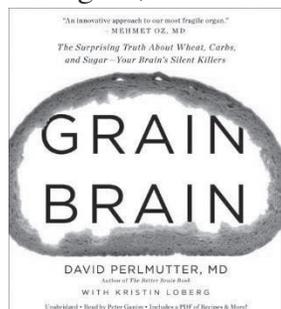


Writes.

Have you ever wondered what's the big deal with Matzah? There's one little sentence in Exodus that says when the Israelites left Egypt they were in a hurry and didn't let their bread rise. That verse, Exodus 12:39 is filled with ambiguity and isn't easily explained, yet the idea of rushing out of Egypt with no time to let their bread rise has stuck. Is that really the reason that for seven days we eat nothing made from wheat, barley, rye, spelt, or oats during Pesach unless it has been produced as Matzah under strict supervision? I've argued that our ancestors didn't have time to do laundry either, but we don't wear the same underwear for the week of Passover in commemoration of that (at least I hope we don't).

A few years ago I read a book by **Dr. David Perlmutter** called **Grain Brain**.

He argues, as do many others, that



eating processed grains has negatively affected our health, and even if we do not suffer

from celiac disease (an allergic reaction by some to wheat), years of eating highly processed grains (bread, pasta, breakfast cereals, etc) not only ruin our health because of their carbohydrates

(which are essentially sugars) but because of their gluten. Many diseases and illnesses are exasperated by gluten, and by eating foods produced from grains in general.

I'm not trying to sell a diet. I'm trying to understand what the Torah had against Chametz, which the Talmud declares is anything made from these five grains, which all, it seems, had very high gluten content. There are sources which even say that oats, which we consider to have low gluten, were not today's oats, but a high gluten plant instead. So should we just re-translate Chametz as gluten? Was there some connection between removing gluten from the diet for a whole week?

It's entirely possible. The word **Chametz** really means something that's gone sour, or has spoiled. Vinegar in Hebrew is **Chometz**, which uses the same letters. **Chamutzim** are pickles. If our ancestors were eating off of the same unglazed primitive plates all year long, perhaps having to scrap them and make new ones once a year was a way to prevent bacteria from causing illness. Just think of your Tupperware that has had tomato sauce in it - that red stain is there forever.

Another reason for the prohibition of leavening is that Egypt developed sourdough. It was thick and cake-like, unlike Matzah - the Torah's word for flatbread like a tortilla or pita. Leaving Egypt meant leaving behind the rich, better tasting, fluffier bread (even in slavery) and specifically recalling that bread for one week every year in remembrance of God's miraculous salvation.

If you ask people who have stopped eating grains how they

feel, they will often say they no longer have "brain fog" and are thinking more clearly. Perhaps Passover was God's way of helping us to think more clearly as the year of Jewish Festivals begins at this time. Even former slaves become complacent or worse, become miserable about whatever is not perfect in their lives. Compared to the horrors of slavery, their concerns are miniscule. But only when compared with their former servitude. Our brains become foggy with all of the miracles God provides for us these days.

A yearly dose of a grain free diet needs to be not only a physical nutritional change, but also a spiritual diet as well. We need to realize that whatever we are concerned about today, whatever is not perfect in our lives, is nothing compared to those living through real horror, like the people of Ukraine and their families.

May Passover bring a clarity of mind that helps us to truly be thankful for all of our blessings. **Chag Sameach!**

Rabbi

Bible & Bagels is Back!



Sunday, April 24th
9:30 a.m. - Service
10:00 a.m. - Study Session

RSVP to info@templewb.org or by calling the office.



from Cantor

There is no more important event in Jewish history than the Exodus from Egypt. **Abraham** and his family certainly got the monotheistic ball rolling, and their descendents living in Egypt probably maintained their beliefs and values, but they were merely a group of related tribes, not yet a nation. Things changed dramatically following our departure from Egypt. Under the leadership of **Moses**, we quickly evolved from a large, disorganized group of former slaves into a nation with a governmental structure and laws. The Exodus was the starting point of the transformational process.

Passover is our point of origin, the beginning of our commitment to be God's People, to follow God's laws and to be God's emissaries to other nations. Our "**Egyptian experience**" gave us an understanding of what it is to be downtrodden and oppressed. It is certainly why many of our earliest religious concepts remind us to further the cause of social justice - take care of the poor, treat the stranger and the fatherless with care and respect, because we were slaves in the Land of Egypt and therefore should understand their plight.

One of the first songs we sing in the Haggadah is **Ha Lachma Anya**, which includes the line, "**Kol dichsif yeitei v'yeichol** - Let all who are hungry come and eat."

The Seder is not just a celebration; it is reminder of who we are, and what we value . **Ha lachma anya** reminds us to appreciate what we have and to be happy and satisfied with our lot.

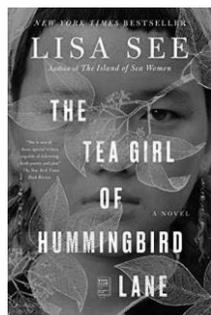
According to philosopher **Eric Hoffer**, "**The hardest arithmetic to master is that which enables us to count our blessings.**" **Ha lachma anya** also implies that as long as there is hunger, as long as there are still people in need, perhaps we are all still slaves, not yet worthy to fill the cup of salvation.

Every year at the Seder many of us wonder - why do we have to talk about all of this again? We know the story – we've heard it so many times! The **Haggadah** provides the answer. Even if we were all experts on every aspect of Jewish history and law, we would still be obligated to re-tell the story. We are to feel as if we personally experienced the miracle of the Exodus, and in so doing, appreciate our blessings, our freedom.

We Jews, as the victims of tyrannical oppression throughout history, cherish freedom as the foundation of our existence. This year we must remember the plight of both Jews and Gentiles in Ukraine who have fought and suffered so much to preserve their freedom. **Kol dichsif yeitei v'yeichol** takes on a special meaning this year. We must help all who are hungry for food, clothing and shelter to rebuild their lives.

The original Passover was a metamorphic experience for our ancestors, and should still be for us today. The Seder is not just a celebration; it is a reminder of who we are and what we value. It is tied to the very soul of every Jew, defining the kind of people we are commanded to be.

-Cantor



Book Club

Monday, May 16th
6pm at Theo's Metro

Book Selection:

The Tea Girl of Hummingbird Lane
by Lisa See

Our book club is open to anyone, members and non-members alike! If you're interested in joining the Book Club please contact Ann Smith, Chair, annsmith126pa@gmail.com or the Temple Office.



Links to join the Yom Hashoah webinar will be available via our eBlast or by visiting:

https://us06web.zoom.us/webinar/register/WN_HKRtDA_MSlex--cYVHBbLg

Simchas &



Engel Family Weddings

Tammy Engel and Rose Hanovice kvell with joy at their two simchas held just six months apart. Caroline & Jacob Miskabi were wed Jan 30, 2022
Christa & Daniel Engel -July 26, 2021



We hope you enjoy these special occasions happening in our feature

Share your family's story in The Chronicle. Send us an email at info@templechronicle.com

Midrasha Celebrates Purim at Friedman JCC



Solomon Family Birth

Gordon Solomon Burrows, son of Dr. Andrew & Natalie Burrows and grandson of Paul and Susan Solomon was born Dec 19, 2021. Bris took place on Dec 27 in Fair Lawn NJ.

Celebrations

Barras Family Bar Mitzvah

Mike & Donna Karp, David and Shelley Barras, Ella, Jodi, Ethan, & Jeremy Barras, Josh and Toni Barras, Joel Barras
Jan 15, 2022



Learning about all these opening in the lives of families.

Simchas in future issues submit your photos to plewb.org



Jeremy, Josh, Ethan, David & Joel Barras

Berman Family Engagement

Jack Berman, son of Sally & Frank, engaged to Lauren Braun, daughter of Wendy & Leonard Braun of Marlboro, NJ



Charlotte Cutler—Ninety Nine Years Young!
April 5, 2022



Davidowitz Siblings Abroad

Daniel & Kim Davidowitz, children of Steve and Einat Davidowitz. Steve was finally able to visit them this past month since International travel restrictions were lifted.

APRIL MAY YAHRZEITS

4/9/22 - 4/15/22

8-14 Nisan 5782

Remembered Name:

Fred M. Adler
Benjamin Cohen
Mary Coplan
Ada Eichler
Melvin Feltz
Lois D. Finkelstein
Lillian Finley
Monroe Freed
Eleanor Freedman
Sylvia Ungar Glassberg
Barbara Greenberg
Josef Br. Salman
Gurevich
Bernard Harris
Fred Harrison
Naomi Hatfield
Estelle Karp
Dora Krasno
Virginia Nelson
Abraham Novzen
Rebecca Rome
Joseph Rose
Phyllis Savitz
Marvin Smith
Lillian Stein
Ervin Stern
Moritz Stern
Betty Stuttmann
Rose Turoff
Aaron Weiss
Linda Williams
Alice Carter Zemler

Sam Savitz
Rebecca Schiffer
Betty Sirota
Eileen Sten
Jennie Trachtenberg
Zelda Weiss
Jodi Willner
Arthur H. Zimmerman

4/23/22 - 4/29/22

22-28 Nisan 5782

Remembered Name:

Sid Abrams
Evely Baum
Isadore Berger
Lydia Berman
Walter Boxer
Benjamin Chernus
Irving Cohen
Lillian Connor
Adele Coplan
Samuel Cutler
Freda Feldman
Isaac E. Frank
Sidney Greenberg
Ruth Hess
Mildred Isser
Benjamin Karp
Muriel Klein
Esther Kornfeld
Fannie Kuffler
Jennie Landau
Arthur Lee
Leon Levine
Bessie Mardo
Meyer Mendelssohn
Alice Pearlman
Lazer Ribakovskiy
Myron Rifkin
Jennie Rosenn
Louis Rosenthal
Nellie Russin
Sally Lee Sagenkahn
Jennie Schiffman
Fred Schwager
Luther Smith
Vera Smith
Max Tepper
Deborah Togut-
ZarembaDavid Turoff
William Weisberger
Reba Winkler
Rita Wolberg

4/23/22 - 5/13/22

6-12 Iyar 5782

Remembered Name:

Ruth Hess
Mildred Isser
Benjamin Karp
Muriel Klein
Esther Kornfeld
Fannie Kuffler
Jennie Landau
Arthur Lee
Leon Levine
Bessie Mardo
Meyer Mendelssohn
Alice Pearlman
Lazer Ribakovskiy
Myron Rifkin
Jennie Rosenn
Louis Rosenthal
Nellie Russin
Sally Lee Sagenkahn
Jennie Schiffman
Fred Schwager
Luther Smith
Vera Smith
Max Tepper
Deborah Togut-
ZarembaDavid Turoff
William Weisberger
Reba Winkler
Rita Wolberg

4/30/22 - 5/6/22

29 Nisan - 5 Iyar 5782

Remembered Name:

Robert Bachman
Francis Block
Marvin Blum
Sharon Cohen
Charles Feldman
Rose Friedman
David Hanovice
Daniel Hinerfeld
Jeremiah Israel
Robert Jaffe
Robert Lee Jaffie
Pauline Janowsky

Pauline Karp
Sheldon Kluger
Florence Kaufman
Alex Kravchick
Priscilla Kur-
lancheek
Robert Kutner
B.J. Levin
Eunice Luka
David Meyer
Harry Meyer
Joseph Meyer
Sadie Moses
Dr. William Pearlman
Sidney Picker
Ethel Reichlin
Max Reisman
Earl Rome
Samuel Rosenberg
Harold Smith
Ida Smith
Samuel Wisoker

5/7/22 - 5/13/22

6-12 Iyar 5782

Remembered Name:

Minnie Barras
A.W. Berman
Muriel Burnat
Maurice Cimmat
Samuel P. Cohen
Leah Cutler
Arthur Dorf
Melvin Ehrich
Marat Elkin
Judith Finkelstein
Ronald Gale
Gertrude Garber
Henrietta Ginsburgh
Lillian Gutterman
Hannah Hacker
Emanuel Harris
Robert Klein
Philip Kluger
Mania Kornblau
Marvin Livingston
Frank Lubin
Edith Miller
Rose Nelson
Rebecca Nudelman
Freda Popky
Janet Popky
Arthur Rosenberg
Claire Rosenberg
Sylvia Savitz
Miriam Sims
Tillie Ungar
Hannah Weisberger

5/14/22 - 5/20/22

13-19 Iyar 5782

Remembered Name:

Sarah Cohen
Franklyn Davis
Joseph Dorf
Mary Fierman
David Ginsburgh

Sadie Goldstein
Leonard Gonchar
Wolfe Harris
Anna G. Hyman
E. Philip Israel
Dora Jordan
Manny Judd
Morton Kaufman
Joel Kislin
Celia Krasno
Clarence Ky Levin
Harold Meyer
Abe Morris
Jacob Rabinowitz
Gerald Savitz
Harry Sulkes
Sam Sumner
Hanne Tischler
Frances Wasserstrom
Yettie Wisoker

5/21/22 - 5/27/22

21- 26 Iyar 5782

Remembered Name:

Ruth Berman
Jack Breslaw
Annie Burnat
Morris Cohen
Harrison Coplan
Marcia Levine DeVore
Yolanda Engel
Anne Finkelstein
Maynard Finkelstein
Edith Friedman
Sam Greenberg
Ruth Greenwald
Harry Hershey
Leroy Hurwitz
Arthur S. Hymen
Hyman Kaplan
Robert Kline
Zelda Kurlansky
Saul Lang
Migdalia Lubin
Sarah Luka
Harry Mittleman
Edward Popky
Martin Popky
Jonathan Rudofker
Dr. Lester Saidman
Jeanne Sherman
Ruth Silver
Harry Yale Smulyan
Sylvia Steiner
Elsa Stern
Lillian Sullum
David Thalenfeld
Isadore Thalenfeld
Alan Trompetter
Jane Troy
Vladimir Volodarsky
Harold Weber
Faye Weinstock
Dorothy Weissberger
Herbert Winkler

YOM HA'ATZMAUT Sunday, May 1st, 1pm



Sunday, May 1st
Friedman JCC

10:30 am - *Breakfast*
11:00 am - *Concert*
11:30am - *Israeli Lunch*
12:00 pm - *Candy Drop*

The Friedman JCC, Temple Israel, Temple B'nai B'rith, Midrasha Hebrew School and Ohav Zedek would like for you to join them for a LIVE show featuring **Rabbi Or & Feliza Zohar** to celebrate the Yom Ha'atzmaut commemoration. All Midrasha families and the Community are invited to hear Israeli songs and music.

The Zohars will share about their life and work in the Galilee and then lead the students and the community in Israeli songs.

Around the Table Catering will be in front of the JCC for the Yom Ha'atzmaut celebration from 11:00am until 6:00pm.

Enjoy Falafel, Veggie Gyros, Shakshuka, Tofu Shawarma, Israeli Cous-Cous/with Moroccan Soup, Israeli chocolate spread on a Pita, Vegan Nuggets and French Fries, and more. Credit cards accepted.

This program is proudly supported by the Israel Engagement Fund: A JCC Association of North America Program Accelerator, made possible by the generosity of several committed donors.

Stay tuned for more info!

**IN PERSON SERVICES: SHABBAT MORNINGS 10 AM
WEDNESDAY & FRIDAY 5:15PM MINYAN**

Enter thru Rear Handicapped . Must have 4 Digit Access Code for KEY PAD

Or visit our website or Facebook page to watch Shabbat Services & Daily Minyan

Website: templewb.org/watch **FaceBook Page:** facebook.com/templewb



From the President...

Exciting things continue to happen at Temple. I am hopeful by now that all members are aware that we are **open for in-person services on Shabbat at 10:00a.m. as well as on Wednesdays and Fridays for Afternoon Minyan at 5:15p.m.** While we continue to broadcast all services online, we encourage everyone to come to the synagogue and join us in person again. With the roof repaired, plaster refurbished, painting done and the bathrooms fixed, security in place and, hopefully, Covid held at bay, it is time to get back to normalcy which includes seeing each other again in person and in the synagogue. As a further update, while we still require vaccinations, masks are no longer required. I encourage everyone to sign up for email notifications- it's the easiest way for us to get updates out, especially if there are any last-minute changes we need to communicate.

Our Centennial Celebration is quickly approaching. The Centennial Celebration Committee and Chair, **Joel Zitofsky, V.P. of Administration**, continue to plan all the details for what will be a great event. Stay tuned for all the updates. As I get to hear what is in the works at the planning meetings, I am sure it will be an event everyone will want to attend. Also, if you have any pictures or memorabilia from the last 100 years, please get them to us as soon as possible so that they can be included in our displays and retrospective. Contact the office for details. Fundraising efforts are in full swing led by **Steve Davidowitz, Centennial Fundraising Campaign Chair and V.P. of Finance**.

I'm happy to announce that we are in the process of transitioning to a new cloud-based membership management program, **ShulCloud**, that will more easily and efficiently allow us to manage financial transactions, reporting, member communication and more. There will be user-friendly apps for both our administration and members. We thank **Jack Savitz, Sally Strayhall** and **Jane Messinger** for their efforts and hard work in making all of this happen. Reminder, we do have a Technology Committee, chaired by **Myer Messinger**, to help members navigate our new technologies as needed.

A big issue that we continue to face is a lack of available volunteers. The success of our Temple relies on volunteers. Our limited staff does a great job, but can't do everything. If you are willing and can spare some time, please let us

know. We will work with you to find a match for your interest and talents.

We are in need of more ushers, especially now that we've resumed in-person services. Please consider volunteering even if only for a few Shabbats per year. **Ann Smith, Usher Chair**, manages the schedule and will share with you what you need to know. Please consider reaching out to the office to express your interest or to let us know you have time to otherwise commit to volunteering at Temple.

My term as president is quickly coming to a close. What an interesting and unexpected two years... Hard to believe it has been two years already. I can't give enough thanks to all of those who have been so helpful during my time. As our size shrinks, so does the number of core volunteers who were always there to take on any task needed. I would love to see that core group grow over the next few years.

We, like many others, have faced significant challenges. On the positive side, it forced us to rethink how we do things, and we came out of the past two years with a revitalized structure and an ability to engage and reach more people with new technology. I know that **Dan Messinger**, current **V.P. Congregational Engagement** and **Incoming President** is committed to continue to build on our successes. I look forward to all he will accomplish in the next two years **WITH YOUR HELP**

We are happy to announce that we will once again hold an **Annual Meeting** to install our new President and Board of Trustees. We are looking at early June, possibly Saturday, June 4th. With all the repairs and restoration of the building complete, and the Centennial Celebration coming up so soon after, we thought it makes more sense to hold the meeting in the synagogue. Please keep an eye out for updates and announcements. I am hoping to see all of you there to show support for our new leadership and Board of Trustees.

If you need me at any time, you can always reach me at jyelen@yelenlaw.com or by calling the Temple Office.

Jeff Yelen





Temple Israel
613 S.J. Strauss Ln. Suite #2
Kingston, PA 18704
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Temple Israel, an egalitarian Conservative synagogue rooted in a rich heritage of traditional Jewish values, is committed to enhancing the religious, spiritual, educational and cultural life of its members and the larger Jewish community through a commitment to Torah, our community, and continuity and growth amid change.

Staff:

Larry G. Kaplan, Rabbi
Ahron Abraham, Cantor
Sally Strayhall, Administrator
Jane Messinger
Linda Israel

Jeffrey Yelen, President

Schedule of Services

Daily Minyan:
5:15 PM



Shabbat Services:
Saturday, 10:00 AM

Layout Design courtesy of
Bedwick & Jones Printing.



Attention Snowbirds



We need all winter addresses and the dates you plan to be away. Please note, even if we had this on file previously, please resend to info@templewb.org or call the office so we can verify that all membership information is correct. Thank you!

YOUR DONATIONS TO TEMPLE ISRAEL ENDOWMENTS AND FUNDS ARE APPRECIATED!

Whether earmarked for “area of greatest need” or any of the endowments and funds listed below, contributions can be made for any occasion, such as memorials, simchas, recoveries, etc. and acknowledgement notices will be sent out to recipients.

For decades our minimum contribution has been and remains \$5 (unless otherwise noted with the listing), however, with rising costs we hope you will consider making minimum contributions of \$10. Donations can be made through our secure online merchant portal on our website: templewb.org or by mailing your payment and donation details to the office. Thank you!

DR. AND MRS. HAROLD BERSON FUND
THE MURIEL BRAVMAN MEMORIAL FUND
BUILDING FUND
BIBLE FUND (\$10)
CHAI CONTRIBUTIONS (\$18)
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CHARLOTTE & JOE CUTLER FUND
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FEED THE HOMELESS FUND
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HIGH HOLIDAY PRAYER BOOK FUND (\$7.50)
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PRAYER BOOK ENDOWMENT
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FRANK & HILDA LUBIN FEED THE HOMELESS FUND
LYONS EDUCATION FUND
MINNIE MORRELL MUSIC FUND
MINYAN FUND
BARBARA NEWSBAUM MILLER PRAYER BOOK FUND
SAM NELSON CARE PACKAGE FUND
DORIS & JEROME NEWMAN
EDUCATIONAL ENRICHMENT FUND
PASCALE/KAPLAN EDUCATIONAL FUND
ALICE, DR. WILLIAM, I. MALCOLM
AND STANLEY PEARLMAN ENDOWMENT
CHARLES & ROSE POPKY EDUCATIONAL FUND
PRAYER BOOK FUND
RABBI'S DISCRETIONARY FUND
RABINOWITZ TALLIT FUND

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ENDOWMENT
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SANCTUARY FUND (\$25)
FRED & MARGOT SCHWAGER MEMORIAL FUND
SHAFFER SHABBAT KIDDUSH FUND
SHAFFER SUKKAH ENDOWMENT
EVA & NATHAN SHAIMAN RELIGIOUS SCHOOL FUND
SILBERMAN MEZUZZAH FUND
SIMS ENDOWMENT
MARK SLOMOWITZ MEMORIAL ENDOWMENT
HAROLD & VELMA SMITH HEBREW SCHOOL FUND
SOCIAL ACTION COMMITTEE FUND
THE DAVID & LILLIAN THALENFELD JEWISH
ENRICHMENT ENDOWMENT FOR STUDENTS
MAX & TILLIE UNGAR FAMILY
MEMORIAL ENDOWMENT
USY/KADIMA FUND
MORRIS VILENSKY MEMORIAL FUND
SUSAN YELEN MEMORIAL ENDOWMENT